

Open 25 Miles 4-up Team Time Trial
South West District Championships 2019
Sunday 15th September 2019 at 07:30am

Course S101/25

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

Event secretary: Tony Farnell, 1 Trevethan Court Mitchell Road Falmouth TR11 2UQ
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Timekeepers: - Tony Farnell

Marshalls and helpers: members & friends of www.giant-helston.co.uk

Event HQ: Lanivet Parish Community Centre, Carters Parc, Rectory Road, Lanivet Bodmin, PL30 5HG. Open from 06:30. Allow 10 minutes to get from HQ to start. Google map can be found at http://lanivetparishcommunitycentre.co.uk/index.php?p=1_4.

Prizes and Awards:

Cornish Cup and South West Best All Rounder 2019

1st Men's Club Team £80

1st Women's Club Team £80

1st Men's 'B' Team £40

1st Women's 'B' Team £40

1st Men's Road Bike Only Team £40

1st Women's Road Bike Only Team £40

SWDC Medals 1st Men's Team and 1st Women's Team

If a club enters more than one team, then the first team to finish from that club will be deemed to be the 'A' team, and the second team to finish from that club will be the 'B' team, as far as prizes are concerned.

Course. Start on the 'No Through' road (Grid Ref SX031 629), at the first lamppost on the right from the roundabout. Proceed to roundabout, take 1st exit marked A30 West, Newquay, Redruth to join the A30 (with care). Continue until slip road off, sign to Newquay, Indian Queens, at bottom of slip road join underpass (with care). Pass under A30 and take the 4th exit marked Bodmin to rejoin A30 east bound (with care). Continue until Victoria interchanges. Take slip road off signed Victoria, Roche, to roundabout, take 3rd exit to cross over A30 to next roundabout. Take 2nd exit to rejoin A30 going west (with care). and repeat 1st lap. On completion of 2nd lap at Victoria interchange, take slip road signed Victoria, Roche to roundabout, take 1st exit onto the old A30 to the finish at the gate at the bottom of the dip just before road opposite under the new A 30.(Grid Ref SX013 627)

All competitors must:

- wear an approved hard shell helmet as defined in the CTT handbook
- obey laws relating to road use
- avoid warming up past start and finish areas
- wait in single file at the start keeping as close to the verge as possible
- **3RD RIDER OF EACH TEAM TO FINISH TO SHOUT OUT YOUR NUMBER AS YOU COMPLETE THE RACE**
- avoid stopping at the finish, after finishing U turn with care and proceed back to race HQ

NOTE 1: IT IS RECOMMENDED THAT YOU USE A WORKING REAR LIGHT

NOTE 2: GIVE WAY TO OVERTAKING TEAMS – STAY IN SINGLE FILE UNTIL YOUR TEAM HAS BEEN OVERTAKEN

NOTE 3: TIME TAKEN AS 3RD RIDER FINISHES