

# **Giant Helston (LMTF 09:30)**

## **25 Mille Time Trial**

**13/09/2020 07:00**

**s101/25**

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



## Headquarters

Lanivet Parish Community Centre, Carters Parc, Rectory Road, Lanivet Bodmin, PL30 5HG. Open from 06:00.

The hall is in a residential area so please ensure you are quiet so we can continue using this venue.

The toilets will be open to be used, please do not use the toilets to get changed. Face maske must be worn inside.

The sign in amd out will be in the car park. You must SIGN OUT.

Please bring your own pen to sign in and out.

No pins will be available if needed. You must bring your own.

Please place your number in box next to sign in and out sheets.

If you are feeing unwell or showing any symptoms of Covid 19 please do not atternd.

## Route from HQ to start

Google map can be found at [http://lanivetparishcommunitycentre.co.uk/index.php?p=1\\_4](http://lanivetparishcommunitycentre.co.uk/index.php?p=1_4).

## Course details

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)

## **Local regulations**

A rear working light must be used by all competitors, no working light no ride. Please make sure it is charged before the event.

Helmets will be required please.

Numbers must be pinned low enough so timekeepers can see them. Please shout your number at the finish to aid timekeepers.

Upon finishing please sign out promptly and make your way home. Results will be posted online as soon as possible. Do not ask time keepers for your time,

If you are feeling unwell or have any symptoms of Covid please do not attend.

## **Organiser contact details**

James Hadfield  
19 Hillcrest Road Truro  
07775627554  
01872 271302  
james@jhcarpentryandjoinery.co.uk

## **Time keepers/officials**

Time Keepers:

Ian Matthews and Dave Bolton

Marshalls:

Friends and family of Giant Helston

## **Course records**

### **Solo Male**

51:59

Conrad Moss

14-May-17 | st austell whs cc

### **Solo Female**

1:00:23

Stacey Ginieres

01-Jul-18 | Penzance Whs

**Team TT**

50:25

James Grogan, Tim Mcevoy, James Hadfield, Jason McGowan

15-Sep-19 | Giant Helston (4up TTT) (Entry fee per rider)(inc. SW DC Championships)(LMTF 09:30)

**Awards/prizes**

I am planning on putting prize money back to the cttc to aid racing next year. This will ensure we have a governing body and insurances in place for our events. This is open to peoples opinions I can award prizes via bacs if people prefer.

All profits from entry fees will be awarded back to the cttc.

**NOTES TO COMPETITORS:****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.

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 up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## Giant Helston (LMTF 09:30)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Roger Sheridan	North Devon Velo		
2	07:02:00	Harry Jukes	Mid Devon CC		
3	07:03:00	Andrew Luke	Newquay Velo		
4	07:04:00	Thomas Tregear			
5	07:05:00	Sarah Tregear			
6	07:06:00	Anthony Green	Penzance Wheelers CC		
7	07:07:00	Philip McNevin			
8	07:08:00	Tom Moran	Plymouth Corinthian CC		
9	07:09:00	Clementina Davies	Yeovil Cycling Club		
10	07:10:00	Paul Walshe	Plymouth Corinthian CC		
11	07:11:00	Doug Parker	Sid Valley CC		
12	07:12:00	Alan Hughes	Exeter Triathlon Club		
13	07:13:00	Kate Doran	www.giant-helston.co.uk		
14	07:14:00	Jason McGowan	www.giant-helston.co.uk		
15	07:15:00	Erica Booth	Lancashire RC		
16	07:16:00	Cameron Leslie	Royal Air Force Cycling Association		
17	07:17:00	Lee Sanderson	Mid Devon CC		
18	07:18:00	David Gray	Axe Valley Pedallers		
19	07:19:00	Gregory Moss	North Devon Velo		
20	07:20:00	Phil Eames	North Devon Velo		
21	07:21:00	George Eames	North Devon Velo		
22	07:22:00	Christian Bird	North Devon Velo		
23	07:23:00	Ken Holder	City Cycle Couriers RT		
24	07:24:00	Rose Willis	St Austell Whs CC		
25	07:25:00	Lee Adams	Bpm Coaching		
26	07:26:00	Lisa Crawford	Plymouth Corinthian CC		
27	07:27:00	Hugh Madeley	London Dynamo		
28	07:28:00	Hannah Rainger	Propello		
29	07:29:00	Tom Cox	Saint Piran		
30	07:30:00	Catherine Hilton	Sid Valley CC		
31	07:31:00	Nick Blight	Nopin Race Team		
32	07:32:00	Angharad Berriman	Penzance Wheelers CC		
33	07:33:00	Jonny Hewett	Penzance Wheelers CC		

