**Presents**  **25 Mile Time Trial**

**Wednesday 16 June at 19:00**

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

**Timekeepers** **Marshals Event Secretary**

Ian Myers Members & Friends MDCC Mark Sanders

Caroline Twigger 49 Old Exeter Street

 Chudleigh TQ13 0JX

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**Course S4/25 Course Details**

Start on A38 approximately 1.5 miles South West of Buckfastleigh level with the clearway sign at the end of the lane out of Dean Prior Village and level with the 12th kerbstone (GR SX7296480)

Proceed Northeastwards on A38 in the Exeter bound direction to pass Buckfastleigh, Ashburton, Bickington, Heathfield and Chudleigh Knighton.

At Chudleigh Bridge filter left, turn right, give way, and turn right again to re-join the A38 in the Plymouth bound direction. Retrace the outward route to filter left at sign “Lower Dean”.

**Finish in the slip road at point level with the River Mardle bridge parapet on the Right hand side of the road and**

**Nearest the give way sign (GR SX 734651).**

Allow between 20/25 minutes to reach the start. Do not cross the A38 to reach the start – see local reg. 1

**Intermediate mileages (approx positions)**

50 yards before Ashburton North Bridge = 5 miles

 First Bridge at Drumbridges = 10 miles

Chudleigh Bridge = 13 miles

50 yards prior to Alston Cross = 20 miles

**Headquarters**

H.Q. Rattery Village Hall, Rattery, TQ10 9LD will be open from 18:00 for use of toilets only and no changing facilities will be available. Disposable numbers and signing on sheet will be just outside the Hall so please observe social distancing and sign on there.

**While in the HQ area you are requested to wear your face covering.**

The start is approximately 3 miles from the HQ – please allow sufficient time. From HQ entrance turn left to Mill Cross (400 yards), Turn right and continue ahead to cross the A38 at Dry Bridge. Turn right to descend the slip road to join the A38 in the Exeter direction. The start is approx 1 mile from here. Once at the start area you will not be able to leave. Wait in the splayed area behind a line drawn from the two clearway signs till called to the line. After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Retrace your outward route back to the hall. Rattery Village Hall can be reached from the Totnes direction via the A385 towards South Brent and taking the first right after Venton Corner. At Mill Cross go right. The hall is on the right. From Plymouth and Exeter leave the A38 at Dry Bridge and follow the signs to Rattery. At Mill Cross go left and the hall is on the right.

 Prize Fund - £165.00

 Fastest Rider Man £25 Fastest Woman £25

Second Fastest Man £20 Second Woman £20

Third Fastest Man £15 Third Woman £15

Not in top three First U18 £15 Fastest Veteran £15 Second Veteran £15

AWARD WINNERS WILL BE ASKED TO PROVIDE THE MDCC CLUB TREASURER WITH BANK DETAILS SO A TRANSFER VIA BACS CAN BE EXPEDITED. Finally, many thanks to all of the helpers, timekeepers, marshals, and anyone else I’ve forgotten without their assistance it would not be possible to run the events we enjoy.

SAFETY

1. In the interests of your own safety Cycling Time Trials and the event promoters recommend that you should 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 required that a flashing rear light is fitted to your machine in a position clearly visible to following road users and is active whilst the machine is in use.
4. Event officials must not seek to regulate or interfere with other traffic.
5. Riders waiting to start must wait inside a line drawn between the 2 clearway signs.
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 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.

Local regulation 1 - No rider is to reach the start by crossing through the A38 centre reservation.

Local regulation 2 - All riders on completion of their competitive ride must continue without stopping or turning in the road to their vehicles

No turbo trainers anyway near the HQ.

**CTT and COVID - 19**

**Please ensure you carefully read the two CTT documents covering Covid-19 including the Risk Assessment and ‘Putting on a Cycling Time Trials Event during Covid-19.’**

**After the event please leave as soon as you have signed out – there will be no results available at the HQ. These will be emailed out to all entrants and event officials.**

Have a safe ride.

