**Essa Cycling Club**

Present our open 2 up 10mile TT

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

On Sunday 17th September 2017 (First riders starts at 08-02hrs)

**Event HQ**

SOURTON Village Hall (EX20 4HN)

Open from 07-00 hrs for sign on/off and number collection/return, plus usual facilities and refreshments post race. Minimal car parking is available at the hall but extra parking is available in the two furthest car parks from the Highwayman Inn by kind permission of the owners. Please show consideration to the local residents and avoid parking on the Inn frontage. Thank you.

**Event secretary**

Lisa Crawford e mail [lisa65crawford@gmail.com](mailto:lisa65crawford@gmail.com) tel 07557798621

Start timekeeper: Mark Gorman Essa, Finish timekeeper: Mr Vince Jennings, Essa

Marshals and helpers: Members and friends of Essa

**Awards**

**Men:** 1st £20 2nd £10 **Mixed:** 1st £20 2nd £10

**Combined Team 1st** £10

**Course S40/10 Starts on the A30 approximately 2.1 miles to the West of Sourton Junction (4.7 miles West of Okehampton) at the west end of the public lay-by, at a point level with the solar panel mast marked TME5023. Proceed West to Stowford Cross and filter left into slip road signposted Broadwoodwidger. NB this slip road is for TWO WAY traffic, so keep left of centre line. With care, turn right at top of slip road and proceed over bridge crossing the dual carriageway, taking first left into the slip road to rejoin the A30 Eastbound. Extreme care is needed when entering the carriageway as there is NO filtering lane. Riders are advised to approach slowly, look right for traffic and keep to the nearside white line. Continue on the A30 Eastwards towards Sourton Junction. Finish on the carriageway at a point level with the fourth bollard from the west end of the public lay-by situated before the first over/bridge from the turn (GR SX 481903). Distance to top of slip road at the turn approx 5.88 miles from start.**

**Riders notes**

**Allow 15 minutes to reach the start from HQ. The S40/10 course 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)**

**Please familiarise yourselves well with the course it is your responsibility to know where you are riding.**

**Please observe the Highway Code.**

**Any rider observed crossing the hatched line on the slip road before re- joining the A30, will be disqualified.**

**KEEP YOUR HEAD UP AND LOOK WHERE YOU ARE RIDING. 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 front of 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 all riders to be aware of, and observe the rules applying to company riding and drafting.**

**Please do not approach finishing time keepers whilst the event is in progress.**

**Please call out your number loud and clear on the finish line if at all possible :-).**

**THIS EVENT MAY BE SUBJECT TO 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.**

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

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| NUMBER | START | NAME | CLUB | CATEGORY |
| 1 |  | Paul Guinan | Essa | Mixed |
| 2 | 08.02 | Debbie Starkey | Essa | Mixed |
| 3 |  | Chris Harper | Penzance wheelers | Male |
| 4 | 08.04 | Phil Bowden | Penzance wheelers | Male |
| 5 |  | Stuart Henderson | Taw Velo | Male |
| 6 | 08.06 | Nijel Collingham | Taw Velo | Male |
| 7 |  | Colin Wood | Essa | Mixed |
| 8 | 08.08 | Jo Church | Essa | Mixed |
| 9 |  | Stuart Pollard | Exeter wheelers | Combined |
| 10 | 08.10 | James Tribble | Mid Devon CC | Combined |
| 11 |  | Adam Gitlin | Alltrax | Male |
| 12 | 08.12 | Andrew Parnowski | Alltrax | Male |
| 13 |  | James Lewis | St Austell Wheelers | Mixed |
| 14 | 08.14 | Rose Willis | St Austell Wheelers | Mixed |
| 15 |  | Geraldine Hodge | Essa | Mixed |
| 16 | 08.16 | Simon Blakeburn | Essa | Mixed |
| 17 |  | Toby Whitley | Essa | Mixed |
| 18 | 08.18 | Toby Whitley | Essa | Mixed |
| 19 |  | Paul Walsh | Plymouth Corinthians | Male |
| 20 | 08.20 | Philip Bray | Plymouth Corinthians | Male |
| 21 |  | Steve Alford | St Austell Wheelers | Male |
| 22 | 08.22 | Gary Fouracres | St Austell Wheelers | Male |