

Tavistock Wheelers & Exeter Wheelers

on behalf of

South West DC

Present:

RTTC 25 MILE TIME TRIAL NATIONAL CHAMPIONSHIP (WOMEN & JUNIORS)

SATURDAY 11TH 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 (WOMEN & JUNIORS)

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS



WOMEN OVERALL

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

JUNIOR WOMEN

- | | |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
|-----|--|

JUNIOR MEN

- | | |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
| 2nd | Silver RTTC Medallion |

TEAM CHAMPIONS (women & juniors)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

Age awards to the fastest in each of the following:

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

Junior Men / Junior Women 12, 13, 14, 15, 16, 17 & 18 year old

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 (Women)
Saturday 11TH 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, Mr Ian Myers & Mr Peter Foubister

Pushers-off: Mr D Lebatteux

Marshals: Members & friends of Exeter Wheelers & Tavistock Wheelers

Event secretary

Martin Williams, 12 Buddle Close, Tavistock. PL19 0EG Mobile 07471 502152

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.

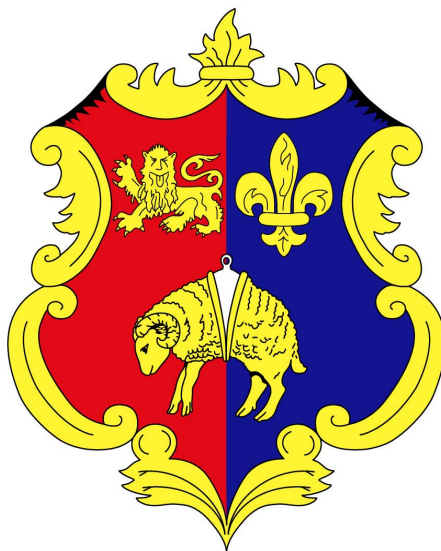
Remember to sign back-in at the HQ. Failure to do so may result in disqualification

Emergency contacts on the day:

