



Duchy Velo Time Trial S100/10 Wednesday 14th June 2023

Promoted for and on behalf of the Cycling Time Trials under their rules and regulations
Event secretary - Robin Riches 07990976281
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Event HQ – Lanivet Community Centre, Rectory Road, Lanivet, PL30 5HG
Time-keepers – Sean Parker and Tim McEvoy
Start time - 1901 hours

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Sean Parker and Tim McEvoy. I hope everyone has a safe and fast ride.

HQ: Lanivet Community Centre, Rectory Road, Lanivet, PL30 5HG

We have use of one of the rooms in the building which is accessed at the rear. There are changing rooms and toilets if needed. Please note that there will be other groups using the facility during the evening. Please park considerately.

From HQ to start line – approximately 4 miles

Head back down to the main road (A389) through Lanivet and turn left. Carry on up to the Innis Downs junction and take either the single carriageway 'old A30' or the dual carriageway A30 to the Victoria Interchange. Follow signs for Roche on the B3274 and continue past the junction on your left. The start line is just beyond Magnet on the opposite side of the road. Please be careful performing a U turn to join the start queue. Find a clear point in the road away from the brow of the hill and any junctions.

Course

This course is a very straightforward out and back on the A30. In terms of navigation, the only real place where you can go wrong is on the turn...there is one more exit that you expect! There will be three marshals on this roundabout. They are a visible presence and there to help guide you around the roundabout but please remember they cannot stop traffic. Riding safely is always your responsibility. Once you have finished your ride, continue on the A30 to the Victoria Interchange and exit onto the old A30 to head back to the HQ.

Start adjacent to middle post of farm gate 10yds west of 'Magnet' entrance on old a30 at Victoria, (grid ref sw618 985). Proceed easterly to Victoria interchange. take 1st exit marked a30 west, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens. At top of slip road join onto underpass road (with care). Pass under A30 and take sixth exit marked Bodmin to re-join A30 east bound (with care). Continue until 2nd lay-by from interchange at Indian Queens and finish adjacent to 17th reflector post, marking lay-by.

Event Rules

- All competitors must observe the highway code. Ride with your head up. Do not white line. Wear bright clothing. Regulations provide that all competitors must observe the law of the land relating to road use and competitors who ride dangerously must expect to be liable to strict disciplinary action.
- A flashing red rear light and a front light are compulsory. **No lights, no ride.**
- The wearing of hardshell helmet as defined in the CTT handbook is compulsory.
- At the start, competitors must wait in single file at least 4 metres from timekeeper.
- Event officials must not seek to regulate or interfere with other traffic - CTT Reg.20.
- If you are caught by another rider the Regulations require the overtaken rider to fall back to at least 50 metres behind the quicker rider.
- Please help the time keepers - when finishing please call your number out loud; it is difficult to see rider's numbers at race speed, especially in the rain.
- On completion of their ride, competitors must continue without stopping and return single file to the event HQ to sign back in.

Riding on a dual carriageway

- Competitors should have experience of riding on a dual carriageway and must be aware of the dangers specific to these roads.
- Riding too close to the white line at the side of the road will encourage some drivers to pass you without deviating from their lane, passing you dangerously close. Close passes are worse on a dual carriageway and higher speeds raise the risk of serious injury. You may be buffeted by the slipstream of close-passing vehicles – especially large ones. You'll find yourself pulled towards the passing vehicle: forwards and to your right, towards the centre of the road. Riding a bit further out in your lane discourages close passes and the attendant dangers. You want drivers to move out into the righthand lane to pass you, or at least straddle the line between the lanes.
- This course requires riders to join the dual carriageway from a slip road on the outward and return leg. Do not assume that a driver will give you the space you want to merge into the lane. You must give way and only enter the lane when safe to do so.
- When leaving the dual carriageway on the off slip at the Indian Queens roundabout, riders should join the off slip as soon as it is safe to do so. Riders will then have to be positioned in the right hand lane at the approach to the roundabout. Be aware of vehicles behind you approaching at speed.
- No event signage will be placed on the dual carriageway due to risks to event officials of doing so.

Prizes

I hope no one will be upset that I have decided to not offer cash prizes. As many will know, these events are quite tight with finances and I feel that the priority is to be in a position to pay the timekeepers and marshals who give up their time (and opportunity to compete) for us to race. We will however have something to offer our 1st Male and 1st Female rider. There will be some refreshments at HQ and plenty of smiles.