Start Number	Start Time	Rider	Club	Gender	Category
34	07:34:00	Rob Lee	DRAG2ZERO		
35	07:35:00	Steven Sage	North Devon Velo		
36	07:36:00	Kevin Allen	www.giant-helston.co.uk		
37	07:37:00	Morgan Gibson	Mid Devon CC		
38	07:38:00	Vivian Bray	Tri Logic Cornwall		
39	07:39:00	Adam Gitlin	Alltrax		
40	07:40:00	Neil Minion	Plymouth Triathlon Club		
41	07:41:00	Billy Jane	Saint Piran		
42	07:42:00	David Bartlett	www.giant-helston.co.uk		
43	07:43:00	Will Piccin-White	Wheal Velocity		
44	07:44:00	Jake Rowell	Wheal Velocity		
45	07:45:00	Philip Ley	North Devon Velo		
46	07:46:00	Jonathan Ellis	Plymouth Corinthian CC		
47	07:47:00	Chris Harper	Penzance Wheelers CC		
48	07:48:00	Tori Loze	North Devon Velo		
49	07:49:00	Daniel Hutchings	Tri Logic Cornwall		
50	07:50:00	Andrew Perkins	Mid Devon CC		
51	07:51:00	Mark Sanders	Mid Devon CC		
52	07:52:00	Phil Bowden	Saint Piran		
53	07:53:00	Gregory Stacey	North Devon Velo		
54	07:54:00	Ruben Stacey	North Devon Velo		
55	07:55:00	Gavin MacDougall	Royal Navy & Royal Marines CA		
56	07:56:00	Ian Deakin	Mid Devon CC		
57	07:57:00	James Hadfield	www.giant-helston.co.uk		
58	07:58:00	Ken Robertson	Mid Devon CC		
59	07:59:00	Martin Laity	Truro CC		
60	08:00:00	Tim McEvoy			
61	08:01:00	Adrian Ball	Tri Logic Cornwall		
62	08:02:00	Harry Loader	Team Bottrill		
63	08:03:00	Neil Tuckwood	Royal Navy & Royal Marines CA		
64	08:04:00	Philip Bache	Tri Logic Cornwall		
65	08:05:00	Steve Lampier	Ribble Weldtite Pro Cycling		
66	08:06:00	Frederick Mayall	Exeter Whs CC		
67	08:07:00	Peter Maker	St Austell Whs CC		
68	08:08:00	David Crawford	Duchy Velo		
69	08:09:00	John Morse	Penzance Wheelers CC		
70	08:10:00	Blake Pond	AeroCoach		
71	08:11:00	Martina Geraghty	Penzance Wheelers CC		
72	08:12:00	George Kimber	Embark Spirit BSS		

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
73	08:13:00	Damian Cudmore	Wadebridge Coasters Cycling Club		
74	08:14:00	Peter Blackshaw	Penzance Wheelers CC		
75	08:15:00	Dean Robson	Velo Sport Jersey		
76	08:16:00	Mark Pierce	Plymouth Corinthian CC		
77	08:17:00	Conrad Moss	Primera-Teamjobs		