

# Tavistock Wheelers

Presents

## 10 mile Time Trial



*(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)*

**Wednesday 12th June 2019**

**Course S40/10**

**Race starts at 19.01Hrs**

**Event Secretary:**

Richard Brown  
Shula  
Peter Tavy  
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**Timekeepers:** Martin Legg and Peter Foubister

**Marshalls:** Members of TWCC

**Event HQ:** Opens at 18:00Hrs

**AWARDS (one rider one prize)**

1st: £25

2nd: £20

3rd: £15

4th £10

**Veterans**

1st Vet: 40-49 (A) age group - £15

2nd Vet: 40-49 (A) age group - £12

1st Vet: 50-59 (B) age group - £15

2nd Vet: 50-59 (B) age group - £12

1st Vet: 60 + (C) age group - £15

2nd Vet: 60 +(C) age group - £12

1st Lady - £25

2nd Lady - £20

3rd Lady £15

1st Espoir -£15

**Course Details S40 / 10**

Start: Starts on the A30 approximately 2.1 miles to the West of Sourton Junction (4.7 miles West of Okehampton) at the west end of the public lay-by, at a point level with the solar panel mast marked TME5023. Proceed West to Stowford Cross and filter left into slip road signposted Broadwoodwider. **NB this slip road is for TWO WAY traffic, so keep left of centre line.** With care, turn right at top of slip road and proceed over bridge crossing the dual carriageway, taking first left into the slip road to rejoin the A30 Eastbound, **Extreme care is needed when entering the carriageway as there is NO filtering lane.** Riders are advised to approach slowly, look right for traffic and keep to the nearside white line. Continue on the A30 Eastwards towards Sourton Junction. Finish on the carriageway at a point level with the fourth bollard from the west end of the public lay-by situated before the first overbridge from the turn (GR SX 481903). Distance to top of slip road at the turn approx 5.88 miles from start.

Allow 15 minutes to reach the start from HQ.

**Headquarters:**

Headquarters are in Sourton Village Hall where usual facilities are available. Refreshments will be provided. Further parking is available in the two furthest car parks from the Highwayman Inn by kind permission of the owners. Please show consideration to the local residents and avoid parking on the Inn frontage. Thank you.

