

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 20th August 2023

Course S27/25

First rider off 7:05 am

Timekeepers Sally Hutter
 Ken Evans

Marshalls Members & Friends of EWCC

Event HQ Smeatharpe Village Hall
 Smeatharpe,
 Honiton
 EX14 9RF
 Open from 6:00 am. Numbers & signing on at HQ.

Event Secretary Greg Rorke
 24 Lincoln Road
 Exeter
 EX4 2EA
 07794 106357

Course Details

The start: Just inside Slough Lane Smeatharpe approximately 200 meters from the village hall Taunton bound (sign Nissan Hut).

Proceed down Slough Lane to Holemore X (0.4 miles).

Turn left and proceed to Churchinford on secondary road and up the hill out of the village. Note: X roads in village 1.7 miles hazard of parked cars and x road.

Top of the hill 2.2 miles.

Continue on the secondary road at 2.9 miles turn left onto the secondary road (signposted Churchstanton, Smeatharpe Honiton) bound by pig farm.

Continue on this road past the start (Slough Lane 5.1 miles) through Smeatharpe village across the airfield down the hill past Jacks Hse X (7.5 miles) signpost Dunkeswell Honiton.

Proceed straight on past Lupitt X (9.0 miles) and onwards to Ewins Ash X (10.3 miles) turn right here heading toward Dunkeswell. At Wolford X (10.9 miles) turn left Honiton bound (Birdcage Lane) and at the T junction (Limers x 11.8 miles) turn left Smeatharpe bound.

Continue over the airfield into Smeatharpe (17.2 miles). Pass through the village and continue to the Pig Farm junction (20.0 miles). Turn left here (Taunton bound) and at Culmhead business park (20.5 miles) left turn around in the large splay and immediately right retracing to the pig farm (21 miles). Turn right proceeding through Smeatharpe over the airfield and finish at Riggles Farm (25 miles) entrance just before Smeatharpe stadium entrance.

Call Number loud & clear when finishing.

Prizes (one rider one prize)

1 st Overall	£15	1 st Vet (on standard) 40-49	£15	1 st Woman	£15
2 nd Overall	£10	1 st Vet (on standard) 50-59	£10	2 nd Woman	£10
3 rd Overall	£5	1 st Vet (on standard) 60+	£5	3 rd Woman	£5

Safety & regulations

1. Please observe the Highway Code. Ride with your head up. Do not 'White Line'.
2. Event officials must not seek to regulate or interfere with other traffic.
3. Riders waiting to start must do so 3m before the timekeeper and stand well to the left and in single file. NO U-TURNS are allowed within sight of either the start or the finishing points. Please refrain from warming up on the course after the event has started.
4. 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'.
5. **Signing In/Out:** Please ensure that you sign the "Signing-On" Sheet when collecting your number and clearly call out your number when crossing the finish line. Please ensure you return your number to HQ and sign-out, using the "Signing-on/off" Sheet. Failure to do so will result in your exclusion from the Results.
6. **Road Bike category:** To be eligible your bike must not have "tri-bars" or equivalent, disc wheels, less than 12 spokes or other fairings. In event of a dispute regarding RB eligibility, the organisers decision is final.
7. **Compulsory Front/Rear Lights and Helmets**

Regulation 14(i&j) require that all Competitors to have affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users and to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Regulation 15 requires that all Competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. Failure of any of the above three points will render the competitor not being allowed to start the event.

8. **Doping Control:** This event may be subject to Doping Control. As soon as you have finished you should return to HQ as it is your responsibility to check if you are required for a Doping Control.

Refreshments

Refreshments will be available at the HQ after the event.