**EXETER WHEELERS CYCLING CLUB**

Presents an

**OPEN 25 MILE TIME TRIAL**

(Promoted for and on behalf of Cycling Time Trials under their rules and regulations)

**SUNDAY 25th August 2019**

Course S8 /25S First rider off 8.05 am

Timekeepers Rob Barrow Marshalls Members & Friends of EWCC

 James Benning

Event HQ Oakford Village Hall

Rookery Hill

Tiverton

EX16 9ER

 Open from 7.00 am. Numbers & signing on at HQ.

Event Secretary Greg Rorke

 24 Lincoln Road

 Exeter

 EX4 2EA

 01392 661338 or 07794 106357

Course Details

**START** at a point 3 yards before the junction of the B3227 on the lane signposted to Oakford, immediately opposite property No.1, High Bolham (EX16 9JY) and 2.2 miles to the west of The Black Cat junction. Grid Reference: SS 901 222.

Immediately **TURN LEFT**, joining the B3227 in a westerly direction towards South Molton. Continue for a distance of 6.8 miles to Wester Bullaford Moor.

**TURN RIGHT**, taking care when crossing traffic and immediately **TURN RIGHT** again, then **TURN LEFT** (traverse triangle junction in a clockwise direction) re-joining the B3227 East.

Continue past the start point and descend the hill towards The Black Cat. **TURN LEFT** and **LEFT AGAIN**, joining the A396 North towards Minehead.

Continue north along the A396. **TAKE CARE** at 18.6 miles where the road bends **SHARP LEFT** and descends towards Exebridge junction.  Continue along the A396 to Machine Cross (21.0 miles).

**TURN RIGHT**, taking care when crossing traffic and immediately **TURN RIGHT** again, then **TURN LEFT** (traverse triangle junction in a clockwise direction) re-joining the A396 South.

Continue back towards The Black Cat and **FINISH** at a point adjacent to the first drain cover after the Oncoming Vehicles warning sign as you enter Oakfordbridge village. Distance 25.1 miles. Grid Reference: SS 920 221.

Return to the HQ via The Black Cat junction.

Call Number loud & clear when finishing.

 Prizes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1st Overall  | £20  |  | 1st Vet (on standard) 40-49  | £10 |  | 1st Woman  | £20 |
| 2nd Overall  | £15 | 1st Vet (on standard 50-59  | £10 |  | 2nd Woman  | £15 |
| 3rd Overall  | £10  | 1st  Vet (on standard) 60+  | £10 |  | 3rd Woman  | £10  |

(one rider one prize)

**Safety**

1. In the interests of your own safety Cycling TimeTrials and the event promoters strongly advise riders to wear a HARD-SHELL HELMET that meets an approved international safety standard.
2. Please observe the Highway Code. Ride with your head up. Do not “White Line”. Wear bright clothing.
3. Competitor's Machines – It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.
4. Event officials must not seek to regulate or interfere with other traffic.
5. Riders waiting to start must do so 3m before the timekeeper and stand well to the left and in single file. All riders waiting to start must wait inside a line drawn between the two clearway signs.
6. 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.”
7. Whilst the road is generally quiet on a Sunday morning please be aware that there are several points on the course where you must exercise extra care:
	* There are 2 turns. They both require you to turn right across the carriageway into a layby. There will be marshals but it is your responsibility to ensure that the road is clear before turning right and again before rejoining the carriageway.
	* When riding through Exebridge in both directions please exercise caution at the crossroads in the dip. Be aware that there may be cars wanting to leave the roads from the left and right.

**Refreshments**

Refreshments will be available at the HQ after the event.

All riders must return numbers at the same time and remember to sign in – failure to do so will mean disqualification.

**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.