

Exeter Wheelers & Tavistock Wheelers

on behalf of

South West DC

Present:

RTTC 25 MILE TIME TRIAL NATIONAL CHAMPIONSHIP (MEN)

SUNDAY 12TH JUNE 2022

Sponsored by

MERLIN
CYCLES • CDH

START SHEET

25

25 MILE TIME TRIAL

KALAS



**Promoted for and behalf of Cycling Time Trials
under its Rules, Regulations and Conditions**



RTTC 25 MILE TIME TRIAL NATIONAL CHAMPIONSHIP (MEN)

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS



MEN OVERALL

1st	Gilt RTTC Medallion, Championship Trophy, Jersey & Cap
2nd	Silver RTTC Medallion
3rd	Bronze RTTC Medallion

TEAM CHAMPIONS (men)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

Age awards to the fastest in each of the following:

Men 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Championship condition 2(h) In the event that there are fewer than 10 eligible entrants for individual awards in a Championship, the number of medallions awarded is reduced to two. If fewer than five eligible entrants, only the winners award will be made

A presentation will take place after the event, overall medals will be presented at Champions Night, age awards will be posted out as soon as possible.





EXETER WHEELERS & TAVISTOCK WHEELERS
Present
RTTC NATIONAL 25 MILE CHAMPIONSHIP (Men)
Sunday 12TH JUNE 2022

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

Course: S130/25, Start: 7:00am

Note: A working front & rear light is mandatory, no lights no ride.

Timekeepers: Ms Sally Hutter, Mr Ken Evans, Ian Myers & Peter Foubister

Pushers-off: Mr D Lebatteux

Marshals: Members & friends of Exeter Wheelers & Tavistock Wheelers

Event secretary

Mike Rose 33 Hazelwood Close Honiton EX 14 2XA Mobile 07392 837007

EVENT HEADQUARTERS

Magelake Hall Uffculme EX153DP

Directions:

From the M5 (north & south): Proceed to Junction 27 and follow signs towards Wellington A38. After 0.5 miles, at Waterloo Cross roundabout, take the second exit onto the B3181. Follow the road to Willand at the roundabout (Four crossway) take the first exit to Uffculme (B3440) and proceed through the village. Magelake Hall is located at the bottom of the village just over the river bridge on the right-hand side on the B3440 road going towards Culmstock).

From the A303/A35: Proceed through Honiton town and at the traffic lights turn onto the A373 (signposted Cullompton & Awliscombe). At Cullompton, take the M5 North coming off at Junction 27. Follow the signs towards Wellington (A38). At Waterloo cross roundabout take the second exit B3181. Follow the road to Willand at the roundabout (Four crossway) take the first exit to Uffculme (B3440) and proceed through the village. Magelake Hall is located at the bottom of the village just over the river bridge on the right-hand side on the B3440 road going towards Culmstock

Hall opens at 06:00 am

Car Parking: Ample car parking please DO NOT park on the road. **Please note: Additional car parking is available at Uffculme School, Chapel Hill, EX15 3AG approx. ¾ mile from the HQ.**

Refreshments: Light refreshments will be available in the hall.

Litter: Please take your litter home or put in the bins provided.

Toilets: Toilets and changing facilities are available inside the hall.

Important Note: It is not possible to accommodate toilets at the start. Please ensure that you use the facilities at the HQ.

Public urination in the vicinity of village cannot be tolerated and may result in immediate disqualification.

Numbers: To be placed on the back and arms of riders clothing as required by CTT Regulations (16. Competitors Clothing).

To help timekeepers, please shout your number loud and clear when finishing.

COURSE DETAILS

Riders must obey the highway code

START at Russet Close, Uffculme (EX15 3EF) where it joins the B3440 (Grid Reference: ST060124).

Immediately turn **LEFT** (Willand bound) to the Four Crossways roundabout (Willand). Take the **FIRST EXIT** at this roundabout (1.5 miles) onto the B3181, proceeding through Willand and dropping down the hill to the small roundabout at Cullompton. **TURN AROUND** at this roundabout and return in the direction of Willand (3.4 miles).

