

TEAM TOR 2000

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Team Tor 2000 | Kalas Present their

Open 10 miles Solo Time Trial

Sponsored by:-

Kalas ,White Lake Cheese Ltd, SunTraffic Ltd, Kitbrix Ltd, Abus, Cox Creative Ltd, Central Somerset Physiotherapy

Sunday 4^h October 2019

Course S26R/10

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

Course Details: S26R/10

Start on old A30 at the lay-by approximately 200 yds. East of Patterson's Cross, Feniton at a point 127 yds. Prior to the splay end of the lay-by. Proceed eastwards to go under the railway bridge and join the new A30 (care). Continue on the A30 to pass Honiton and at **SECOND SLIP ROAD** filter left (M) into slip road signed Dorchester. Crossover A30 and turn right (M) to re-join the A30 westbound. Pass Honiton and at slip road signed Otter Nurseries filter left to leave the A30, Give Way at base of the slip road and turn left onto the old A30 (M). Finish at a point 101 Yds. Prior to the old railway bridge and some 200 yds. Short of the start point.

Please Call Number Loud and Clear When Finishing

Event HQ	Organiser	Timekeepers
Feniton Village Hall Feniton, Nr Honiton Devon	Tom Cox 54 Graham Way Cotford St Luke Somerset TA4 1JG	Paul Arayan Andy Greatwood

Prize List - Solo

1st £25

2nd £15

3rd £10

4th £5

1st lady £25

1st Vet 40+ £10

1st Vet 50+ £10

1st Vet 60+ £10

1st Vet 70+ £10

Notes:-

- **Numbers will be at the HQ**
- **Riders are to ensure that they read the course risk assessment prior to starting the event, which will be next to the numbers at the HQ**
- **No U-Turns within sight of the Start and Finish Timekeepers**
- **One Rider - One prize. Prizes will be sent in the post to all prize winners**
- **Numbers to be placed low down on the back of the Skinsuit or race top not in the centre of ones back like a football number the timekeeper cannot see it and as a result you may not get a time**
- **Please call out your number loud and clear when finishing**
- **This event will be run under the current Covid Risk Assessment as follows please ensure this is read and fully understood**
- **A copy of the Feniton Village Hall Covid instructions will be on display at the signing on point please ensure you make yourself aware of your obligations with regard to these premises.**

Special Covid Regulations for the Running of Time Trials

Distance from HQ to start location: approx. 3 miles please leave enough time to get to the start

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 to sign out please place numbers in the box provided sign out and again depart.
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. The car parking spaces adjacent to the building are reserved for race officials. There is limited parking at the HQ and should you park on the road please ensure it is done with respect to locals.
7. For signing on if the car park is full, park on the road come in sign on and move away.
8. Please do not give the Feniton Village Hall reasons to regret hiring it to us.
9. 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.
10. 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.

11. 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.
12. 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.
13. 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 Tom Cox on 07717 942632 as much in advance as possible. This helps the timekeepers and marshals.
14. No pens will not be provided at sign-on so 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 you own pen no signing out will result in the rider being DQ.
17. 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.
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 and are not to leave a vehicle in the start layby.
20. Spectators are not permitted.
21. Riders are not permitted to warm up anywhere on the course once the event has started there is ample roads that can be used which avoid the need to use the course.
22. 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,
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 16th August, 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!