



## Open Hill Climb ‘Jennycliff 0.7 miles’

### Incorporating ‘Edward Haddon Memorial Trophy’

**Sunday 11<sup>th</sup> October 2020**

**First Rider off: 10:01am**

**Event Secretary:** Mr. Rob Scott, City Cycle Couriers, The Business Centre, 2 Cattedown Road, Plymouth PL4 0EG M: 07875 760 254 E: citycyclecouriers@live.co.uk

**Timekeepers:** Rob Scott & Ian Myers      **Marshals:** Members of City Cycle Couriers RT

**Event Headquarters:** Jennycliff car park (PL9 9SW), toilets available in the car park, signing on and numbers will be available in our race tent on the grass verge.

Course Record Holder: Josh Coyne – BPM Coaching – 2mins 19secs - 2018

#### Course Details:

S3/JennyCliff - Start at the car park entrance / Finish just past the golf club. (0.7 miles)



**DO NOT RIDE DOWN THE HILL AFTER FINISHING.....TAKE A LEFT TURN DOWN ‘HOOE HILL’ AND RETRACE BACK TO JENNYCLIFF CAR PARK (1.8 MILES)**

## **RIDERS PLEASE BE WARNED:**

Dangerous riding causes accidents and could endanger the future of the sport. Remain on the correct, left hand side, at junctions. Riders crossing the white line will be given a '30 sec penalty'.

Please ride with your head up at all times - observe the Highway Code – do not 'WHITE LINE'. Avoid unnecessary U-turns in the road, even when warming up and especially after finishing your ride.

Instructions for riders and others: Due to Covid-19 restrictions the sign on / off desk will be unmanned although CCCRT marshals will be in the area. You should bring your own pen / safety pins to avoid unnecessary cross contamination.

Please ensure you read the Covid-19 risk assessment prior to signing on and aim to arrive 30-40 minutes before your start time, dressed to race as there are no changing facilities at the HQ – Changing in toilets will not be allowed. Note that spectators are strongly discouraged this year.

Please respect social distancing at the start and be aware there will be no push off, all riders will start with one foot on the ground. Do not leave any personal possessions with the Timekeeper. Do not stop at finish to ask for times

In the interest of your own safety, the CTT and the event promoters strongly advise you to wear a hardshell helmet that meets an internationally accepted safety Standard. Regulation 15 requires all riders of 18 years and under to wear a suitable Helmet.

It is now compulsory that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

This event may be subject to a Doping Control. It is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ. If your number is displayed, you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply, if required, you must report to Doping Control after finishing without delay

## Covid 19

This event is being delivered in compliance with Government restrictions and CTT Risk Assessment for Covid-19 16/07/20.

The key points affecting you as a competitor are:

- Competitors should plan to arrive 30 – 40 minutes before their start time to allow time to sign in, warm up and get to the start line and not attend if they feel ill in ANY way or if family members have any symptoms.
- Local Lockdown: If Government restrictions change and a Local Lockdown is enforced. Any competitor who resides in an affected area should inform the Organiser and not arrive to take part.
- 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 of your intention not to start because of an adverse warmup.
- It is preferable for all warmups to be conducted independently and ideally competitors should warm up on the road individually. The use of turbo trainers or rollers can be considered if warming up is carried out independently away from the sign on area and provided an absolute minimum of 2 metres social distancing from all others including that may walk past is possible.
- Riders MUST NOT gather in anyway regardless of current guidelines in the HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ. There will be no results posted at the HQ during the event and no prize giving after the event. Winners will be notified, and results posted to all competitors.
- After finishing competitors must complete the sign out sheet and return their number to the bin provided. You MUST then pack away and leave immediately.
- No support can be provided if a competitor suffers mechanical difficulties.

## Prizes - one rider, one prize - except team prize.

1st Man          £100   Edward Haddon Memorial Trophy Pair of Schwalbe One 700x25c Tyres  
Weldtite Jet Blast Degreaser   Continental Race Cap

2nd Man          £50   Pair of Schwalbe One 700x25c Tyres   Weldtite Jet Blast Degreaser  
Continental Race Cap

3rd Man          £25   Weldtite Jet Blast Degreaser   Continental Race Cap

1st Vet 40+      Weldtite Dirtwash Bike Cleaner          Weldtite Jet Blast Degreaser  
Continental Race Cap

1st Vet 50+      Weldtite Dirtwash Bike Cleaner          Weldtite Jet Blast Degreaser  
Continental Race Cap

1st Vet 60+      Weldtite Dirtwash Bike Cleaner          Weldtite Jet Blast Degreaser  
Continental Race Cap

Spot Prize - 10th Weldtite Dirtwash Bike Cleaner

Spot Prize - 20th Weldtite Dirtwash Bike Cleaner

Spot Prize - 30th Weldtite Dirtwash Bike Cleaner

Spot Prize - 40th Weldtite Dirtwash Bike Cleaner

1st Team of 3   Continental Race Cap x3

2nd Lantern Rouge      Free Gents Hair Cut @ Crocker's Barbers  
Lantern Rouge          2 x Fish & Chips from Brixton Fish & Chip Shop

1st Lady          £100   Pair of Schwalbe One 700x25c Tyres   Continental Race Cap

