

EXETER WHEELERS CYCLING CLUB

Presents

The Four Firs Margaret Baker Memorial Time Trial held on 6th March 2022.
Promoted for, and on behalf of, Cycling Time Trials under their rules and regulations

Course: S7/17

Start: 08.01

Timekeepers: Mr Ken Evans & AN Other **Starter** Mr D Lebatteux

Marshals: Members of Exeter Wheelers & Sid Valley CC thank you folks

Event secretary: Mr Ian Hennessey 10 High Street Honiton EX14 1PU
Tel 07714 898969

The Start will be in the layby on the B 3179 Woodbury Road approximately 150yds from the HQ. It will proceed as usual through Woodbury village proceeding up the hill towards the common. Approximately halfway up the hill turn right with care (marshals) on a minor road that proceeds to meet the Exmouth/ Woodbury common road (B 3180). Turn left here (marshal) and proceed up the hill to Four Firs X. Turn left down the hill through Woodbury village past the start with directly ahead the Fire station roundabout. Go around the roundabout past the start and complete a final lap as above. The finish is situated on the opposite side to the start. After passing the finish point in your own time continue to the roundabout, turn and continue riding without stopping back to the HQ. Do not stop at the start/finish lay-by.

Please note riders who are turning right onto the minor road up the hill from Woodbury **MUST** give way to riders coming down the hill (they have right of way). Distance is approximately 15 miles.

EVENT HEADQUARTERS

Clyst St George village hall (EX3 0RE). Parking is available both sides of hall and in lane adjoining hall. There is **no parking** at the start. Please park considerately.

Numbers will be in the hall. **Remember to sign on** when collecting your number. Call number loudly and clearly at finish. **Please** sign out after your ride and return your numbers for a drink in the hall.

AWARDS:

MEN

1st £15 2nd £10 3rd £5

Vet 40>49 £5, 50>59 £5, 60> 69 £5, 1st Espoir £5, 1st Juvenile £5

WOMEN

1st £15, 2nd £10, 3rd £5

Vet 40>49 £5, 50>59 £5, 60>69 £5, 1st Espoir £5, 1st Juvenile £5

Team prize (fastest **3rd rider**) £5 per rider

Note one prize per rider not including team prize.

You must wear a hard-shell helmet that meets an approved international standard.

Please observe the Highway Code at all times. Be prepared to give-way to traffic. Ride with your head up. Do not "white line". Wear bright clothing.

A working front & rear light must be fitted to your machine in a suitable position to be clearly visible to following road users and is active for this event.

Event officials must not seek to regulate or interfere with other traffic. Riders waiting to start must do so 20m before the timekeeper and stand into the left in single file. CTT guidelines state that when a competitor is caught by another rider, the overtaken rider should fall back to a distance of at least 50 metres behind the overtaking rider.

On completion of the ride, riders must continue past the finish without stopping or turning in the road, to the event HQ. Times will be posted at the HQ as soon as possible. Please leave the time keepers alone to do their job!