**Sunday May 22ND 2022**

**North Devon Velo Sporting 22 Round The Houses**

**Club Championship and SWTT Regional Sporting TT Championships**

**Promoted for and on behalf of Cycling Time Trials under**

**their Rules and Regulations**

**Start Time: 08:00**

**Course Details S12/22S**

**Start on the A377 approximately 0.75 miles South East of Bishops Tawton at a point 12 yards from the southern end of the lay-by to the North of Newbridge (GR SS 572286).**

**Proceed South Eastwards to Umberleigh turn left (M) onto the B3227 and proceed towards South Molton, continue (passing straight on over two mini roundabouts (M) to the junction with B3226 where turn left, (M) continue to the first roundabout and take the first exit (M) stay on the B3226. At the next junction and prior to the North Devon Link Road turn left on Blakes Hill Road (M) Follow this road through Filleigh, Swimbridge to Landkey. Just after leaving Landkey turn left, Mount Standford Road, signed “Newport”.(M)**

**Finish at Northern end of entrance to Bay View Garage, Landkey Road (GR SS 582314)**

**Please Call Number Loud and Clear When Finishing**

Follow the link below for the Strava segment for the course:

<https://www.strava.com/segments/3677310?oq=NDW>

**Approximate** mileages: -

**Umberleigh 5**

**South Molton 12.2**

**Left to Filleigh 13.6**

**Left to Newport 21**

**Finish 22**

**Race HQ**

**Bishops Tawton Village Hall**

**Bishops Tawton, Barnstaple EX32 0AB**

**Organiser**

**Roger Sheridan Wayside Putsborough Road Georgeham EX33 1J**

**Time Keepers**

**James Benning and Nigel Bennett**

**Please note there is no parking available at the HQ. Parking is available in the lay-by on the RH side of the road as you head south towards the start less than 200m from the HQ and then a large lay-by on the left approx. ¼ from the HQ and another lay-by a further ¼ down the A377. There will be NO PARKING at the start lay-by.**

**At the completion of the event to return to the HQ continue down Landkey Road to the traffic light junction with South Street and Turn Left, continue along South Street to the round-about junction of the A361/A377 proceed straight over onto the A377. Note: Extreme Caution must be used when crossing this round-about, it is busy and traffic approaches and crosses over it at speed. A red flag marshal will be located at the round-about but will have no jurisdiction or powers to stop traffic as it is out of the approved race envelope. We strongly recommend that you dismount your bike and cross on foot using the pedestrian island. Once across the round-about remount your bike and proceed along the A377 to the HQ, be aware that cars park on the left hand side of the road through the village and ongoing traffic can be on your side of the white lines so ride carefully.**

**Prizes: Only One prize per person**

**Prize List Men**

**1st £30**

**2nd £25**

**3rd £20**

**Prize List Ladies**

**1st £30**

**2nd 25**

**3rd 20**

**1st Vet 40+M -£10**

**1st Vet 40+F - £10**

**1st Vet 50+M - £10**

**1st Vet 50+F - £10**

**1st Vet 60+M- £10**

**1st Vet 60+F - £10**

**1st Junior M - £10**

**1st Junior F - £10**

**Important Notes for Riders and Officials:-**

* **In the interests of your own safety Cycling Time Trail and the event promotors strongly advise riders wear a Hard Shell Helmet that meets approved international safety standards.**
* **Numbers will be at the Headquarters, the numbers are disposable you do not need to return them but you MUST sign out, failure to do so will result in a DQ as we will have to search the course to ensure that you are not laying injured somewhere.**
* **The course has been risk assessed and will be checked prior to the start. Risks of note are:** 
  + **Traffic parked on the road-sides reducing road width at South Molton, Swimbridge and Landkey – exercise caution riding through the villages**
  + **Steep descent into Swimbridge potholes 2/3rd of the way down the hill.**
  + **Double mini-roundabout entering South Molton be aware of traffic coming from the right**
* **No U-Turns within sight of the Start and Finish Timekeepers**
* **Riders waiting to start must do so 20 yds before the Timekeeper and stand within the lay-by in single file**
* **It is CTT Regulations that a working rear light, either flashing or constant, is fitted to the machine clearly visible to following road users and is active whilst the machine is in use. No working rear light NO RIDE!**
* **Please ensure that when signing on you make sure you have looked at and read the on the day risk assessment and ensure that there are no additional hazards to be aware of prior to starting.**

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**](https://www.cyclingtimetrials.org.uk/articles/view/11)
3. **Please do not give the Bishop Tawton Village Hall reasons to regret hiring it to us we use the facility throughout the year for Class B events**
4. **If you will not be starting, then please let us know by messaging Roger on 0752 8729332 with as much in advance as possible. This helps the timekeepers and marshals.**
5. **Please note that no official at the start can take responsibility for any clothing left there.**
6. **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.**
7. **Riders are not permitted to warm up anywhere on the course one the event has started there is ample roads that can be used which avoid the need to use the course.**
8. **The timekeepers and officials will check riders have :- a) have their numbers attached correctly, b) have a working rear light,**
9. **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.**
10. **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.**
11. **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.**
12. **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**

1. **This Document has been based on that was used for the National 100, 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!**