#### Exeter Wheelers Cycling Club

#### 10 Mile Time Trial



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

**Sun 7th May 2017 Course S26R/10 First Rider off at 08:01**

### Event Sec. Richard Harding. 12 Aller Vale Close. Exeter EX2 5NH (Tel 01392 423386)

### (Event Night Mob 07974354751)

##### Time Keepers Sally Hutter & Adrian Snelgrove

**Course Details.**

#### Start in the lay-by approx 200 yards east of Pattesons Cross, junction to Feniton, on the old A30. Proceed eastwards through Fenny Bridges to join A30 duel carriageway past Honiton and exit at the slip road signed posted Dorchester A35. Follow road up and over A30 duel Carriageway to far end of bridge where *Turn Right With Care* to rejoin A30 west bound Sign posted Exeter. (Centre of over bridge = 5.176 miles). Pass Honiton and exit A30 at slip road sign posted Ottery St. Mary (8.362 miles). *Give way* at bottom of slip road where turn left. Finish at a point 101 yards before parapet of Old railway bridge. (Approx 200 yards before start point).

1 - In the interests of your own safety all riders during this event MUST 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. from General Notes, page 37, CTT Handbook 2009

4 - Event officials must not seek to regulate or interfere with other traffic – Reg. 20

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 the 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.**

**S26R/10 – “Any rider crossing the centre white line when emerging from the A30 slip road on to the old A30 shall be disqualified from the event and reported to the District Committee who may then take further disciplinary action.”**

**S26R/10 – “All competitors waiting their turn to start must remain inside the dotted white line area of the lay-by. Any rider failing to do so may not be allowed to start.”**

**S26R/10 – “All riders on completion of their competitive ride, must continue without stopping or turning in the road to the event HQ.”**

### Headquarters (Postcode EX14 3BB)

**Feniton Bowling Club is near the centre of Feniton *old village.* Please use the car park next to the village hall and do not obstruct driveways.**

**Numbers will be at the HQ and please allow yourself time to ride to the start by the following route.**

**HQ open from 7AM.**

**With the new rules you will have to sign out as well as sign in, something to do with the new drug testing procedure.**

**Failure to sign out will cause a dnf on the result sheet. No time recorded.**

**CTT Local Regulation. All riders are asked to ride to the start and from the finish by the following routes. From the HQ turn left and**

**Ride up through the village, bearing left Sp. Feniton Station 1. Take left turn at bottom of hill Sp. Ottery St. Mary 3. Carry on along this road giving way at all junctions following signs for Ottery St Mary – Sidmouth until you reach Pattesons Cross. Turn left to start lay-by. Total distance 1.7 miles.**

**After you have finished turn right at Pattesons Cross *(with care*) and retrace route to HQ**

**Please do not use the A30 on the course for warming up and keep well into the lay-by while waiting for your start. Please do not pass the start point once the TT has commenced until your allotted starting time.**

No “U” turns in the vicinity of the Start and Finish. The timekeepers have the authority to disqualify you. (You have been warned)

**Prizes ( 1 Prize per rider only )**

**1st £50.00 Vet not on Standard (40-49) 1st £10.00 Lady 1st £10.00**

**2nd £30.00 Vet not on Standard (50-59) 1st £10.00**

**3rd £20.00 Vet not on Standard (60+ ) 1st £10.00 Espoir 1st £10.00**

###### Heads up and have a good ride Richard Harding