



## **Open 19 Miles Time Trial**

**Sunday 22<sup>nd</sup> March 2020 at 09:00hrs**

**Course S45/19S**

Promoted for and on behalf of Cycling Time trials  
under their rules and regulations.

**Event Secretary:** Sandy Gourley. Penpol, Treswithian Road, Camborne  
Cornwall. TR14 7NL. 01209 718372 (07769730736)  
Email – alessandrojfgourley@mail.com

**Organiser on the Day:** Phil Bowden 07511748906

**Time Keeper:** Tony Farnell (Penzance Wheelers)  
**Assistant :** Damian Ayling (Penzance Wheelers)

**Marshals and Helpers** - Penzance Wheelers members and friends

**Event HQ** Leedstown Village Hall

**Address** Carsize Lane, Leedstown, TR27 6EN.

Please park considerately and keep noise to a minimum so as not to upset local residents. **Please note start is the Approximately 1.5 miles from the HQ.**

**Course** - Start on B3302 some 600 metres west of Fraddam and approximately 3 miles east of Hayle at a point underneath electricity pylons and approximately 3300 meters west of the exit from the garage (GR584349). Proceed south eastwards through Fraddam and Leedstown to Crowntown, where turn sharp left on to the B3303 continue north on B3303 to Praze-an-

Beeble, where turn left on to B3280 to Leedstown. Continue for approximately 2 miles , past the finish, turn left at Leedstown crossroads and complete a second lap. Finish at the start of lay-by 600 meters east of Leedstown cross (GR612349).

Marshals will be placed at the start, Crowntown, Praze-an-Beeble and finish.

### **Prizes (One rider one prize)**

Overall: 1st £15, 2nd £10, 3rd £5

Ladies: 1<sup>st</sup> £15, 2nd £10, 3rd £5

Overall Road Bike : 1st £10

Ladies Road Bike: 1st £10

Male/Female Vets 40 to 49 1st £5

Male/Female Vets 50 to 59 1st £5

Male/Female Vets 60 to 69 1st £5

Male/Female Vets 70+ 1st £5

### **All competitors must**

- **Have a rear red light**
- Wear approved hard shell helmet as defined in the CTT handbook
- Obey laws relating to road use
- Avoid U-turns and warming up past start and finish areas
- Avoid warming up past start and finish areas wait in single file
- Take care on the sharp left hand bend at bottom of hill approximately 2 miles after the start
- Take care at the turns at Sithney School, Praze, and Leedstown.
- **Shout your number** as you pass the finish.
- Avoid stopping at the finish – ride straight back to race HQ.

Refreshments will be available at the H.Q. after the event, please remember to sign your name and return your numbers.

## **Start Sheet 22nd March 2020: PZW 19m TT**

Number	Start Time	Firstname	Lastname	Club
1	09:01:00	Jason	Want	Penzance Wheelers CC
2	09:02:00	James	Manthorp	Tri Logic Cornwall
3	09:03:00	Neil	Tuckwood	Royal Navy & Royal Marines CA
4	09:04:00	Daniel	Hutchings	Tri Logic Cornwall
5	09:05:00	Phil	Bowden	Penzance Wheelers CC
6	09:06:00	Scott	Mitchell	Newquay Velo
7	09:07:00	Alexander	Boswell	Truro CC
8	09:08:00	Matt	Stokeld	Royal Navy & Royal Marines CA
9	09:09:00	Helen	Willis	Camel Valley C & TC
10	09:10:00	Ian	Houvenaghel	Royal Navy & Royal Marines CA
11	09:11:00	Stuart	Pickering	<a href="http://www.giant-helston.co.uk">www.giant-helston.co.uk</a>
12	09:12:00	Jake	Rowell	Wheal Velocity
13	09:13:00	Theresa	Frost	Newquay Velo
14	09:14:00	Ralph	Mankee	Wadebridge Coasters Cycling Club
15	09:15:00	Tom	Nancarrow	NOPINZ Symec Race Team
16	09:16:00	Angharad	Berriman	Penzance Wheelers CC
17	09:17:00	Craig	Morris	Newquay Velo
18	09:18:00	Adrian	Ball	Tri Logic Cornwall
19	09:19:00	Scott	Tomkinson	Lanhydrock Wheelers
20	09:20:00	Kevin	Dawson	Penzance Wheelers CC
21	09:21:00	Thomas	Round	Truro CC
22	09:22:00	Damian	Cudmore	Wadebridge Coasters Cycling Club
23	09:23:00	Vivian	Bray	Tri Logic Cornwall
24	09:24:00	Paul	Craddock	St Austell Whs CC
25	09:25:00	James	Grogan	<a href="http://www.giant-helston.co.uk">www.giant-helston.co.uk</a>
26	09:26:00	Rose	Willis	St Austell Whs CC
27	09:27:00	Robin	Brown	St Austell Whs CC
28	09:28:00	Martina	Geraghty	Penzance Wheelers CC
29	09:29:00	Myghal	Larter	Ludgvan Cycling Club
30	09:30:00	Leon	Malpas	Penzance Wheelers CC
31	09:31:00	Tom	Cox	Saint Piran
32	09:32:00	Richard	Brown	Penzance Wheelers CC
33	09:33:00	Chris	Harper	Penzance Wheelers CC
34	09:34:00	Stacey	Ginieres	Penzance Wheelers CC
35	09:35:00	James	Hadfield	<a href="http://www.giant-helston.co.uk">www.giant-helston.co.uk</a>
36	09:36:00	Hari	Slade	Penzance Wheelers CC
37	09:37:00	Darren	Lanyon	Penzance Wheelers CC
38	09:38:00	Andrew	Ellis	<a href="http://www.giant-helston.co.uk">www.giant-helston.co.uk</a>
39	09:39:00	Peter	Blackshaw	Penzance Wheelers CC
40	09:40:00	Peter	Maker	St Austell Whs CC
41	09:41:00	Sandy	Gourley	Penzance Wheelers CC