

# Okehampton CC

Presents

## 10 Mile Time Trial

(Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations)

### Sunday 4th July 2021

**Course:** S40/10

**Race Starts at:** 07:01

**Event Secretary:**

Josh Coyne

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Exeter

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**Timekeepers:** Peter Foubister & Ian Myers

**Marshalls:** Members of OKCC

**Event HQ:** Pump & Pedal

Opens at 06:00

**Awards:** (One Rider, one Prize; not including team prize)

**1st Male:** £30

**2nd Male:** £20

**3rd Male:** £10

**1st Female:** £30

**2nd Female:** £20

**3rd Female:** £10

**1st Male Road Bike:** £20

**1st Female Road Bike:** £20

**1st Male Vet 40-49:** £20

**1st Female Vet 40-49:** £20

**1st Male Vet 50-59:** £20

**1st Female Vet 50-59:** £20

**1st Male Vet 60-69:** £20

**1st Female Vet 60-69:** £20

**1st Junior Male:** £20

**1st Junior Female:** £20

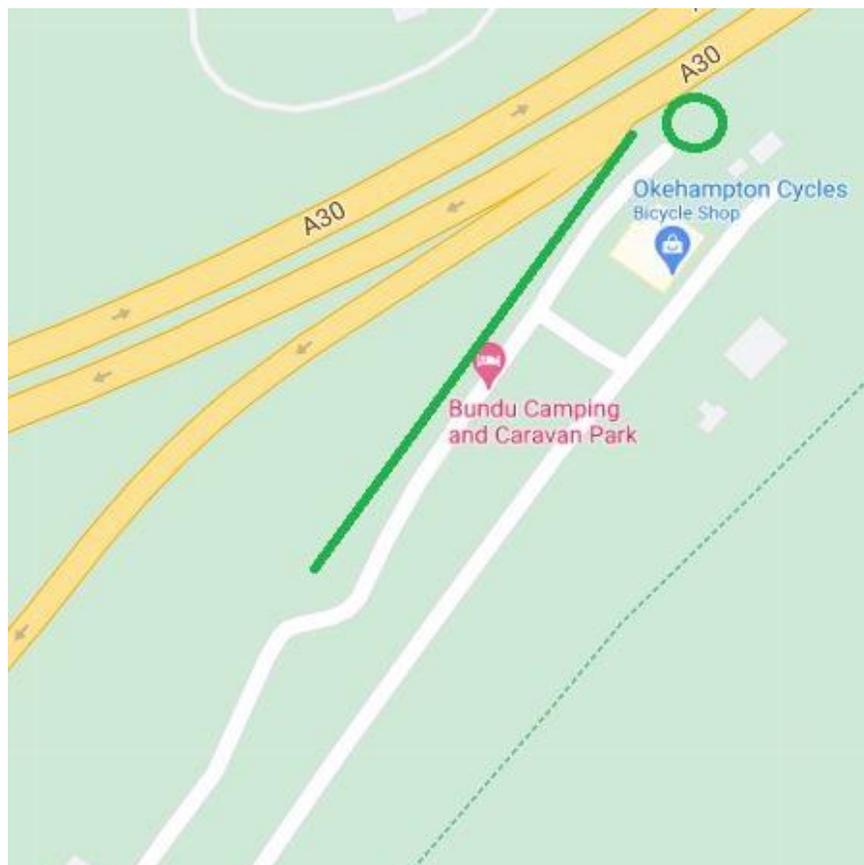
**1st Team Overall (3 members)** £30

## Course Details: S40/10

Start: On the A30 approximately 2.1 miles to the West of Sourton Junction (4.7miles 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 the slip road signposted Broadwoodwidge. **NB: this slip road is for TWO WAY TRAFFIC, so keep left of centre line.** With care, turn right at the top of the slip road and proceed over bridge, crossing the dual carriageway, taking the 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 Eastbound 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 overbridge from the turn (GR SX 481903). Distance from start to top of slip road at turn approx 5.88.

Allow 10 minutes to reach the start from HQ

**Headquarters:** At The Pump & Pedal Cafe/Cycle Shop, based at Sourton, EX20 4HT, where toilet facilities are available. Refreshments will be available from approx 0600. Parking is available in the car park outside the Shop and further parking is available down the entry road, along the **GREEN** line marked on the attached map. Please park considerately and do not park on the other side of the road, you may well be asked (politely) to move if you do. Thank you.



## **Notes to all Riders:**

Due to Covid-19 the sign on / off desk will be unmanned, although OKCC marshalls will still be in the area. You should bring your own pen & safety pins (if required) to avoid any unnecessary cross contamination. Please respect social distancing and wear a mask (unless exempt) when signing on.

Please ensure you read the Covid-19 CTT Risk assessment prior to signing on and arrive dressed to race as there are no changing facilities at the HQ - changing in the toilets will not be allowed. Spectators are strongly discouraged this year.

Please respect social distancing at the start and be aware that there will be no push off: all riders must start with one foot on the ground. Do not leave any personal possessions with the timekeeper. Do not stop at the finish to ask for times.

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 observe the Highway Code. Ride with your head up, and do not white line. You must have a working rear light fitted to your machine. 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.

The risk assessment form and signing on sheets will be on the table at the front of the HQ. When signing on please look to see if there are any 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.

Please call out your number loud and clear at the finish line.

CTT Requires all riders to be aware of, and observe the rules applying to company riding and slipstreaming.

This event is being delivered in compliance with Government restrictions and CTT Risk Assessment for Covid-19.

The key points affecting you as a competitor are:

Competitors should plan to arrive 30-45 minutes before their allotted start time to allow time to sign in, warm up, and get to the start line,

You must not attend if you feel ill in ANY way or if family members have any symptoms. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the race organiser of your intention not to start because of an adverse warm up.

It is preferable for all warm ups to be conducted independently, and although warm ups on the road are preferable, turbo trainers are permitted as long as this is away from the sign on area and a minimum of 2 metres social distancing from all other competitors and anyone else who may walk past.

Riders MUST NOT gather in **any** way, regardless of current guidelines in the HQ area or elsewhere.

When finishing, riders MUST NOT stop at the finish and MUST NOT loiter at the HQ. There will be no results posted at the HQ during the event and no prize giving will happen at the HQ. Winners will be notified with prize money sent via Bank Transfer. Results will be posted online for all competitors to view as soon as possible.

After finishing, competitors must complete the sign out sheet. There is no need to return your number: this is disposable. Riders must then pack away and leave immediately.

No support can be provided if a competitor suffers any mechanical difficulties.

**Sponsored Clubs:**

As per the Startsheet.

Thank you for your support of our event, and we wish you a safe and successful morning of racing.

