



Presents
25 Mile Time Trial
Sunday 8th September at 07:40 hours

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

Timekeepers

Members & Friends MDCC

Marshals

Members & Friends MDCC

Event Secretary

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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 from HQ. Do not cross the A38 to reach the start – see local reg. 1. Do not stand outside a line drawn between the clearway signs i.e. on the A38 carriageway.

Intermediate mileages (approx positions)

Ashburton North Bridge = 5 miles
First Bridge at Drumbridges = 10 miles
Chudleigh Bridge = 13 miles
Alston Cross = 20 miles

Headquarters

St Luke’s Church Hall (TQ11 0DA) will be open from 06.40 where numbers and signing on sheet will be. Please park in the Town car park.

Refreshments

They will be available at H.Q after the event. Please return numbers at the same time and remember to sign in – failure to do so will mean disqualification.

PRIZE LIST

1st Fastest £30 (+ Presidents Memorial Shield)
2nd Fastest £25
3rd Fastest £15
1st Lady £30 (+ women’s Olympic Shield)
2nd Lady £25

1st Rider who has not previously beaten 1 hour for 25 miles (Queen Elizabeth II Coronation Trophy)

Awards for riders not in the top 3

1st over 50 £10 1st 60/70 £10

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 recommended that a working rear 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** – this applies at the Chudleigh Bridge turn.
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 the event HQ.

This event may be subject to doping control.