



# citycycle couriers

**ECO & FRIENDLY**  
**Next Day Delivery**

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## *Andy Nosworthy Memorial Time Trial*



Andrew Nosworthy  
1967 – 2014

So many happy cycling  
memories shared with  
Andy...Such a big character  
who has left a massive hole in  
our lives.

**10.5 Mile Time Trial**  
***Incorporating 'The Andy Nosworthy Memorial Trophy'***

**Sunday 23<sup>rd</sup> December 2018**  
***Promoted on behalf of the CTT under their rules and regulations***

**Event Secretary**

Mr. Robert Scott,  
City Cycle Couriers, The Business Centre,  
2 Cattedown Road, Plymouth, PL4 0EG  
Mobile: 07875760254

**Timekeeper**

**Marshals**

**Event Headquarters**

Ian Myers – Mid Devon CC  
Members & friends of City Cycle Couriers RT / Alltrax  
Ermington Reading Rooms, Church Road, Ermington, PL21  
9JT

The Event Headquarters will be open from 8am, please collect number and sign on. Please note limited parking at HQ.

### **Course Details:**

S3/10.5S - The course follows CTT's S3/10S which is a 10.5 mile out-and-back course. Start on A3121 at Ermington approx 100m east of Hollocombe Cross, keeping on the A3121 in a North East direction and heading out to pass Ugborough and Kitterford Cross (M), turn at Ladywell Cross (M), where retrace in South West direction to finish approx. 100m from Hollocombe Cross.

**Course Record Holder:** Andrew White – 22min 50secs - 2018

### **Notes to riders:**

- 1.) Please allow 10 minutes at least to ride to the start.
- 2.) Observe the Highway Code and keep your head up at all times.
- 3.) Do not "white line"
- 4.) Paced Riding: CTT regulation No.21 must be applied at all times. Any rider seen taking pace from another competitor will be disqualified.
- 5.) Hard shell helmets compulsory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.) In case of poor visibility, Devon & Cornwall Police, CTT and the organiser strongly recommend the use of a rear light.
- 7.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.

### **Prize list (to be awarded on the day only & one rider / one prize).**

1<sup>st</sup> Overall - £15 + Andy Nosworthy Memorial Trophy  
2<sup>nd</sup> Overall - £10  
3<sup>rd</sup> Overall - £5  
  
1<sup>st</sup> Vet 40+ - £10

### **Previous Winners:**

<b>2014 Adam Gitlin</b>	<b>Alltrax</b>
<b>2015 Gary Fouracres</b>	<b>St Austell Wheelers</b>
<b>2016 Niall Todd</b>	<b>Tavistock Wheelers</b>
<b>2017 Andrew White</b>	<b>BPM Coahing</b>

## Starting Order:

No.	Name	Club	Start	Time
1	Andrew White	Bpm Coaching	0901	DNS APOL
2	Steve Sebburn	Bpm Coaching	0902	DNS APOL
3	Dan Richards	Bpm Coaching	0903	DNS APOL
4	David Turner	Exeter Wheelers	0904	DNS APOL
5	Simon Wharton	Plymouth Corinthian CC	0905	DNS APOL
6	Daniel Soltys	Royal Navy & Royal Marines CA	0906	DNS APOL
7	Joshua Clark	Royal Navy & Royal Marines CA	0907	DNS APOL
8	Archie Tyler	Gillingham & District Wheelers	0908	
9	Keith Parsons	City Cycle Couriers RT	0909	
10	Mike Beattie	Yogi Cycling	0910	
11	Marvin Laing	City Cycle Couriers RT	0911	
12	Philip Young	Alltrax	0912	
13	Jane Allison	Yogi Cycling	0913	
14	Ivor Pooke	City Cycle Couriers RT	0914	
15	Rob Scott	City Cycle Couriers RT	0915	
16	Graham Florey	Royal Navy & Royal Marines CA	0916	
17	Stuart Pickering	Giant Helston	0917	
18	James Cartlidge	Plymouth Corinthian CC	0918	
19	James Greenaway	Exeter Wheelers	0919	
20	Josh Coyne	Okehampton CC	0920	
21	Andrew Parnowski	City Cycle Couriers RT	0921	
22	Rob Cartlidge	Plymouth Corinthian CC	0922	
23	Paul Walshe	Plymouth Corinthian CC	0923	
24	Stuart Mcphail	Royal Navy & Royal Marines CA	0924	
25	Rob Smith	Royal Navy & Royal Marines CA	0925	
26	Dean Robson	Northovers / Rudy Project	0926	

## Sponsored Clubs:

City Cycle Couriers RT  
Alltrax  
BPM Coaching  
Northover VT / Rudy Project / SCS  
Giant Helston