Mike Rose: 07392 837007

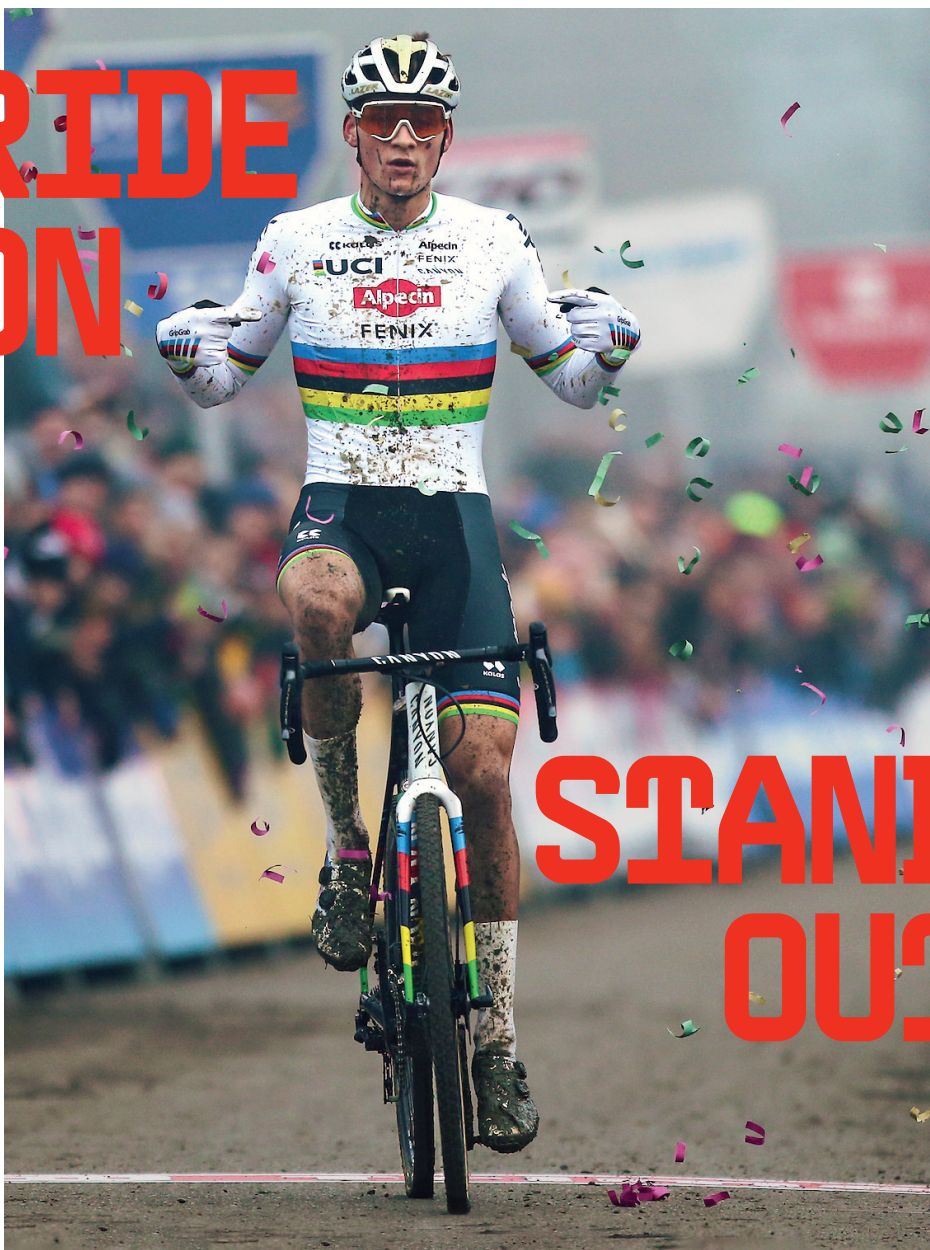
Martin Williams 07471 502152

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



		WOMEN		
Number	Start Time	Name	Club / Team	Cat / Age
1	7:01:00	Cordelia Preece	Tavistock Whs CC	D
2	7:02:00	Lindsay Philp	Wadebridge Coasters Cycling Club	D
3	7:03:00	Sharon Clifford	SheHair Racing Team	E
4	7:04:00	Bethany Simmonds	Yeovil Cycling Club	A
5	7:05:00	Hannah Smith	Tavistock Whs CC	
6	7:06:00	Angharad Berriman	Penzance Wheelers CC	A
7	7:07:00	Kath Fletcher	Tavistock Whs CC	C
8	7:08:00	Rose Willis	St Austell Whs CC	B
9	7:09:00	Hannah Worth	Tavistock Whs CC	
10	7:10:00	Sue McFarlane	Army Cycling	A
11	7:11:00	Martina Geraghty	Penzance Wheelers CC	C
12	7:12:00	Charlotte Davies	FTP (Fulfil The Potential) Race Team	
13	7:13:00	Stacey Ginieres	Penzance Wheelers CC	
14	7:14:00	Rebecca Cornwell	North Devon Velo	
15	7:15:00	Sian Marsh	Team Boompods	
16	7:16:00	Elizabeth Williams	The Ark Cycles	B
17	7:17:00	Tamsin Miller	Bianchi HUNT Morvélo	
18	7:18:00	Amber Harding	University of Exeter Cycling Club	
19	7:19:00	Lilly Chant	Southampton University Road Cycling Club (SURC)	
20	7:20:00	Miriam Jessett	Stolen Goat Race Team	
21	7:21:00	Laura Davies	Orwell Velo	
22	7:22:00	Frances Owen	Fibrax Wrexham RC	
24	7:24:00	Kate Allan	Team Bottrill	
26	7:26:00	Jennifer George	The Independent Pedaler - Nopinz	
28	7:28:00	Anastasia Bowler	AS Test Team	
30	7:30:00	Kelly Murphy	The Independent Pedaler - Nopinz	
32	7:32:00	Emily Meakin	AWOL O'Shea Worx	
		JUNIOR WOMEN		
33	7:33:00	Sophie Heighton	Ferryhill Whs	15
34	7:34:00	Abbey Thompson	Stonham Barns Park – SYRT	13
		JUNIOR MEN		
35	7:35:00	George Eames	North Devon Velo	18
36	7:36:00	Sam Beaton	Plymouth Corinthian CC	18
37	7:37:00	Toby Bush	Team Bottrill	15
38	7:38:00	James Percy	Mid Devon CC	17
39	7:39:00	Cormac Nisbet	High Wycombe CC	17
40	7:40:00	Callum Start	Mid Devon CC	18
41	7:41:00	Jacob Bush	Team Bottrill	17

**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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0114 287 9319

Cycling Time Trials

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