



**Open 25 Mile Time Trial
(Incorporating South West District Championship)
Sunday 16 July 2023 at 07:00**

“Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations”
Front and Rear Lights required (no lights no ride!)

Timekeepers

Ian Myers
Ian Whittear

Marshals/Helpers

Imogen Vale MDCC
Anne Guest MDCC
Maria Weymouth MDCC
Cathy Cook MDCC
Dave Cook MDCC

Event Secretary

Peter Loader
14 Abbotswood
Kingsteignton
Devon
TQ12 3AB
Mob 07856 246614

Course S4/25

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 SX729638*) [*What3Words = ///culminate.respected.hunt*]

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 733651*) [*What3Words = ///breakaway.bronze.support*]

NB: Allow between 20/25 minutes to reach the start from HQ. 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

"Classed as flat, but has a couple of big climbs in it!"

Allow 25 minutes to reach the start. Do not cross the A38 to reach the start.

Headquarters

H.Q. Buckfastleigh Town Hall, Buckfastleigh, TQ11 ODD will be open from 06:00.

The start is approximately 3 miles from the HQ – Join A38 in the Plymouth direction past Dean Prior Church (on left) then take the slip road for Rattery. Turn right to cross the A38 at Dry Bridge and 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. After finishing turn right at the bottom of the slip road, pass under bridge and then turn right again to retrace to Buckfastleigh.

Refreshments

They will be available at H.Q after the event. Please return numbers at the same time and sign back in after your ride or you will be classified as a DNF.

PRIZE LIST (One rider one prize)

1 st Fastest £30	1 st Cat A £15	1 st Cat D £15
2 nd Fastest £20	1 st Cat B £15	1 st Lady £30
3 rd Fastest £15	1 st Cat C £15	
1 st Male SW – SWDC Medal	1 st SW Male Vet on Std – SWDC Medal	
1 st Lady SW – SWDC Medal	1 st SW Lady Vet on Std – SWDC Medal	
1 st Male Team SW – SWDC Medals		

SAFETY

1. In the interests of your own safety Cycling TimeTrials and the event promoters 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 essential that a working rear and front light, either flashing or constant, is fitted to the 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 do so 3 metres before the timekeeper and stand well to the left in a single file to avoid traffic that may pull in.

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. All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

Local regulation 2. No rider is to reach the start by crossing through the A38 centre reservation, if they do so they will be disqualified.

Please note that the lane to the start is closed. Riders should arrive at the start via the A38 Plymouth direction, crossing at the Rattery over bridge and back down to the start, allowing at least 25 minutes for this.

This event may be subject to a 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 in.