

NORTH DEVON WHEELERS - SOUTHFORK

25 MILE TIME TRIAL - MONDAY 29th MAY 2017 – 8:00AM - S12R/25

(promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

EVENT SECRETARY Mr David Rouse, Kenwyn, St Johns Lane, Barnstaple, Devon, EX32 9DD.
(01271 267547, 07771 565019)

TIME KEEPER Mr Nigel Bennett

MARSHALS Members and friends of North Devon Wheelers

COURSE DETAILS Start on A377 in layby level with Kings Nympton Station sign (GR SS169663). Proceed North West towards Umberleigh on A377, continue through Umberleigh and towards Bishops Tawton. On entering Bishops Tawton take the second right (13 miles, after the garage) (GR SS299568) - CARE crossing the traffic. At next junction turn left (care as turn is sharp and downhill). Retrace route through Umberleigh and Portsmouth Arms to finish approximately 1 mile short of the start. Finish at Southern end of second long layby on right hand side of the road after Portsmouth Arms (GR SS183649).

RACE HQ Changing facilities, numbers and ample car parking is available at the Chulmleigh playing field pavilion (50°54'47.3"N 3°52'43.1"W). At Leigh Cross (cross roads), Chulmleigh on the A377 follow the signs to Chumleigh Golf Course and up the hill for approximately 1 mile. The race HQ is on the right as you enter the village. The HQ will be open at approximately 7:00am.

ALLOW PLENTY OF TIME TO RIDE TO THE START.

NO PARKING IN THE START OR FINISH AREAS.

OBSERVE THE HIGHWAY CODE

**KEEP YOUR HEAD UP, DO NOT WHITE LINE, WEAR BRIGHT CLOTHING AND HAVE A SAFE RIDE
OBSERVE THE ROAD AHEAD AT ALL TIMES FOR SURFACE DEFECTS TO AVOID**

CTT RULES

1. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.
2. It is recommended that a working rear light, either flashing or constant, is fitted to the bicycle in a position that is clearly visible to following road users and is active while the machine is in use.
3. Event officials must not seek to regulate or interfere with other traffic.
4. Riders waiting to start must do so 5 meters before the timekeeper; well to the left and in single file.
5. Paced and company riding; time trialling for beginners states that "when a competitor gets caught by another one the regulations require the overtaken rider to fall back to a distance behind the other one at least 50 yards is required".

AWARDS (one rider one prize)

1st M Overall £15
2nd M Overall £12
3rd M Overall £10

1st M VET 40+ £10
1st M VET 50+ £10
1st M VET 60+ £10

1st M JUV/JUN £10

1st F Overall £15
2nd F Overall £12
3rd F Overall £10

1st F VET £10

1st F JUV/JUN £10