

Taw Velo

Present our Open 10-mile Time Trial (S12R/10 Alternative Course)

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

On Sunday, 14th July 2019

(First rider starts at 08:01)

Event HQ

Chulmleigh Sports Pavilion

Chulmleigh Pavilion, Leigh Road, Chulmleigh, EX18 7JW

Open from 0715 for sign-on and number collection.

Please return your number and remember to sign back in.

Failure to do so could mean disqualification.

Please park considerately at the pavilion and show consideration to residents by not obstructing the lanes around the HQ.

Event Secretary

Adrian Wilson 62 Newport Road Barnstaple

Mobile: 07957182327

Email: adrian.wilson.devon@gmail.com

Timekeepers: Nigel Bennet, Darren Armstrong

Marshals and helpers: Members & friends of Taw Velo, Revo Racing and CTT

Awards

One rider, one prize.

	Men	Women
Overall	1st - £25 2nd - £15 3rd - £10	1st - £25 2nd - £15 3rd - £10
Junior	1st - £15	1st - £15
Juvenile	1st - £15	1st - £15
Vet40+	1st - £15	1st - £15
Vet50+	1st - £15	1st - £15
Road Bike	1st - £15	1st - £15

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 i.e. no pointy TT helmets or those with cut-off tails such as the Kask Bambino
- Can wear a skinsuit and shoe covers.

Course Detail

Route: <https://ridewithgps.com/routes/30395003>

START at the first small layby on the A377, just south of Hilltown Lane (marked as *Private Road*) south of Eggesford Forest. Grid Reference: SS 694 103.

Commence south down the A377 in the direction of Exeter, passing through the villages of Chenson and Lapford Cross.

At Morchard Road (5.4 miles), **TURN LEFT** immediately after the Devonshire Dumpling public house in the direction of Morchard Bishop.

Immediately **TURN RIGHT**, then **TURN RIGHT** again, taking care when crossing traffic (traverse triangle junction in an anti-clockwise direction) and re-joining the A377 north towards Barnstaple.

Continue along the A377, back through Lapford Cross. **FINISH** at a point adjacent to the first Private Road / Public Bridleway encountered just after you enter Chenson village.

Distance 10.1 miles. Grid Reference: SS 702 096.

Riders' Notes

Allow **25 minutes** to reach the start from the HQ. It is approximately 4.5 miles

No warming up on the course once the event has started please.

For those not wishing to ride to the start from the HQ, there is plenty of parking close to the start in laybys along the A377, or at Eggesford Forest.

Please observe the Highway Code. AVOID DISQUALIFICATION AND KEEP YOUR HEAD UP AT ALL TIMES and do not white line. Please fit a working rear light to your cycle (flashing or constant) to be used if conditions are dull. 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 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 that all riders be aware of, and observe the rules applying to company riding and drafting.

Please do not approach the finishing time keepers whilst the event is in progress. Call out your number loud and clear on the finish line if possible.

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