**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 28th August 2016**

Course S4 /25 First rider off 8.01am

Timekeepers Sally Hutter Marshalls Members & Friends of EWCC

 Ken Evans

Event HQ **SOUTHPARK COMMUNITY CENTRE**

 **Buckfast Road, Buckfast, TQ11 0EB**

 Open from 7am. Numbers & signing on at HQ.

 Parking available in hall car park and Buckfast Abbey car park.

Event Secretary Greg Rorke

 24 Lincoln Road

 Exeter

 EX4 2EA

 01392 661338 or 07794 106357

Course Details

S4/25 – Start on A38 approximately 1.5 miles South West of Buckfastleigh at a point level with the clearway sign at the end of the Sheep Shank Lane, Dean Prior Village and level with the 12th kerbstone (GR SX729648).  Proceed Northeastwards on A38 in the Exeter bound direction to pass Buckfastleigh, Ashburton, Bickington, Heathfield and Chudleigh Knighton.  At Chudleigh Bridge filter left, turn right, give way, and right again to rejoin A38 in the Plymouth bound direction.  Retrace the outward route to filter left at the sign “Lower Dean”.  Finish at a point level with the start of the armco barrier on the point of the slip road and the main dual carriageway (GR SX734653).

Call Number loud & clear when finishing

Intermediate mileages (approx. positions)

50 yards before Ashburton North Bridge = 5 miles

First bridge at Drumbridge = 10 miles

Chudleigh Bridge = 13 miles

50 yards prior to Alston Cross = 20 miles

Prizes (one rider one prize)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1st Overall  | £30  |  | 1st Vet (actual time) 40-49  | £15 |  | 1st Woman  | £30 |
| 2nd Overall  | £20 | 1st Vet (actual time) 50-59  | £15 |  | 2nd Woman  | £20 |
| 3rd Overall  | £15  | 1st  Vet (actual time) 60+  | £15 |  | 3rd Woman  | £15  |
|  |  |  | 1st Junior  | £15 |  |  |  |
|  |  |  |  |  |  |  |  |

Safety

1. In the interests of your own safety Cycling TimeTrials and the event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard.

2.Please observe the Highway Code. Ride with your head up. Do not “White Line”. Wear bright clothing.

3.Competitor's Machines – It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

4.Event officials must not seek to regulate or interfere with other traffic.

5.Riders waiting to start must do so 20 metres before the timekeeper and stand well to the left and in single file.

6. 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.”

Note 1.The course used for this event is on a high-speed road. Overtaking traffic will be moving fast. For your own safety keep well to the left and as close to the fog line as possible (1m max.)

Note 2.There will be times when traffic will be leaving the main road and filtering off to the left – be aware of this possibility every time you cross any exit road.

Note 3.There will be times when the traffic will be coming on to the main road and filtering in from your left – be aware of this possibility every time you cross any entry road.

Local regulation 1. All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

Local regulation 2. No rider is to reach the start by crossing through the A38 central reservation.

Please note that the lane to the start is closed. Riders should arrive at the start via the A38 Plymouth direction, crossing at the Rattery over bridge and back down to the start, allowing at least 20 minutes for this.

**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. You must also sign out when you return your number to show that you have returned and checked.

Race numbers required for Doping Control will be displayed at the HQ adjacent to the results board.

If your number is displayed you should report immediately to Doping Control which will be nearby.

Remember it is your responsibility to check and ensure you comply.