

St Budeaux CC

Open10mile TT (course S40/10) on 9 April 2017 (08.00 start)

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

Event HQ

SOURTON Village Hall (EX20 4HN)

Open from 07.00 hrs for sign on/off and number collection/return, plus usual facilities and refreshments post race (your number can be exchanged for one tea/coffee).

CTT REGULATIONS NOW REQUIRE ALL COMPETITORS TO SIGN BACK IN ON COMPLETION OF THEIR RIDE. FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION AND NO TIME BEING GIVEN

The HQ is adjacent to the Church and Sourton is very small so easy to locate. Minimal car parking is available directly outside the hall, with extra parking available in the two furthest car parks from the Highwayman Inn (by kind permission of the owners). Please show consideration to the local residents and avoid parking on the Inn frontage and do not block access to the church.

Event secretary

Malcolm Steer (SBCC), 24 Southwell Road, Plymouth PL6 5BE Mobile: 07908 524659 (on the day)

malcolm.steer@montezone.co.uk

Start timekeeper: Mr Jon Bradbury Tavistock Wheelers CC,

Finish timekeeper: Mr Peter Foubister, Tavistock Wheelers CC

Marshals and helpers: Members and friends of St Budeaux CC

Awards (one rider – one prize)

Men (inc Espoirs): 1st £20 2nd £15 3rd £10 **Women:** 1st £20 2nd £10

Juniors: 1st £15 **Juveniles :** 1st £15

Male Veterans: 1st 40-49 (A) £10 , 2nd £5 1st 50-59 (B)£10 , 2nd £5 1st 60+ (C) £10, 2nd £5

Course S40/10 Starts on the A30 approximately 2.1 miles to the West of Sourton Junction (4.7 miles West of Okehampton) at the west end of the public lay-by, at a point level with the solar panel mast marked TME5023. Proceed West to Stowford Cross and filter left into slip road signposted Broadwoodwidge. NB this slip road is for TWO WAY traffic, so keep left of centre line **and will not be marshalled (look out for the temporary arrow marking the exit)**. With care, turn right at top of slip road (M) and proceed over bridge crossing the dual carriageway, taking first left into the slip road (M) to rejoin the A30 Eastbound. Extreme care is needed when entering the carriageway as there is NO filtering lane. Riders are advised to approach slowly, look right for traffic and keep to the nearside white line. Continue on the A30 Eastwards towards Sourton Junction. Finish on the carriageway at a point level with the fourth bollard from the west end of the public lay-by situated before the first over/bridge from the turn (GR SX 481903). Distance to top of slip road at the turn approx 5.88 miles from start.

Riders notes

Allow at least 15 minutes to reach the start from HQ. The S40/10 course is on one of the major SW Trunk Roads (A30 T) . Overtaking traffic will be moving fast and will include HGVs. For your own safety keep well to the left and as close to the fog line as possible. (1m. Max). Take particular care when descending the long hill before the start lay-by as this can suffer from cross-winds which could impact on stability if you have disc/deep section wheels. Also be cautious when taking the exit off the A30 for the turn as its a tight bend and is immediately preceded by a short downhill section of the A30 where you build up speed (particularly if you are still on tribar extensions).

Please familiarise yourselves well with the course it is your responsibility to know where you are riding. **Note that there are few turns off this part of the A30 and if you miss the halfway turn you must not, under any circumstances, attempt to cross the central reserve.**

Please observe the Highway Code.

KEEP YOUR HEAD UP AND LOOK WHERE YOU ARE RIDING. Do not white line. We recommend everyone to have a working rear light to your cycle flashing or constant – regardless of weather conditions. It is also advisable to wear bright clothing.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard. Local regulation 1 - All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

The risk assessment form and signing on and signing off sheets will be on the table at the front of the HQ hall. When signing on please look to see if there are any extra safety notes on the risk assessment form added after the pre race course inspection.

Please remember that Event Officials have no legal right to interfere with or regulate traffic.

CTT requires all riders to be aware of, and observe the rules applying to company riding and drafting.

Please do not approach finishing time keepers whilst the event is in progress.

Please call out your number loud and clear on the finish line if at all possible.

In the interests of your safety, no rider should be using earphones whilst in competition – please concentrate on your safety as the A30 (T) is a major road and you need to hear.

THIS EVENT MAY BE SUBJECT TO 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. You must also sign in when you return your number to show that you have returned and checked.

Race numbers required for Doping Control will be displayed at the HQ adjacent to the results board. If your number is displayed you should report immediately to Doping Control, which will be nearby. Remember it is your responsibility to check and ensure you comply.

Thank you all for your support and we hope you have a safe and successful race.