

# **Cranbrook CC 10 mile Time Trial**

**Cranbrook Cycle Club (Devon) promotes this 10 mile Time Trial on Sunday 29th May 2022**

**29/05/2022 08:00**

**S26R/CLUB COURSE**

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



## Headquarters

**The venue for the race HQ will be Awliscombe Parish Hall, Greenway Lane, Awliscombe, Honiton, EX14 3PJ, which is located approximately 1.3 miles from the start line. The venue will be open from 7:00 am and the first rider will set off at 8:01 am. Free car parking is available immediately opposite HQ. Please park with consideration for other users, without excessive space between cars.**

## Route from HQ to start

<https://ridewithgps.com/routes/39412468>

From HQ proceed south east on A373 towards Honiton. After approx. 300yds turn right onto Weston Lane and proceed for 1mile. Take the first left after The Otter Inn and you will see the start on the old A30 carousel.

## Course details

<https://ridewithgps.com/routes/36137561>

Start on old A30 at the junction 50 yards east of Hayne Lane bridge, Honiton. Proceed westwards on Birdcage Lane (old A30) for 1.5 miles and turn right to go under bridge (Iron Bridge), continuing on the old A30 (B3177) for approximately 2 miles through Fenny Bridges. Continue straight on at Patteson's Cross then take left turn towards Fairmile, but turn immediately right around the junction triangle and then immediately right again to return on to the old A30. Proceed eastwards through Fenny Bridges, under the railway at Iron Cross and turn left onto Birdcage Lane. Turn left into the large layby approx. 400m prior to the Hayne Lane bridge, then exit the layby from the middle gap in the verge before making a right turn back onto the carriageway and returning to Patteson's Cross.

Complete the course by turning left towards Fairmile at the junction after Patteson's Cross and crossing the finish line situated in the small layby approx. 50m after the junction.

## **Local regulations**

### **RIDERS PLEASE NOTE**

Helmets that meet CTT Regulation must be worn by all competitors who are under 18 youths and juniors. NO helmet means NO ride. Helmets are strongly recommended to all other riders.

Under 18s, don't forget your parental consent forms.

Observe CTT regulations especially those relating to company riding and to following vehicles. Mobile and stationary observers will act if riders are seen in contravention of CTT Regulations or the Highway Code.

No competitor shall be permitted to start unless he or she has affixed to the rear of their machine a working front white light and a working rear red light, either flashing or constant, that is illuminated, in position and clearly visible to other road users.

Riders are requested to return to HQ via the lanes to avoid inconveniencing those still racing.  
Route: <https://ridewithgps.com/routes/39412483>

**No rear light – No front light - no ride**

### **Organiser contact details**

Simon Rendell  
07816 301331  
cranbrookcycle@gmail.com

### **Time keepers/officials**

Many thanks to all of the helpers, timekeepers, marshals, course signers, (and anyone else I've forgotten) without whose support it would not be possible to run this event.

Timekeepers: Ian Hennessey & Rob Barrow

Startline official: Andrew Furbear

Marshals: Memeber of Cranbrook CC

### **Course records**

Men: Frederik Scheske - 20:19

Women: Urszula Donigiewicz - 26:53

### **Awards/prizes**

Fastest rider: £10

2nd: £5

3rd: £2

Fastest Woman: £10

2nd: £5

3rd: £2

## **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

## Cranbrook CC 10 mile Time Trial

Start Number	Start Time	Rider	Club	Gender	Category
1	08:01:00	Craig Garnett	Exeter Whs CC		
2	08:02:00	Simon Chant	Exeter Triathlon Club		
3	08:03:00	Michael Beaton	Royal Navy & Royal Marines CA		
4	08:04:00	Neil Bennett	North Devon Velo		
5	08:05:00	Martina Geraghty	Penzance Wheelers CC		
6	08:06:00	Hannah Rainger	Plymouth Corinthian CC		
7	08:07:00	Alice Lake	Cranbrook Cycle Club		
8	08:08:00	Chris O'Connor	Exeter Whs CC		
9	08:09:00	Rod Saxby	Exeter Whs CC		
10	08:10:00	Morris Elphick	Exeter Whs CC		
11	08:11:00	James Greenaway	Bpm Coaching		
12	08:12:00	Nick Cooper	Yeovil Cycling Club		
13	08:13:00	Philip Ley	North Devon Velo		
14	08:14:00	John Morse	Penzance Wheelers CC		
15	08:15:00	Sam Beaton	Plymouth Corinthian CC		
16	08:16:00	Alexander Ballinger	George Fox Cycling Solutions		
17	08:17:00	Liam Bard	GTR - Return To Life p/b Streamline		