

PLYMOUTH *Corinthian* C Y C L I N G C L U B

PCCC promotes a sporting Time Trial to be held on the S46/16 on behalf of the CTT under their rules and regulations.

April 25th 2021 - First rider off at 0900

Event Sec. :

Steve Payne
26 Borrowdale Close
Plymouth
PL6 5BN
07759779018

Race HQ: Golburden Village Hall (near Callington) postcode PL17 7ND open from 0800

Timekeepers : Lynn Mariss & Pete Foubister

Course Details:

S46/15S - Start on A388 some 2 miles North West of Callington at the layby just beyond Goberdon Cross at a point level with the milk churn platform (GR SW351725). Proceed Northwestwards towards Launceston to bear left on to B3257 to pass through Bray Shop, Coads Green and Congdons Shop to Plusha. Turn right on to the old A30 and then right again and then left back on to the B3257. Retrace outward route. Finish at a point level with milestone 200 yards before farmhouse and the junction of B3257 and A30 (GR SX344734).

Intermediate mileage (approx.): - Plusha (Return) 7.5 miles

Allow 10 mins to get to the start from the HQ – narrow lanes and sign posted

Notes to riders :

**PLEASE NOTE COVID-19 PROTOCOL (annexed) APPLICABLE TO THIS EVENT
PLEASE BRING YOUR OWN PEN TO SIGN ON AND AT LEAST 4 SAFETY PINS
IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER, AS THESE WILL NOT BE
PROVIDED. YOUR RACE NUMBER IS DISPOSABLE, PLEASE DO NOT
RETURN IT PLEASE USE THE HAND SANITISER PROVIDED.**

Rear light must be used – NO LIGHT NO RACE

After the event please leave as soon as you have signed out – there will be no results available at the HQ. These will be emailed out to all entrants and event official

Numbers will be at the H.Q. where you will need to sign on before taking your number.

Limited parking is available at the HQ please observe social distancing

If using a turbos at the race HQ please allow plenty of spacing

On returning to the HQ you are required to sign the signing out sheet. Failure to do so will result in disqualification.

No warming up on the course after 1st rider has started (09:00am).

Please observe the Highway Code.

Be especially aware of the traffic calming bollards and humps in Coads Green marshalls in situ

Be aware of the tight left corner about a mile before the turn and the loose road surface and fast narrow downhill section when rejoining the “out” route at the turn (marshall)

Be aware of the rough road surface on parts of the course

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **NO REAR LIGHT – NO RIDE**

All competitors are strongly recommend to wear a hard shell helmet manufactured to a suitable standard. **U18 riders must wear a compliant helmet**

U18 riders required a signed consent form to be presented before numbers are issued

Event riders waiting to start must do so before the timekeeper and stand in single file. Max of 5 at the start waiting to start

Officials must not seek to regulate or interfere with other traffic.

Paced and Company Riding – Time Trialling for Beginners states that “When a competitor gets caught by another rider the regulations require the overtaken rider to fall back to a distance behind the other rider of at least 50 yards.

Keep your head up good luck and have a safe ride!

Prizes Overall : One prize per rider (except team awards)

**Men/Ladies: 1st £20 2nd £15 3rd £10 Road bike (see below for definition) 1st £20
2nd £15 3rd £10**

Vets: 1st 40+ 50+ 60+ £20

Junior 1st £20 2nd £15

Team Prize 3 to count £10 each

Finishers Prize – 2 numbers drawn randomly from all non prize winning finishers £10 each

COVID19 – RIDERS PLEASE READ CAREFULLY

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser (by text) of your intention not to start as a result of an adverse warm-up.
- No support can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised therefore that all competitors carry with them a spare innertube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park/s, sign-on area or elsewhere. Keep 2-metres apart. **Facemasks required at signing on.**
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the Sign-on/Car park/s and MUST pack away and leave immediately upon completion of the race.
- THIS IS IMPORTANT!! Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Adhere to the 2- metre social distancing rule

- No clothing to be left at start line – report to start line dressed to race.
- Riders will need to self-start, with one foot on the ground.

- DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

PLEASE REVIEW & OBSERVE THE CTT COVID RISK ASSESSMENT ON THE CTT WEBSITE <https://cyclingtimetrials.org.uk/documents/index/covid-19>

We are very fortunate to be able to continue with our sport during the present restrictions – please ensure you do nothing that breaches COVID guidelines and which might bring the event or the sport into disrepute. Reminder of Regulations • Helmets that meet CTT Regulation must be worn by all competitors who are un

Eligibility for road bike awards

Non Aero =
Standard Bike
No
Tri Bars of any sort
Disc Wheels
TT Helmet
Deep Rims are ok