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| --- | --- | --- | --- | --- | --- | --- |
| number | start\_time | firstname | lastname | club | gender | category |
| 2 | 19:02:00 | Anthony  | Green | Penzance Wheelers CC | Male | Senior |
| 3 | 19:03:00 | Nikki | Toomer | Exeter Whs CC | Female | Veteran |
| 4 | 19:04:00 | Terry | Harvey | City Cycle Couriers RT | Male | Veteran |
| 5 | 19:05:00 | Sean | Frost | Tri UK | Male | Senior |
| 6 | 19:06:00 | Rob | Barrow | City Cycle Couriers RT | Male | Veteran |
| 7 | 19:07:00 | Andrew | Ellis | www.giant-helston.co.uk | Male | Veteran |
| 8 | 19:08:00 | Lisa | Crawford | Plymouth Corinthian CC | Female | Veteran |
| 9 | 19:09:00 | Julian | Smith | Torbay Tri Club | Male | Senior |
| 10 | 19:10:00 | Josh | Coyne | Bpm Coaching  | Male | Senior |
| 11 | 19:11:00 | Daniel | Kempe | Bristol South Cycling Club | Male | Veteran |
| 12 | 19:12:00 | Peter | Norris | Cycle Sport South Hams | Male | Veteran |
| 13 | 19:13:00 | Maria | Weymouth | Mid Devon CC | Female | Veteran |
| 14 | 19:14:00 | Steven | Crowley | Exeter Triathlon Club | Male | C4 |
| 15 | 19:15:00 | Robert | Shaw | Plymouth Corinthian CC | Male | Senior |
| 16 | 19:16:00 | Kevin | Weymouth | Mid Devon CC | Male | Veteran |
| 17 | 19:17:00 | Doug | Parker | Sid Valley CC | Male | Veteran |
| 18 | 19:18:00 | Scott | Ellwood | Minehead Cycling Club | Male | Veteran |
| 19 | 19:19:00 | Sam | Beaton | Plymouth Corinthian CC | Male | Junior |
| 20 | 19:20:00 | Paul | Walshe | Plymouth Corinthian CC | Male | Veteran |
| 21 | 19:21:00 | Roger | Sheridan | North Devon Wheelers | Male | Veteran |
| 22 | 19:22:00 | Alan | Hughes | Exeter Triathlon Club | Male | Veteran |
| 23 | 19:23:00 | Ian | Deakin | Mid Devon CC | Male | Veteran |
| 24 | 19:24:00 | Peter | MacNaughton | Tavistock Whs CC | Male | Veteran |
| 25 | 19:25:00 | Lee | Sanderson | Mid Devon CC | Male | Veteran |
| 26 | 19:26:00 | Mark | Pierce | Plymouth Corinthian CC | Male | Senior |
| 27 | 19:27:00 | Gemma | Waterjohns | Somerset Road Club | Female | Senior |
| 28 | 19:28:00 | Robert | Wakefield | North Devon Wheelers | Male | Veteran |
| 29 | 19:29:00 | Bob | Brabbins | VTTA West Group | Male | Veteran |
| 30 | 19:30:00 | Gavin | MacDougall | Royal Navy & Royal Marines CA | Male | Veteran |
| 31 | 19:31:00 | Harry | Loader | Mid Devon CC | Male | Senior |
| 32 | 19:32:00 | Adam | Gitlin | Alltrax | Male | Veteran |
| 33 | 19:33:00 | Neil | Minion | City Cycle Couriers RT | Male | Veteran |
| 34 | 19:34:00 | Callum | Start | Mid Devon CC | Male | Junior |
| 35 | 19:35:00 | Donald | Brooks | Mid Devon CC | Male | Veteran |
| 36 | 19:36:00 | Morris | Elphick | Exeter Whs CC | Male | Veteran |
| 37 | 19:37:00 | Tara | Grosvenor | VeloVitesse/ALLCAP/James Barry | Female | Senior |
| 38 | 19:38:00 | Alan | Lambert-Gorwyn | Essa Cycling Club | Male | Veteran |
| 39 | 19:39:00 | Ian | Scott | City Cycle Couriers RT | Male | Veteran |
| 40 | 19:40:00 | Steve | Lampier | Saint Piran | Male | Senior |
| 41 | 19:41:00 | Justin | Dance | 1st Chard Wheelers | Male | Veteran |
| 42 | 19:42:00 | Tom | Moran | Plymouth Corinthian CC | Male | Veteran |
| 43 | 19:43:00 | Jonathan | Ellis | Plymouth Corinthian CC | Male | Veteran |
| 44 | 19:44:00 | James | Pearcy | Mid Devon CC | Male | Junior |
| 45 | 19:45:00 | Tom | Scorer | Royal Navy & Royal Marines CA | Male | Veteran |
| 46 | 19:46:00 | Harry | Jukes | Mid Devon CC | Male | Junior |
| 47 | 19:47:00 | Tim | Heal | Mid Devon CC | Male | Veteran |
| 48 | 19:48:00 | John | Morse | Penzance Wheelers CC | Male | Veteran |
| 49 | 19:49:00 | Will | Piccin-White | Wheal Velocity  | Male | Junior |
| 50 | 19:50:00 | Lee | Frost | Nopinz Motip Race Team | Male | Senior |
| 51 | 19:51:00 | Lubos | Obornik | CS Dynamo | Male | Veteran |
| 52 | 19:52:00 | Ken | Holder | City Cycle Couriers RT | Male | Veteran |
| 53 | 19:53:00 | Craig | Harper | Wadebridge Coasters Cycling Club | Male | Veteran |
| 54 | 19:54:00 | Max | Churchill | Mid Devon CC | Male | Senior |
| 55 | 19:55:00 | Andrew | Perkins | Mid Devon CC | Male | Veteran |
| 56 | 19:56:00 | Miles | Earl | Plymouth Corinthian CC | Male | Senior |
| 57 | 19:57:00 | Reuben | Heal | Mid Devon CC | Male | Junior |
| 58 | 19:58:00 | Mark | Sanders | Mid Devon CC | Male | Veteran |
| 59 | 19:59:00 | Ryan | Rudge | Mid Devon CC | Male | Veteran |
| 60 | 20:00:00 | Conrad | Moss | Primera-Teamjobs | Male | Veteran |