

# Northover's VT

Present, on behalf of the RNRMCA,

## The RNRMCA TT Champs 2020

Event Sponsored by:



**Sunday 20<sup>th</sup> September - U22 Norton Manor**

### **Event HQ by kind Permission of 40 Cdo**

40 Commando  
Norton Manor Camp  
Norton Fitzwarren  
Taunton

**Note: - All riders will require either their Military pass or photo ID such as driving licence or passport to gain entry to HQ. In addition all Vehicle Registration Numbers to be forwarded to the event secretary in advance. This is a requirement of the MOD which I am sure you will understand.**

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

### **Event Secretary**

**Tom Cox  
54 Graham Way  
Cotford St Luke  
Taunton  
Somerset TA4 1JG**

email: tom\_rosemary@hotmail.co.uk  
07717 941632

IN THE INTEREST 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.

## Important Notes:-

- **NUMBERS** Numbers will be available at the HQ and must be returned there.
- Numbers **MUST** be signed back in to the HQ after the event or riders will be disqualified.
- There are no shower or changing facilities available in line with current Covid Regulations
- There will be no refreshments post the event in line with Covid Regulations
- Riders are to ensure that they read the course risk assessment (which will be next to the numbers at the HQ) prior to starting the event.
- It is advised that riders make themselves fully conversant with the course as this is very much an 'old skool' course!
- No U-Turns within sight of the Start and Finish Timekeepers
- One Rider - One prize

## Course Details: **Sunday 20<sup>th</sup> September – U22 Norton Manor**

Start at the exit road of Norton Manor Camp, proceed to the junction with the A358 where bear left, follow the A358 to the Cotford St Luke Roundabout where straight on to New roundabout at Bishops Lydeard/ West Somerset Railway where straight on. Continue on A358 to junction with B3224 where turn left and follow road to Cross Roads at Elworthy where take small slip to join B3188 and continue through the hamlet of Ford to Wiveliscombe junction with B3227 where turn Left to roundabout on the outskirts of Wiveliscombe (current turn of the Wellington Whlrs 10) where straight on. Continue on B3227 to Milverton Roundabout where bear left through Preston Bowyer, Hillcommon, and bear left off B3227 into Dene Road signposted Cotford St Luke and continue to first roundabout junction with Graham Way, straight over up short hill to 2<sup>nd</sup> roundabout junction with Graham Way. Continue straight on to finish approx 300yds on left at farm gate. Finish just short of farm gate. Distance approx. 21 miles

NOTE – There are road works with Traffic Lights at approx. 3.5 miles from the start. The Highways Agency has been contacted and the works have not yet been scheduled but are expected (quote) to be completed by 30/9/20. They have been contacted and asked for a more firm completion date or a possible suspension of lights for the morning of the event. Should we find they are still there we will revise the start which is approx. 200yds past the Road Works in a side lane. We will monitor and make final call on Saturday if the works are not completed and advise by email. The remainder of the course will remain the same.

**Timekeepers:** - Mr Andy Greatwood & Mr Ray Pollard

### Prize List

Men: 1<sup>st</sup> £30, 2<sup>nd</sup> £20, 3<sup>rd</sup> £10  
Men V40: 1<sup>st</sup> £20, 2<sup>nd</sup> £15, 3<sup>rd</sup> £10  
Lady: 1<sup>st</sup> £30,  
Road Bike 1<sup>st</sup> £10 Lady  
Road Bike 1<sup>st</sup> £10 Man

## **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 is by kind permission of the CO of 40 Cdo and will be the Gym at 40 Commando Roy Marines Norton Manor Camp. Therefore please ensure that you obey all Covid on site regulation in addition to the CTT regulations for running time trials in the current climate.
4. For car parking you will be directed to the parking area near the Gym, spaces adjacent to the building will reserved for race officials.
5. For signing on, numbers will be located outside the gym and use of the toilets is permitted but there are no changing facilities. Please use a face mask when collecting numbers unless you have a disability which makes you exempt, if so please make the signing on official aware.
6. Please do not give 40 Commando RM any reason for regretting giving us the ability to us this facility!
7. Please leave enough time to ensure access to the Base and possible car search however please do not arrive too early. We would suggest not arriving earlier than 1.25hr before your start time. 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 HQ car park only and again 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: 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. Riders must sign back in within a reasonable time, failure will result in disqualification.

11. There may be some other restrictions in place because of the nature of the HQ, you will be expected to follow them without question!
12. **Remember: no rear light = no ride!**
13. 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 Tom Cox on 07717 942632 as much in advance as possible. This helps the timekeepers and marshals.
14. No pens will be provided at sign-on so please bring your own.
15. No safety pins will be provided, so if you need them you will need to bring your own.
16. Riders will be required to sign out, again please bring your own pen, you will be asked to place your own number in the box provided when signing out.
17. Only arrive at the start timekeeper 5 mins prior to your start time, and maintain social distancing guidelines. You will not be permitted to wait if you arrive earlier.
18. Please note that no official at the start can take responsibility for any clothing left there.
19. You are required to not answer the call of nature in the start area or change in sight of any residents!
20. Spectators are not permitted, with the exception of those bringing siblings etc.
21. Riders are not permitted to warm up anywhere on the course - there are ample roads in the area which can be used if not using a Turbo Trainer
22. The timekeepers and officials will be wearing face coverings where appropriate (unless they have medical exemptions from wearing them) and checking riders  
a) have their numbers attached correctly, b) have a working rear light,
23. 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.
24. 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.

25. 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.
  
26. 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.
  
27. 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.
  
28. 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.
  
29. 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>
  
30. This document has been based on that used for the National 100 on the 16<sup>th</sup> August 2020, it works and is not onerous so 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!