



Presents
Triple Tropy 25 Mile Time Trial
Inc' SW District Championship
Sunday 9th September 2018 at 07:32am

“Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations”
The wearing of a hard shell helmet and use of a rear light is recommended

Timekeepers

Paul Martin
Ian Myers
Ken Robertson (turn)

Marshals

Angela Hanks & Francis McBride

HQ POC

Bex Seeley Harris

Event Secretary

Ruth Burrows
23 Greatwood Terrace
Topsham
Devon
EX3 0EB
Mob 075 343 28285

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 rejoin the A38 in the Plymouth bound direction. Retrace the outward route to filter left at sign “Lower Dean”. Finish at a point level with the bridge parapet across the River Mardle.

(Please note that in the event the S4/25 course is deemed unsafe for use prior to the start, an alternative course off the A38 will be used as detailed overleaf. Riders will be told ASAP and all start times will be pushed back 30 minutes to allow for transfer to the alternative course.)

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

Allow between 20/25 minutes to reach the start. Do not cross the A38 to reach the start.
All riders are expected to be off the A38 by 9.30am.

Headquarters

Buckfastleigh Town Hall, Bossel Rd. will be open from 06:30 where numbers and signing on sheet will be; arm numbers on the right if applicable. Please park in the Town car park and remember the time and think of the neighbours.

Refreshments

They will be available at HQ 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

1st Fastest £30	
2nd Fastest £25	For those riders not in the top three:
3rd Fastest £20	1st Espoir £15
	1st over 50 £15
1st Lady £30	1st over 60 £15
2nd Lady £25	1st over 70 £15

TROPHIES AND MEDALS

District Championship medals:	
1 st Fastest Overall	
1 st Fastest Female	
1 st Fastest Vet on Standard	
1 st Fastest Team of Three	
MDCC trophies:	
1 st Fastest Overall	Presidents Memorial Shield
1 st Fastest Female	Women's Olympic Shield
1 st Rider who has not previously beaten 1 hour for 25 miles	Queen Elizabeth II Coronation Trophy

Alternative Course Details:

Start at Marley Head opposite the exit from the former Carmelite Convent. Proceed over the A38 and take the first exit at the roundabout (M) on to the B3372. Turn at the South Brent Roundabout (M). Retrace to take the third exit at the first roundabout (M) past the start and at the next roundabout (M) take the first exit on to the A385 towards Totnes. Turn at the roundabout on the approach to Dartington (M) . Retrace past the start. This completes one circuit.

Repeat this circuit to finish between the Palstone Sports Centre and the South Brent Roundabout.

Please note that all start times will be pushed back 30 minutes to allow for transfer to the alternative course. We would also ask that you drive to the new start point rather than cycle, however please park on one of the side roads, do not park on the course. Return to HQ afterwards to sign back in, return numbers, and attend the prize giving.

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 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 especially at Chudleigh Bridge.**
- 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.

Local regulation 3. Riders waiting to start must stand inside a visually drawn line between the 2 clearway signs and not out towards the main carriageway.

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 20 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.

Race numbers required for Doping Control will be displayed at the HQ adjacent to the results board.

If your number is displayed you should report immediately to Doping Control which will be nearby. Remember it is your responsibility to check and ensure you comply.

MDCC 9 September 2018 - Start Sheet

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
2	07:32:00	Phil	Smith	Mid Devon CC	Male	Veteran
3	07:33:00	Clementina	Davies	Yeovil Cycling Club	Female	Veteran
4	07:34:00	Bob	Brabbins	Wellington Wheelers Cycling Club	Male	Veteran
5	07:35:00	Lee	Sanderson	Mid Devon CC	Male	Veteran
6	07:36:00	Andrew	Ellis	www.giant-helston.co.uk	Male	Veteran
7	07:37:00	Rose	Willis	St Austell Whs CC	Female	Veteran
8	07:38:00	Richard	Brown	Tavistock Whs CC	Male	Veteran
9	07:39:00	Martina	Geraghty	Penzance Wheelers CC	Female	Veteran
10	07:40:00	Harrison	Wood	Mid Devon CC	Male	Junior
11	07:41:00	Donald	Brooks	Mid Devon CC	Male	Veteran
12	07:42:00	Chris	Vellacott	Royal Navy & Royal Marines CA	Male	Veteran
13	07:43:00	Chris	Harper	Penzance Wheelers CC	Male	Veteran
14	07:44:00	Ian	Deakin	Mid Devon CC	Male	Veteran
15	07:45:00	Tim	Mcevoy	Camel Valley C & TC	Male	Veteran
16	07:46:00	Phil	Bowden	Penzance Wheelers CC	Male	Veteran
17	07:47:00	Catherine	Hilton	Sid Valley CC	Female	Veteran
18	07:48:00	Philip	Climer	Penzance Wheelers CC	Male	Veteran
19	07:49:00	Philip	Bray	Plymouth Corinthian CC	Male	Senior
20	07:50:00	Gavin	Macdougall	Tavistock Whs CC	Male	Veteran
21	07:51:00	Chris	Shakya	Exeter Whs CC	Male	Senior
22	07:52:00	Samuel	Woods	Plymouth Corinthian CC	Male	Senior
23	07:53:00	Vicky	Jowett	Plymouth Corinthian CC	Female	Senior
24	07:54:00	John	Morse	Audax UK	Male	Veteran
25	07:55:00	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran
26	07:56:00	Morris	Elphick	Exeter Whs CC	Male	Veteran
27	07:57:00	Brett	Barber	Mid Devon CC	Male	Veteran
28	07:58:00	Sean	Ferguson	Mid Devon CC	Male	Veteran
29	07:59:00	Dave	Cracknell	Penzance Wheelers CC	Male	Veteran
30	08:00:00	Conrad	Moss	Mid Devon CC	Male	Veteran
31	08:01:00	Hari	Slade	Penzance Wheelers CC	Male	Veteran
32	08:02:00	Alan	Hughes	Exeter Triathlon Club	Male	Veteran
33	08:03:00	Ryan	Rudge	Mid Devon CC	Male	Senior
34	08:04:00	Douglas	Parker	Sid Valley CC	Male	Veteran
35	08:05:00	James	Tribble	Mid Devon CC	Male	Veteran
36	08:06:00	James	Hadfield	www.giant-helston.co.uk	Male	Senior
37	08:07:00	Mark	Sanders	Mid Devon CC	Male	Veteran
38	08:08:00	Peter	Miners	Lanhydrock Wheelers	Male	Veteran
39	08:09:00	Tom	Moran	Plymouth Corinthian CC	Male	Veteran
40	08:10:00	Marcin	Bialoblocki	NOPINZ	Male	Senior