

***S4/10***

***10 Mile Time Trial***

***Sunday 19th February 2017***

***Promoted on behalf of the CTT under their rules and regulations***

**Event Secretary** Mr. Robert Scott,

City Cycle Couriers, Office 10,The Business Centre,

2 Cattedown Road, Plymouth, PL4 0EG

Mobile: 07875 760254

**Timekeepers** Robert Scott & Mike Brewer

**Marshals** Members & friends of City Cycle Couriers RT

**Event Headquarters** Dean Prior Village Hall, Lower Dean.

**Course Record Holder** Dean Robson – Nopinz – 19:12 – 31.25 mph (26th May 2016)

The Event Headquarters will be open from 8am, please collect number and sign on. Please note limited parking at HQ, please do not park outside HQ – these spaces are for club officials only.

Course Details:

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed “Ashburton” (Linhay), where filter left into slip road. At the give way line turn right and bear right in 50 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed “Lower Dean”. Finish at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles.

After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Cross the A38 using the slip road and rejoin the carriageway direction Exeter.

**Notes to riders:**

1. Please allow 15 minutes at least to ride to the start and in under no circumstances turn around in or cross the main A38 carriageway. You will be disqualified if observed doing so.
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.

Please be aware of the new CTT Regulation 17(b) - For 2017 all competitors in open (Type A) events will be required to return to the event HQ, hand in their number(s) and SIGN OUT. A competitor MUST sign out him/herself.  It is not permissible for another person to sign out on behalf of the competitor. This is a new requirement introduced for 2017. *Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number.  Failure to do will result in the competitor being recorded as DNF.*

**Prizes (to be awarded on the day only & one rider / one prize):**

1st Overall £20

2nd Overall £15

3rd Overall £12

1st Vet 40+ £10

1st Vet 50+ £10

1st Vet 60+ £10

1st Junior £10

2nd Junior £5

Awards will be presented at the headquarters once the results are confirmed.

South West Best All Rounder 2016 Presentation to follow after our event. Please wait and acknowledge the performances of your fellow competitors.

**Starting Order:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Name** | **Club** | **Cat** | **LTS** | **Start Time** |
| 1 | Ivor Pooke | City Cycle Couriers RT | Vet 60+ | 26:15 | 0901 |
| 2 | Josh Coyne | Okehampton CC | Espoir 21 | 22:22 | 0902 |
| 3 | Marvin Laing | City Cycle Couriers RT | Vet 40+ | 23:50 | 0903 |
| 4 | John Benney | Alltrax | Vet 60+ | 26:09 | 0904 |
| **5** | **Niall Todd** | **Tavistock Wheelers** | **Vet 40+** | **20:05** | **0905** |
| 6 | Tim Chudley | Royal Navy & Royal Marines CA | Senior | 21:27 | 0906 |
| 7 | Ian Deakin | Mid Devon CC | Vet 60+ | 22:35 | 0907 |
| 8 | Dan Dolan | Mid Devon CC | Vet 40+ | 24:00 | 0908 |
| 9 | Jonathan Warner | Sid Valley CC | Vet 50+ | N/A | 0909 |
| **10** | **Philip Bray** | **Plymouth Corinthian CC** | **Senior** | **20:13** | **0910** |
| 11 | Chris Vellacott | Royal Navy & Royal Marines CA | Vet 50+ | 21:09 | 0911 |
| 12 | Simon Potter | St Austell Wheelers | Vet 40+ | 22:16 | 0912 |
| 13 | Owen Messenger | Mid Devon CC | Vet 40+ | 23:40 | 0913 |
| 14 | Graham Florey | Plymouth Tri Club | Vet 40+ | 26:48 | 0914 |
| **15** | **Paul Walshe** | **Plymouth Corinthian CC** | **Vet 40+** | **20:39** | **0915** |
| 16 | Harrison Wood | Mid Devon CC | Junior 16 | 21:26 | 0916 |
| 17 | Aiden Bradley | Exeter Wheelers | Senior | 22:34 | 0917 |
| 18 | Dean Vincent | St Austell Wheelers | Vet 40+ | 23:26 | 0918 |
| 19 | Mark Pierce | Tavistock Wheelers | Senior | N/A | 0919 |
| **20** | **Andrew Perkins** | **Mid Devon CC** | **Vet 40+** | **19:15** | **0920** |
| 21 | Mark Sanders | Mid Devon CC | Vet 50+ | 20:43 | 0921 |
| 22 | Steve Alford | St Austell Wheelers | Vet 40+ | 21:49 | 0922 |
| 23 | Malcolm Steer | St Budeaux CC | Vet 50+ | 23:08 | 0923 |
| 24 | Oliver Twigger | Mid Devon CC | Junior 18 | 24:56 | 0924 |
| **25** | **Ian Cullen** | **Mid Devon CC** | **Vet 40+** | **20:37** | **0925** |
| 26 | Barry Moss | Royal Navy & Royal Marines CA | Vet 40+ | 21:15 | 0926 |
| 27 | Brad Messenger | Nopinz | Junior 16 | 22:28 | 0927 |
| 28 | Tim Styles | St Austell Wheelers | Vet 50+ | 23:13 | 0928 |
| 29 | Robert Shaw | Plymouth Corinthian CC | Senior | N/A | 0929 |
| **30** | **Matt Langworthy** | **Mid Devon CC** | **Espoir 20** | **19:01** | **0930** |
| 31 | Gary Fouracres | St Austell Wheelers | Vet 50+ | 20:42 | 0931 |

**Sponsored Clubs:**

City Cycle Couriers RT

Alltrax

Mid Devon CC – Colin Lewis Cycles

Nopinz