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**May 23rd 2021**

**North Devon Wheelers Sporting 22 “Round The Houses”**

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

**their Rules and Regulations**

**Start Time: 08:00**

**Course Details S12/22S**

Start on the A377 approximately 0.75 miles South East of Bishops Tawton at a point 12 yards from the southern end of the lay-by to the North of Newbridge (GR SS 572286).

Proceed South Eastwards to Umberleigh turn left (M) onto the B3227 and proceed towards South Molton, continue (passing straight on over two mini roundabouts (M) to the junction with B3226 where turn left, (M) continue to the first roundabout and take the first exit (M) stay on the B3226. At the next junction and prior to the North Devon Link Road turn left on Blakes Hill Road (M) Follow this road through Filleigh, Swimbridge to Landkey. Just after leaving Landkey turn left, Mount Standford Road, signed “Newport”.(M)

Finish at Northern end of entrance to Bay View Garage, Landkey Road (GR SS 582314)

**Please Call Number Loud and Clear When Finishing**

Follow the link below for the Strava segment for the course:

<https://www.strava.com/segments/3677310?oq=NDW>

**Approximate** mileages: -

Umberleigh 5

South Molton 12.2

Left to Filleigh 13.6

Left to Newport 21

Finish 22

**Race HQ**

Bishop Twaton Village Hall

Bishop's Tawton, Barnstaple EX32 0AB

(please note this is a change of HQ from previous races, and is closer to the start than the old Methodist Church Hall that we have used in the past)

**Organiser**

Roger Sheridan

Wayside

Putsborough Road

Georgeham

EX33 1J

**Time Keepers**

James Benning

Nigel Bennet

Please note there is no parking available at the HQ. Parking is available in the lay-by on the RH side of the road as you head south towards the start less than 200m from the HQ and then a large lay-by on the left approx. ¼ from the HQ and another lay-by a further ¼ down the A377. There will be NO PARKING at the start lay-by.

At the completion of the event to return to the HQ continue down Landkey Road to the traffic light junction with South Street and Turn Left, continue along South Street to the round-about junction of the A361/A377 proceed straight over onto the A377. Note: Extreme Caution must be used when crossing this round-about, it is busy and traffic approaches and crosses over it at speed. A red flag marshal will be located at the round-about but will have no jurisdiction or powers to stop traffic as it is out of the approved race envelope. We strongly recommend that you dismount your bike and cross on foot using the pedestrian island. Once across the round-about remount your bike and proceed along the A377 to the HQ, be aware that cars park on the left hand side of the road through the village and ongoing traffic can be on your side of the white lines so ride carefully.

Please be advised that 1/2 mile north of South Molton just prior to the Pathfields Business Park roundabout, a set of temporary traffic lights have been installed. We have made strenuous attempts without success to either secure them being moved for the morning of the race or to know that they will be removed completely prior to the 23rd. At the time of issuing this start sheet we do not know if they will still be in position. We will be able to advise you on the morning when you sign in.

Take note: If the lights are there and they show red, please obey the law and wait until they turn green before moving through them. We will post a marshal here and record any time that a rider is stationary and this time will be deducted from your finishing time.

Thank you for your understanding and cooperation we are sorry for the uncertainty and potential hindrance to your time and performance.

**Prize List Men**

1st £30

2nd £25

3rd £20

**Prize List Ladies**

1st £30

2nd 25

3rd 20

1st Vet 40+M - £10

1st Vet 40+F - £10

1st Vet 50+M - £10

1st Vet 50+F - £10

1st Vet 60+M- £10

1st Vet 60+F - £10

1st Junior M - £10

1st Junior F - £10

**Important Notes for Riders and Officials:-**

* 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.
* Numbers will be at the Headquarters, the numbers are disposable you do not need to return them but you MUST sign out, failure to do so will result in a DQ as we will have to search the course to ensure that you are not laying injured somewhere.
* The course has been risk assessed and will be checked prior to the start. Risks of note are:
  + Traffic parked on the road-sides reducing road width at South Molton, Swimbridge and Landkey – exercise caution riding through the villages
  + Steep descent into Swimbridge potholes 2/3rd of the way down the hill.
  + Double mini-roundabout entering South Molton beaware of traffic coming from the right
* No U-Turns within sight of the Start and Finish Timekeepers
* Riders waiting to start must do so 20 yds before the Timekeeper and stand within the lay-by in single file
* It is CTT Regulations that a working rear light, either flashing or constant, is fitted to the machine clearly visible to following road users and is active whilst the machine is in use. No working rear light NO RIDE!
* Please ensure that when signing on you make sure you have looked at and read the on the day risk assessment and ensure that there are no additional hazards to be aware of prior to starting.