Start No.	Start Time	Name		Club		Cat	Finish Time
1	19:01:00	Lee	Adams	Tavistock Whs CC	Male	Senior	
2	19:02:00	Martin	Page	Penzance Wheelers CC	Male	Veteran	
3	19:03:00	Philip	Young	Alltrax	Male	Veteran	
4	19:04:00	Cassandra	Mcdowall	Tavistock Whs CC	Female	Veteran	
5	19:05:00	Tim	Chudley	Royal Navy & Royal Marines CA	Male	Senior	
6	19:06:00	Kevin	Weymouth	Mid Devon CC	Male	Veteran	
7	19:07:00	Cordelia	Preece	Tavistock Whs CC	Female	Veteran	
8	19:08:00	Bob	Brabbins	Somerset Road Club	Male	Veteran	
9	19:09:00	Lindsay	Hobbs	Tavistock Whs CC	Female	Veteran	
10	19:10:00	Lubos	Obornik	CS Dynamo	Male	Veteran	
11	19:11:00	Chris	Shakya	Exeter Whs CC	Male	Senior	
12	19:12:00	Luke	Halls	North Devon Wheelers	Male	Junior	
13	19:13:00	Mark	German	1st Chard Wheelers	Male	Veteran	
14	19:14:00	Chris	Harper	Penzance Wheelers CC	Male	Veteran	
15	19:15:00	Andrew	Parnowski	City Cycle Couriers RT	Male	Veteran	
16	19:16:00	Lauren	Dolan	Mid Devon CC	Female	Espoir	
17	19:17:00	Edward	Trezona-phillips	www.giant-helston.co.uk	Male	Veteran	
18	19:18:00	Terence	Leonard	St Budeaux C C	Male	Veteran	
19	19:19:00	Liz	Hall	North Devon Wheelers	Female	Veteran	
20	19:20:00	Tim	Mcevoy	Lanhydrock Wheelers	Male	Veteran	
21	19:21:00	Robin	Riches	Lanhydrock Wheelers	Male	Veteran	
22	19:22:00	Simon	Medlyn	PSSA Cycling Club	Male	Senior	
23	19:23:00	Marvin	Laing	City Cycle Couriers RT	Male	Veteran	
24	19:24:00	Eric	Hall	North Devon Wheelers	Male	Veteran	
25	19:25:00	Aled	Jones	Royal Navy & Royal Marines CA	Male	Senior	
26	19:26:00	Alan	Hughes	Exeter Triathlon Club	Male	Veteran	
27	19:27:00	Phil	Bowden	Penzance Wheelers CC	Male	Veteran	
28	19:28:00	David	Hall	Royal Navy & Royal Marines CA	Male	Veteran	
29	19:29:00	Hugh	Madeley	London Dynamo	Male	Espoir	
30	19:30:00	Andrew	White	Bpm Coaching	Male	Senior	
31	19:31:00	Harry	Loader	Team Bottrill	Male	Senior	
32	19:32:00	Tim	Heal	Mid Devon CC	Male	Veteran	
33	19:33:00	Martin	Williams	Tavistock Whs CC	Male	Veteran	
34	19:34:00	Paul	Wynne	Exeter Whs CC	Male	Veteran	
35	19:35:00	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran	
36	19:36:00	Mark	Sanders	Mid Devon CC	Male	Veteran	
37	19:37:00	James	Greenaway	Exeter Whs CC	Male	Senior	
38	19:38:00	Mark	Williams	Team DCP	Male	Senior	
39	19:39:00	Steve	Kirby	City Cycle Couriers RT	Male	Veteran	
40	19:40:00	Andrew	Perkins	Mid Devon CC	Male	Veteran	
41	19:41:00	Chris	Scawn	Plymouth Corinthian CC	Male	Veteran	
42	19:42:00	Doug	Parker	Sid Valley CC	Male	Veteran	
43	19:43:00	Catherine	Hilton	Sid Valley CC	Female	Veteran	
44	19:44:00	Jonathan	Warner	1st Chard Wheelers	Male	Veteran	
45	19:45:00	Josh	Coyne	Bpm Coaching	Male	Senior	
46	19:46:00	Rob	Smith	Royal Navy & Royal Marines CA	Male	Veteran	
47	19:47:00	Dave	Cracknell	Penzance Wheelers CC	Male	Veteran	
48	19:48:00	Ian	Myers	City Cycle Couriers RT	Male	Veteran	
49	19:49:00	Pippa	Macdougall	Tavistock Whs CC	Female	Veteran	
50	19:50:00	David	Hewett	ActiveEdge Race Team P/B Coor	Male	Senior	
51	19:51:00	Tom	Moran	Plymouth Corinthian CC	Male	Veteran	
52	19:52:00	Morris	Elphick	Exeter Whs CC	Male	Veteran	
53	19:53:00	Robin	Brown	St Austell Whs CC	Male	Veteran	
54	19:54:00	Ian	Scott	City Cycle Couriers RT	Male	Veteran	
55	19:55:00	Gavin	Macdougall	Tavistock Whs CC	Male	Veteran	
56	19:56:00	Mark	Pierce	Plymouth Corinthian CC	Male	Senior	
57	19:57:00	Ian	Deakin	Mid Devon CC	Male	Veteran	
58	19:58:00	Daniel	Worth	Tavistock Whs CC	Male	Veteran	
59	19:59:00	John	Morse	Penzance Wheelers CC	Male	Veteran	
60	20:00:00	Matt	Langworthy	Mid Devon CC	Male	Espoir	
61	20:01:00	Rob	Scott	City Cycle Couriers RT	Male	Senior	

## Notes to all Riders

The S40/10 course is on a high- speed road. Overtaking traffic will be moving fast. For your own safety keep well to

Please observe the Highway Code. Ride with your head up and do not white line. Please fit a working rear light to your

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise riders to wear a HARD

The risk assessment form and signing on sheets will be on the table at the front of the HQ hall. When signing on please look to see if there are any extra safety notes on the risk assessment form added after the pre race course

Please remember that event officials have no legal right to interfere with or regulate traffic.

The re-entry onto the dual carriageway after the turn is not marshalled, please take care at this junction and observe the Highway code, as it has been reported on previous events of riders not observing traffic on their re-entry.

Please do not approach finishing time keepers whilst the event is in progress.

Please call out your number loud and clear on the finish line.

Thank you all for your support and we hope you have a safe and successful ride.

CTT requires all riders to be aware of, and observe the rules applying to company riding and slipstreaming.

### **Sponsored clubs:**

[www.giant-helston.co.uk](http://www.giant-helston.co.uk)

Mid Devon CC – Colin Lewis Cycles

North Devon Wheelers- Ian Evans Accountants

ActiveEdge Race Team P/B Cooper/BMW Inchcape

City Cycle Couriers RT

Team Bottrill

Bpm Coaching

Thank you for your continued support of our event. We hope you have a successful evenings racing.

**Richard Brown**

Event Secretary