

Penzance Wheelers OPEN 25TT Bodmin 7th May 2023@6.30am

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

Event HQ: Cornwall Services Overflow Parking, PL26 8UF

Organiser – Angharad Berriman

Time Keepers – Ian Matthews

Marshalls/Helpers – James Berry, Simon Bray, Jonathon Butt, John Fazakerley, John Morse, Linda Petzing, Ana Teixeira

This event is to be held on the S100/25 course description below -

Course: This event is being run on the S100/25 course.

Start adjacent to middle post of farm gate 10 yds west of “Magnet Co” entrance on the old A30 at Victoria. Proceed easterly to Victoria Interchange (M). Take 1st exit marked A30 West, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens.

At bottom of slip road enter onto underpass road (with care) (M). Pass under A30 and take the fourth exit marked Bodmin to rejoin A30 East bound (with care). Continue until Victoria interchange.

Take slip road signed Victoria, Roche (M). Traverse interchange to again take slip road signed A30 West. Join A30 and repeat 1st lap.

On completion of 2nd lap at Victoria interchange continue on A30 until Innis Downs Interchange sign posted “Innis Downs Interchange, St Austell, Lanivet”, to fork left onto exit slip road, at top of slip road (M) enter roundabout to take 1st Left onto old A30 to finish approximately 500 yards along that road.

After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition

Sign On:

Please sign on at Cornwall Services Overflow Carpark, PL26 8UF from 5.30am. What3words address for sign on is survived.bashed.hack. Look for the Penzance Wheelers banner. Parking is at your own risk, please do so considerately.

If you're a junior please bring a signed parental consent form even if you have issued Penzance Wheelers one before, please check all details on the sign on sheet are complete.

Each competitor must sign on when collecting and returning their race numbers at the signing on area, this is a CTT Requirement. Please pick up your number from the signing on area and return it at the end of the race, do not forget to sign out. Numbers should be pinned to the lower back area and be clearly visible.

Warming up/After the race:

Please allow 15mins to ride to the start, please do not congregate at start. Once the race starts the course must not be used for warming up, this is in respect of fellow riders, if a rider is found to be using the course during the race this could lead to disqualification.

During the race:

Cycling Time Trials require all competitors to wear a hard-shell helmet that conforms to a recognised safety standard. A working front and rear light, either flashing or constant, must be fitted to the machine in a position visible to other road users and be active whilst the machine is in use. **No Lights, No ride.**

Riders **MUST NOT** ride with their head down. Any rider observed to be riding in an unsafe manner or disregarding the Highway Code may face disciplinary action. Riders must cover the shoulders and top of your arm (traditional tri suits are not acceptable if they do not cover the shoulders and upper arms).

Please ride sensible, keep yourself safe by looking ahead at all times, please respect Marshalls if you are told to STOP, please note Marshalls are not there to stop the traffic or give directions.

Riders to shout their number at the finish.

After the race:

Please return to the sign on location, do not warm down on the course, return number and sign out.

Prizes and refreshments:

Funds raised from entries will be donated to Time Keepers and event helpers to cover their expenses. Teas and coffees will be provided within Cornwall Services.