



MID DEVON CYCLING CLUB  
PRESENTS THE 2021  
**TEIGN VALLEY 23 MILE SPORTING TIME TRIAL**

Promoted by Mid Devon Cycling Club for and on behalf of Cycling Time Trials  
Under their Rules and Regulations

**Good Friday 15th April 2022**  
**Course S17R/23S**

**First Rider 08:01 hrs**  
**Timekeepers – Ian Myers and Ian Whitear**  
**Start Official – Mark Dolan**

**H.Q.** Café 3 Sixty, Newton Road, Bovey Tracey, TQ13 9AZ where numbers and signing on sheets are available.

There is a public car park near the HQ. The HQ is in a residential area. Please park considerately and do not use turbo trainers adjacent to residential properties. Allow 5 mins to race start

**START** – Battle Rd, Heathfield, please familiarise yourself with location and allow 10 minutes to ride to start from HQ.

**COURSE DETAILS**

- **NOTE REVISED START**
- Start on Pottery Road TQ13 9DS (50 yds up the hill from Mike Harding Land Rover), after 50 yds enter Pottery Rd roundabout (M) take the first exit onto Monks Way, for approximately 1 mile to Jenga/Fire Station Roundabout (M).
- Take the second exit (M) onto the A382 towards Moretonhampstead.
- Care on 'the narrows' (M) between Lustleigh and Moretonhampstead (at approx 6 miles).

- At the approach to Moretonhampstead village, adjacent to Bradfords Stores, turn right with care (M) into unclassified lane. At the end of the lane turn right - great care - (M) on to the B3212 Doccombe Hill.
- Climb and descend (taking care when passing farm entrance just after brow) through Doccombe village, over Steps Bridge and continue past Dunsford.
- Turn right with care (M) onto the B3193 (Teign Valley Road) continue approximately 8.5 miles until junction with B3344 (M) where turn left uphill towards Chucleigh o finish adjacent to Rocklands Close just before Chudleigh Village.

On finishing please shout your number (if you still can!)

The Strava segment for the course is as follows: <https://www.strava.com/segments/20370610> please familiarise yourself with the route, the start point and the journey back to the HQ

**Note 1** – Take particular care on the narrow bends between Lustleigh and Moretonhampstead at approximately 6 miles.

**Note 2** - There are 3 right turns on the route – take care at all of them. At the second right turn immediately before the climb of Doccombe Hill, keep inside the give way lines.

**Note 3** – There is a farm entrance approximately 300yds after the brow of Doccombe Hill, please be alert.

**Note 4** – The descent from the top of Doccombe Hill to Steps Bridge has many fast and sweeping bends and is often damp, even on dry days. Take care not to overcook it. Keep well to your own side of the road.

**Note 5** – After entering B3193 (Teign Valley Rd) there is a humpback bridge (care) then the road surface for the next mile is poor (particularly on the left side of the carriageway).

**REMEMBER - No front light - No rear light – No ride**

#### **Course Records:**

**Male - Steve Lampier – 50:06**

**Female - Natalie Grinczer – 01:05:26**

**Junior Male – Harry Jules - 56:23**

**Junior Female – Hannah Rainger - 1:11:26**

#### **Prize Fund**

<b><u>Fastest Rider</u></b>	£30	<b><u>Fastest Woman</u></b>	£30
2nd	£20	2 <sup>nd</sup> Woman	£20
3rd	£10	3 <sup>rd</sup> Woman	£10

#### **RIDERS ‘NOT IN THE FIRST THREE’**

**‘Sporting Rider’** - Standard Bike, no discs/tri-spokes, no clip-ons, no aero helmet  
Please mark signing on sheet to enter this category.

Fastest	£20
2 <sup>nd</sup>	£10

**Vets**  
**Men**

**Women**

1st Vet 40+	£ 15
2 <sup>nd</sup> Vet 40+	£ 10
1st Vet 50+	£ 15
2 <sup>nd</sup> Vet 50+	£ 10
1st Vet 60+	£ 15

1st Vet 40+	£ 15
2 <sup>nd</sup> Vet 40+	£ 10

**Juniors**

1 <sup>st</sup> Junior	£15
2 <sup>nd</sup> Junior	£10

1 <sup>st</sup> Junior Woman	£ 15
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**Mid Devon Cycling Club Riders** - First MDCC member Kelsteign Cup, held for 12 months

**ONE RIDER ONE PRIZE – PRIZE WINNERS WILL BE CONTACTED AND PRIZE MONEY TRANSFERRED.**

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**Finally, many thanks to all of the helpers, timekeepers, marshals, course signers, (and anyone else I've forgotten) without their assistance it would not be possible to run the events we enjoy.**

*Have a safe and enjoyable ride*

*Andy Perkins – Whare Pini, Coombe Rd, Shaldon, TQ14 0EX Phone 07850 645227*

**Reminder of Regulations**

Helmets that meet CTT Regulation must be worn by all competitors who are under 18 youths and juniors. **NO** helmet means **NO** ride. Helmets are strongly recommended to all other riders.

Under 18s, don't forget your parental consent forms.

Observe CTT regulations especially those relating to company riding and to following vehicles. Mobile and stationary observers will act if riders are seen in contravention of CTT Regulations or the Highway Code.

No competitor shall be permitted to start unless he or she has affixed to the rear of their machine a working front white light and a working rear red light, either flashing or constant, that is illuminated, in position and clearly visible to other road users.

**No rear light – No front light - no ride**