When reaching Four Crossways roundabout for the second time (5.3 miles), go straight across (**THIRD EXIT**) and continue along the B3181 to Waterloo Cross roundabout, taking the **SECOND EXIT** and joining the A38 towards Wellington (7.3 miles).

Continue along the A38 past Maiden Down Cross, Red Ball and down White Ball hill, passing Beambridge Cross.

At Perry Elm roundabout (13.3 miles), take the **SECOND EXIT** onto the Wellington bypass (A38) towards M5 and Taunton. Continue along this road to Jurston roundabout (the turn).

TURN AROUND at this roundabout (15.2 miles) and retrace your route back to the finish, taking the **FIRST EXIT** at Perry Elm roundabout (17.2 miles), then the **FIRST EXIT** at Waterloo Cross roundabout (23.1 miles).

The **FINISH** is located at the Willand village sign on the left, at the approach to Four Crossways roundabout on the B3181. Distance 25.0 miles (Grid Reference: ST039116).

The Start: Approximately 0.7 miles from the HQ.

Directions to the start: From the hall turn left over the bridge and through the village. Continue through the traffic calming measures to the outskirts of the village. The start is located on the left-hand side (Russet Close).

Important Notes: No car parking at the start due to it being a residential area. We ask competitors and spectators to respect residents by keeping noise to an absolute minimum.

Warming up: No warming up on the course. For those wishing to warm up on the road, consider using the B3440 in the direction of Craddock and Culmstock.

Rider Awareness:

In particular, your attention is drawn to the following aspects of the course.

- **Cullompton Roundabout (3.4 miles).** A small roundabout requiring a tight U-turn. There is also an exposed drain cover on this roundabout. Take particular care if wet.

- **Red Ball** (10.8 miles 19.7 miles). Please note that the road here is single lane only and is marked by red bollards, in both directions.
- **Beambridge Hill (12 miles)**. An extremely fast descent. Use caution.
- **Waterloo Cross Roundabout (23.1 miles)**. A fast and twisty descent on the approach, prior to entering the roundabout, where riders must turn left. Take care and reduce speed.

After your ride:

All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

After the finish, immediately turn LEFT at Four Cross Ways roundabout in the direction of Uffculme. Follow this road back through Uffculme village, over the bridge and turn left into the hall car park. Distance: 2.1 miles.

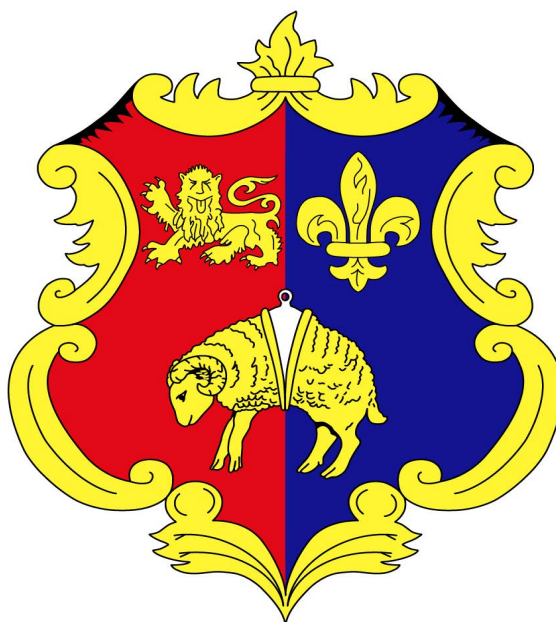
Remember to sign back-in at the HQ. Failure to do so may result in disqualification

Emergency contacts on the day:

Mike Rose: 07392 837007

Martin Williams 07471 502152

Prize Presentations will take place immediately after the event in the Hall.