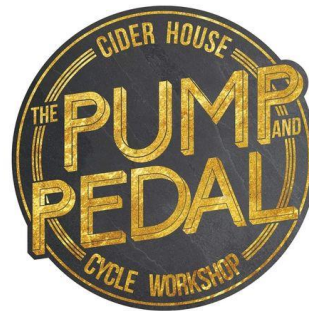
2nd Lady          £50   Muc Off Bike Care Essentials Kit          Continental Race Cap

3rd Lady          £25   Muc Off Wash Protect and Lube Kit      Continental Race Cap

1st Junior        Muc Off Bike Cleaner   Muc Off Bio Chain Cleaner      Muc Off Bike Protect Spray

1st Juvenile     Muc Off Bike Cleaner   Muc Off Bio Chain Cleaner      Muc Off Bike Protect Spray

## SPONSORED BY:



## *Start list:*

No.	Name	Club	Cat	Age	Start
1	Keith Parsons	City Cycle Couriers RT	Veteran	61	1001
2	Michael Alexander	Royal Navy & Royal Marines CA	Veteran	57	1002
3	Ian Scott	City Cycle Couriers RT	Veteran	66	1003
4	Chris Harvey	City Cycle Couriers RT	Senior	35	1004
5	Alan Lambert - Gorwyn	ESSA Cycling Club	Veteran	61	1005
6	Stephen Payne	Plymouth Corinthian CC	Veteran	64	1006
7	Terence Leonard	St Budeaux CC	Veteran	62	1007
8	Robin Delve	Mid Devon CC	Veteran	61	1008
9	Seamus Sheard	Exeter Triathlon Club	Espoir	22	1009
10	Graham Turner	Exeter Wheeler	Veteran	52	1010
11	Marvin Laing	City Cycle Couriers RT	Veteran	49	1011
12	Elke Morgan	Exeter Triathlon Club	Lady	21	1012
13	Anna Lane	Mid Devon CC	Lady	13	1013
14	Lisa Crawford	Plymouth Corinthian CC	Lady	55	1014
15	Molly Lane	Mid Devon CC	Lady	13	1015
16	Hannah Mattinson	Exeter Triathlon Club	Lady	24	1016
17	Martina Geraghty	Penzance Wheelers	Lady	50	1017
18	Jenny Lee	Plymouth Corinthian CC	Lady	38	1018
19	Connie McLaughlin	Tofauti Everyone Active	Lady	17	1019
20	Sean Ferguson	Mid Devon CC	Veteran	48	1020
21	Anthony Everson	Plymouth Corinthian CC	Veteran	52	1021
22	Edward Morris	Okehampton CC	Veteran	52	1022
23	Craig Woodward	Plymouth Corinthian CC	Veteran	56	1023
24	William Hornby	Cycle Sport South Hams	Veteran	44	1024
25	Tom Henry	Team DCP	Senior	38	1025
26	Luke Browne	BS10 Cycling Club	Senior	28	1026
27	William Hibberd	Bristol South CC	Senior	33	1027
28	Michael Shute	Mid Devon CC	Senior	29	1028
29	Nathan Gale	City Cycle Couriers RT	Veteran	48	1029
30	Dean Wickett	Launceston Velo	Senior	39	1030
31	Matt Fish	Plymouth Corinthian CC	Senior	36	1031
32	Charlie Beattie	One & All Cycling	Espoir	20	1032
33	Bobby Cowsill	Cycle Sport South Hams	Senior	34	1033
34	Richard Gorst	Axe Valley Pedallers	Senior	38	1034
35	Tom Evans	Cycle Sport South Hams	Senior	37	1035
36	Henry Howells	Mid Devon CC	Juvenile	15	1036
37	Joshua Lewis	Wheal Velocity	Junior	16	1037
38	Felix Whetter	St Austell Wheelers	Junior	16	1038
39	Abe Reid	Tavistock Wheelers	Juvenile	15	1039
40	Callum Start	Mid Devon CC	Junior	16	1040
41	Nigel Polkinghorne	Lanhydrock Wheelers	Veteran	46	1041

42	Ben Causon	Plymouth Corinthian CC	Veteran	42	1042
43	Marc Course	Alltrax	Veteran	47	1043
44	Joe Parrott	BPM Coaching	Espoir	20	1044
45	Peter Norris	Cycle Sport South Hams	Veteran	45	1045
46	James Cartlidge	Plymouth Corinthian CC	Senior	33	1046
48	Josh Coyne	BPM Coaching	Senior	25	1048
50	Andrew Feather	HuntBikeWheels.com	Senior	35	1050

### Previous Winners:

#### Men:

2019 – Josh Coyne – 2:25  
2018 – Josh Coyne – 2:19 CR  
2017 – Andrew Feather – 2:23  
2016 – Josh Coyne – 2:45  
2015 – Adrian Sluman – 2:31  
2014 – Adrian Sluman – 2:37

#### Ladies:

2019 – Nicole Coates – 3:15  
2018 – Marie Faithfull – 2:55 CR  
2017 – Jenny Corser – 3:41  
2016 – Jasmine Gray – 3:46  
2015 – Jasmine Gray – 3:47  
2014 – Nicola Noble – 3:23