**Special Covid Regulations for the Running of Time Trials**

**IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.**

This event will be run under CTT’s current Covid-19 Risk Assessment. Please take time to read it

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>.

1. Whilst there a few extra procedures outlined below, changes may be made based on events on the day. These will be communicated fully where appropriate. You are expected to heed the marshals.
2. This event is run under CTT Rules and Regulations which can be found in full here: <https://www.cyclingtimetrials.org.uk/articles/view/11>
3. The Event HQ has toilets which you may use but the changing facilities are not available, and please don’t inconvenience others by changing in the toilets. FACE MASKS TO BE WORN INSIDE unless you have a hidden disability which precludes you from wearing one. You will be required to maintain social distancing and observe hand-washing signs.
4. Signing on and off, please sign on quickly take your number and go, on return sign out and depart quickly
5. Please have respect for the person doing sign on / off and again wear a face covering unless you have a disability that precludes the use of one. If this is the case please make the official aware so they can move out of the way.
6. Please do not give the Bishop Tawton Village Hall reasons to regret hiring it to us we use the facility throughout the year for Class B events
7. Your earliest arrival time is one and one quarter hours before your start. Please endeavour not to arrive at HQ before this. That might not be easy to organise, however, with the distance some of you will travel, we appreciate. If you arrive too early, you will be asked to stay in your vehicle. There will be no gatherings permitted in the carpark at less than the social distance.
8. Turbo/trainer/roller warm-up is permitted in the car park areas provided social distance is maintained. Everyone must follow guidelines and instructions from officials, or they will not be permitted to race and will be reported to CTT.
9. Local Lockdown to repeat: anyone who resides in or has an address within an affected area should not come to the event. The onus is on the rider to inform the organiser.
10. Sign-On and Sign-off Sign-on for events is currently quite different to what we are used to. No handshakes, no hugging, **no kissing** and maintain social distance.
11. There are some other restrictions in place. You will be expected to follow them. **Remember: no rear light = no ride**! We always expect you to respect the social distancing rules and maintain the legislated distance in all directions. We are all in this together so please respect the volunteer team and their decisions. Riders not adhering to the restrictions in place will not be permitted to race and will be reported to CTT. If you will not be starting, then please let us know by messaging Roger on 0752 8729332 with as much in advance as possible. This helps the timekeepers and marshals.
12. No pens will not be provided at sign-on so bring your own.
13. No safety pins will be provided, so if you need them, you will need to bring your own.
14. Riders will be required to sign out again please bring you own pen no signing out will result in the rider being DQ.
15. Only arrive at the start 5 mins prior to your start time, and maintain social distancing guidelines. You will not be permitted to wait if you arrive earlier.
16. Please note that no official at the start can take responsibility for any clothing left there.
17. You are required to not answer the call of nature in the start area or change in sight of any residents and are not to leave a vehicle in the start layby.
18. Spectators are not permitted.
19. Riders are not permitted to warm up anywhere on the course one the event has started there is ample roads that can be used which avoid the need to use the course.
20. The timekeepers and officials will be wearing face coverings where appropriate and checking riders have :- a) have their numbers attached correctly, b) have a working rear light,
21. There will be no “pusher offer” and you will have to do a standing start on your own with one foot on the ground. Rolling starts, track stands and “jumping the gun” will not be permitted.
22. If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.
23. Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point even if you wish to report you are DNF.
24. Once you have finished you should return to the event HQ, sign out and then leave without congregating. There will be no catering. We realise this is not the norm and the social aspect of racing is a big part of the fun. However, we need to show we can follow these guidelines if we are to see time trials continue.
25. Race Results and Prize Presentation Race results will not be available at the event, so please do not ask. We will collate the results and post them online ASAP on the CTT website and media channels. We will then email the participants using the address supplied in the usual manner. Neither will there be a prize presentation and award ceremony; prizes etc. will be posted. This is to encourage prompt dispersal.
26. Refreshments: - To ensure we comply with the government regulations, the CTT guidance and Covid-19 Risk Assessment, there will be no catering on offer by us.
27. Under 18s:- Those under 18 on the day of the event will require a hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented – no number = no ride, unfortunately. The appropriate form is available on the CTT website https://www.cyclingtimetrials.org.uk/documents/index/guardians

1. This Document has been based on that was used for the National 100, it works please do not give any non-cyclist, local resident or any member of the general public the opportunity to complain. Remember we are lucky in that our sport is able to continue in the current climate all be it slightly different many other sports cannot at present.

Thank you for your cooperation!