Number	Start Time	Name	Club/Team	Category
1	7:01:00	Matt Luxton	Tavistock Whs CC	
2	7:02:00	Sam Mitchell	Plymouth Corinthian CC	
3	7:03:00	Kit Davis	Holsworthy Peloton	B
4	7:04:00	James Manthorp	Truro CC	
5	7:05:00	Tim McEvoy	FTP (Fulfil The Potential) Race Team	A
6	7:06:00	Jon Tune	City Cycle Couriers RT	B
7	7:07:00	Damian Cudmore	Wadebridge Coasters Cycling Club	B
8	7:08:00	Nathan Jenkin	Tri Logic Cornwall	
9	7:09:00	Tim Southcombe	Somerset Road Club	B
10	7:10:00	David Gray	Axe Valley Pedallers	D
11	7:11:00	Robin Delve	Mid Devon CC	E
12	7:12:00	Sam Wordley	Royal Navy & Royal Marines CA	
13	7:13:00	Nigel Polkinghorne	Duchy Velo	B
14	7:14:00	Alex Van Katwyk	Guernsey Velo Club	
15	7:15:00	Philip Bache	Tri Logic Cornwall	
16	7:16:00	Anthony Green	Penzance Wheelers CC	
17	7:17:00	James Greenaway	Bpm Coaching	
18	7:18:00	Rob Barrow	City Cycle Couriers RT	B
19	7:19:00	Marcin Dubanowski	Hornchurch CC	
20	7:20:00	Phil Barnes	SheHair Racing Team	F
21	7:21:00	Mick Daniels	Team Tor 2000 KALAS	A
22	7:22:00	James Wood	Exeter Whs CC	
23	7:23:00	Wayne Osmond	Rogue Racing	E
24	7:24:00	Andrew Newey	Ribble Valley C&RC	
25	7:25:00	Calum Cheshire	Cycle Sport South Hams	A
26	7:26:00	Kevin Heywood	Holsworthy Peloton	A
27	7:27:00	Kevin Dawson	Penzance Wheelers CC	B
28	7:28:00	Dave Clark	Orwell Velo	A
29	7:29:00	Alan Ward	Tri Training Harder	
30	7:30:00	Alexander Ballinger	George Fox Cycling Solutions	
31	7:31:00	Simon Marshall	Exeter Whs CC	
32	7:32:00	Daniel Watts	Royal Air Force Cycling Association	
33	7:33:00	Simon Bowler	AS Test Team	D
34	7:34:00	Lee Sanderson	Mid Devon CC	D
35	7:35:00	Andrew Jason	City Cycle Couriers RT	C

