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**North Devon Velo 50**

**May 19th 2024**

**Promoted for and on behalf of Cycling Time Trials under**

**their Rules and Regulations**

**New - S12R/100**

**Please Note New Start and Finish Points**

Start at Left Hand Turn approx. 2.4km along the A377 towards Barnstaple. Cottages approx. proceed in (generally) NW direction along A377, proceed straight on at Chenson Cross, pass through Eggsford, train station to the left, continue A377 continue past Kings Nympton train station on the Left, continue pass Portsmouth Arms train Station and PH on the right, continue to Deep Lane turning on Left (18.5 km ) Turn Left, proceed immediately around traffic island, turn R across the A377 and head in (generally) SE direction back along the same route, Pass Portsmouth Arms on the left, continue pass Kings Nympton train station on the Right, continue pass Eggsford train station to the Right, continue passed sart finish point to Lapford, continue to turning on left after Petrol station Turn Left continue to follow road around to T junction with A377 CAUTION turn Right onto A377 head North on A377 past start point and repeat first lap (lap 2) repeat lap (Lap 3) repeat lap (Lap 4) continue to finish opposite start point at 100M

**Note:** We will identify the turn marshal to you before the start and if you want to give them bottles for hand up we will do our best to accommodate. At the turn you will already be going dead slow but if you want a bottle you must come to a stop and take the bottle before you turn back onto the A377

**Race HQ**

The Ark   
Lapford  
Crediton  
Devon

EX17 6PZ

The HQ is opposite the Malt Scoop Pub. The hall does not have parking but a public car park is available 50 metres away on Orchard Road.

**To the Start**

It is only a 10 minute ride through the village and a short way 2.4km along the A377 from the HQ to the start. Retrace the route you took to reach the HQ at the A377 turn RIGHT proceed north for about 2.4km mile the start is a turning to the left, (unnamed road) There is room here for you to wait for your start **NOTE, NO Cars allowed on the start side road it is too narrow.** PLEASE only get to the start with no more than 5 mins before your start time there is restricted space available.

DO NOT drive to the start as there is no where to park and if you stop there you will cause hazard to the riders, Thank You

Remember to sign both in and out, failing to return your number and sign out will result in you being DQ’d

**Organiser**

Phil Ley

Marsh Dean

Goodleigh

Barnstaple

EX32 7NY

Tel 07919574013

Email [philmley@btinternet.com](mailto:philmley@btinternet.com)

**Time Keepers**

James Benning

Nigel Bennet

**Price List**

Male 1st TT £20 2nd TT £15 3rd TT £10

Female 1st TT £20 2nd TT £15 3rd TT £10

Fastest road bike male £15  
Fastest road bike female £15

There are also District Championship Medals as follows:

1st Man

1st Woman

1st Male Vet on age std

1st Female Vet on age Std

1st Male Team x3

1st Female Team x3

**Course Records**

This is a new course and there are no records – Your chance to be the first course record holder!

This is a SWDC Championship Race.

**NOTES TO COMPETITORS:**

* In the interests of your own safety Cycling Time Trail and the event promotors strongly advise riders wear a Hard Shell Helmet that meets approved international safety standards
* Front and rear LED lights MUST be fitted and working – check the charge/battery!!
* 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.
* 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.

**Start Sheet**