

REVO RACING
Present

25 Mile Time Trial

Including South West District Championships

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

Sunday, 11th July 2021

Course: S130/25, Start: 7:15am

Marshals: Members & friends of Revo Racing, Exeter Wheelers CC & Tavistock Wheelers CC.

Timekeepers: Sally & Mike Rose.

Event secretary:

Mr Matt Slater

Brendon, Springfield Avenue, Barnstaple, Devon EX32 9AU

Tel. 07764 538469

All profits from the event will be donated to the club's nominated charity:

The Youth Sport Trust

<https://www.youthsporttrust.org/about>

South West District Championship Medals will be awarded to the following:

1st Overall, Male

1st Overall, Female

1st Junior

1st Team of 3 Riders

1st Vet, Male

1st Vet, Female

Additional Awards to be provided for the following:

1st Road Bike, Male

1st Road Bike, Female

*Due to COVID restrictions, there will be no prize presentation on the day.
Medals will be posted to riders after the event.*

EVENT HEADQUARTERS

Magelake Hall, Uffculme, Devon EX15 3DP

Open for registration from 6:15am

Directions to the HQ:

From the M5 (north & south): Proceed to Junction 27 and follow signs towards Wellington A38. After 0.5 miles, at Waterloo Cross roundabout, take the second exit onto the B3181 and continue along the road for 0.9 miles. Turn left onto the minor road (signposted Uffculme B3440). Continue to the end of the road, then turn left towards Uffculme village. Follow the road through the village, past the square and bending right, down the hill. Just after the bridge across the river, Magelake Hall will be on your right-hand side.

From the A303/A35: Proceed through Honiton town and at the traffic lights turn onto the A373 (signposted Cullompton & Awliscombe). At Cullompton, take the M5 North. Continue to follow the instructions above from the M5.

Car Parking: Large car park available at Magelake Hall HQ.

Toilets: Toilets will be available inside the HQ. See COVID Safety Measures on the last page for further information. Note: Public urination within the village or vicinity cannot be tolerated and may result in immediate disqualification.

Numbers: To be placed on the back of riders clothing as required by CTT Regulations (16. Competitors Clothing). To help timekeepers, please shout your number loud and clear when finishing.

The Start: Approximately 0.7 miles from the HQ.

Directions to the start: From the hall car park, turn left towards Uffculme village. Ride up the hill and through the village, continuing beyond the traffic calming measures. The start is located on the left-hand side (Russet Close).

Important Notes: No car parking at the start due to it being a residential area. We ask competitors and spectators to respect residents by keeping noise to an absolute minimum.

Warming up: No warming up on the course or within the village. For those wishing to warm up on the road, please turn right out of the HQ and use the B3440 in the direction of Craddock and Culmstock.

ROAD BIKE CATEGORY

If you wish to enter the road bike category, please indicate this on the day during sign-on. To be eligible for this competition you must be riding a bicycle that has:

- Drop handlebars
- No aerobars
- No Discs, Tri/Quad spoke wheels
- Wheels with rims no deeper than 60mm.

The rider:

- Must wear a helmet that is legal in a road race (no pointy TT helmets or those with cut-off tails such as the Kask Bambino)
- Can wear a skinsuit and shoe covers, if desired.

COURSE DETAILS

Riders must obey the highway code.

START: Russet Close, Uffculme (EX15 3EF) where it joins the B3440 (Grid Reference: ST060124).

Immediately turn **LEFT** (Willand bound) towards the Four Crossways roundabout (Willand). Take the **FIRST EXIT** at this roundabout (1.5 miles) onto the B3181, proceeding through Willand and dropping down the hill to the small roundabout at Cullompton. **TURN AROUND** at this roundabout and return in the direction of Willand (3.4 miles).

When reaching Four Crossways roundabout for the second time (5.3 miles), go straight across (**THIRD EXIT**) and continue along the B3181 to Waterloo Cross roundabout, taking the **SECOND EXIT** and joining the A38 towards Wellington (7.3 miles). Continue along the A38 past Maiden Down Cross, Red Ball, and down White Ball hill, passing Beambridge Cross.

At Perry Elm roundabout (13.3 miles), take the **SECOND EXIT** onto the Wellington bypass (A38) towards M5 and Taunton. Continue along this road to Jurston roundabout (the turn).

TURN AROUND at this roundabout (15.2 miles) and retrace your route back to the finish, taking the **FIRST EXIT** at Perry Elm roundabout (17.2 miles), then the **FIRST EXIT** at Waterloo Cross roundabout (23.1 miles).

FINISH: Just past the Willand village sign on the left, at the approach to Four Crossways roundabout on the B3181. Distance 25.0 miles (Grid Reference: ST039116).

Rider Awareness:

Your attention is drawn to the following aspects of the course.

- Two sets of pedestrian-controlled traffic lights on the course in quick succession through Willand village (1.6 & 2.0 miles). These are unlikely to be used at the time of the event.
- Cullompton Roundabout (3.4 miles). A small roundabout requiring a tight U-turn. There is also an exposed and recessed drain cover on this roundabout. Take particular care if wet.
- Beambridge Hill (12 miles). An extremely fast descent. Use caution.
- Waterloo Cross Roundabout (23.1 miles). A fast and twisty descent on the approach, prior to entering the roundabout, where riders must turn left. Take care and reduce speed.

After your ride:

All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

After the finish, immediately turn LEFT at Four Cross Ways roundabout in the direction of Uffculme. Follow this road back into Uffculme village, past the square, and bending right down the hill. Distance: 2.3 miles.

Remember to sign back-in at the HQ. Failure to do so may result in disqualification.

Footnotes

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has 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.

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. In accordance with Regulation 15, all competitors under the age of 18 and/or juniors must wear protective hard-shell helmets.

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

COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID-19 you must not attend. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should not start (DNS) and leave immediately.
- Car Parking: Please Park legally and respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. Numbers are returned at sign out. The sign on will be outside if the weather permits.
- Sanitiser gel will be available at the sign on area and should be used. Your temperature may be checked before admittance to the HQ is permitted.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- Face covering should be used at sign on and sign off and if you enter the hall to use the toilets. Social distancing must be always observed, setting up the bike, signing on etc. DO NOT congregate outside the HQ before it opens.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained.
- At the start maintain a 2m gap between yourself and the other riders waiting to start and keep left!
- The Timekeepers will either be sat in a car or standing a safe distance away. Do not approach the timekeepers at the start or finish. You will need to start with one foot on the ground.
- Riders must not leave personal items with the timekeepers.
- Once you have finished you should sign out, return your number, pack your bike away, then leave the HQ area.
- Race results will be posted on the CTT website and on social media as soon as possible after the event. Any live event reporting will be communicated before the start to riders via email and/or social media.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Face coverings are required when entering the HQ.
- The Male and Female toilets are in use.
- Only one person is allowed in a toilet at a time.
- A maximum of 4 people is allowed waiting in the building.
- Reminder, the toilets or building are not to be used as a changing facility.