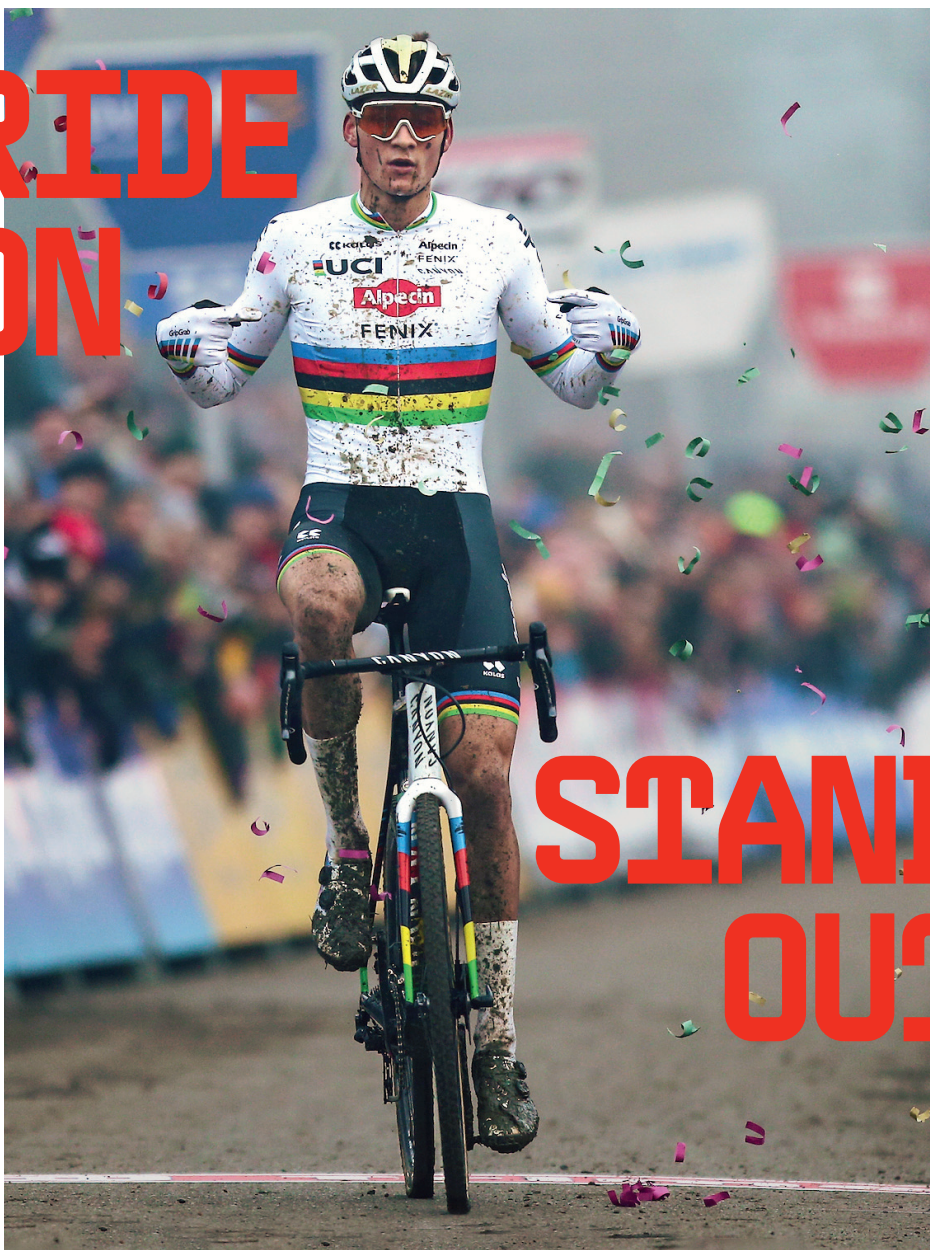




36	7:36:00	Philip Kennell	GS Metro	D
37	7:37:00	Liam Bard	GTR - Return To Life p/b Streamline	
38	7:38:00	Harry Jukes	Saint Piran	
39	7:39:00	Nick Bunyard	Pronto Bikes	A
40	7:40:00	Marc Cox	Guernsey Velo Club	
41	7:41:00	Harry Loader	Mid Devon CC	
42	7:42:00	Edd Charlton-Weedy	Army Cycling	
43	7:43:00	Gavin MacDougall	Royal Navy & Royal Marines CA	D
44	7:44:00	Robert Francis	Pronto Bikes	
45	7:45:00	Ian Hope	Team Ohten Aveas	B
46	7:46:00	George Kimber	Spirit BSS	
47	7:47:00	James O'Connell	CC London	
48	7:48:00	Timothy Torrie	trainSharp Development Team	
49	7:49:00	Grant Bigham	WattShop	
50	7:50:00	Paul Jones	Primera-Teamjobs	C
51	7:51:00	Joris Witstok	Cambridge University CC	
52	7:52:00	Simon Bray	Penzance Wheelers CC	B
53	7:53:00	Cameron Richardson	RT 23	
54	7:54:00	Tom Scorer	Royal Navy & Royal Marines CA	A
55	7:55:00	Jack Levick	Rose Race Team	
56	7:56:00	Ben Lloyd	Fibrax Wrexham RC	
57	7:57:00	Richard Oakes	Team Ohten Aveas	C
58	7:58:00	Christopher McNamara	Nuun-Sigma Sport-London RT	B
60	8:00:00	Oliver Peckover	Ribble Weldtite Pro Cycling	
62	8:02:00	Jake Sargent	FTP (Fulfil The Potential) Race Team	
64	8:04:00	Paul Burton	Paceline RT	A
66	8:06:00	Phil Williams	Team Bottrill	
68	8:08:00	Christopher Fennell	The Independent Pedaler - Nopinz	
70	8:10:00	John Archibald	WattShop	



**RIDE
ON**



**STAND
OUT**

Kalas Custom. World-beating quality in your unique design.

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NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

USE OF MOTOR VEHICLES

This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(i)

(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.

REGULATION 14(j)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as 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 adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is upto you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay



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Cycling Time Trials

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