



Presents
The WAJ Best Memorial 25 Mile Time Trial
Sunday 18th July 2021 at 07:00 hours
Covid 19 protocols apply see final page.

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

Timekeepers

Ian Myers
Ian Whitear

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Marshals

Members & Friends MDCC

Event Secretary

Ken Robertson
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Course S4/25 - Course Details (if wet see use of an alternative course at end of page 2)

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

Rattery Village Hall will be open from 06:00. Please park pretty to maximise use of the available space.

Disposable numbers and signing on/off sheet will be at the HQ –remember to bring your own safety pins and pens.

S4/25 – Directions to the start and back after finishing

Leave the Village Hall Car Park and turn left. Continue to Mill Cross where go right. Follow signs to cross the A38 and then go right to join the A38. The start is 1 mile down the hill.

On finishing your competitive ride continue to the end of the slip road. Turn left and follow to re-join the A38 signed ‘Plymouth’. Pass Dean Prior Church and at the top of the hill filter left signed “Rattery”. Follow the signs to Mill Cross where go left back to the hall.

Post Event & Webscorer

They will be no post event refreshments available at H.Q but remember to sign out – failure to do so will mean disqualification. You can access your provisional time by going to www.webscorer.com/mdcc

PRIZE LIST

1st Fastest £25 & W.A.J. Best Memorial Trophy (held for 1 year)
2nd Fastest £20 3rd Fastest £15 4th Fastest £12
1st Lady £25 2nd Lady £20

Awards for riders not in the top 4

1st over 40 £12 1st over 50 £12 1st 60/70 £12

1st MDCC Member – W.A.J. Best Cup (Held for 1 year)

Payment via BACS so if you win a prize pass bank details on to Mark Sanders

treasurer.mdcc@hotmail.com

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 – A working rear light, either flashing or constant, must be 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. 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 - Riders waiting to start must wait inside a line drawn between the 2 clearway signs.

Local regulation 3 - All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ

If the weather conditions and road spray make it unsafe to use the A38 then the event will switch to the stand-by wet weather course on the A385 and B3 i.e., circuits of Marley Head, Dartington and South Brent as set out below.

S4/25 (Wet weather): - Start opposite the former convent gate entrance near Marley Head (GR 723606) at lamp standard No. 35.

Proceed north west to cross the A38. At the roundabout take the first exit (M). Continue to South Brent circle the Palstone Roundabout (M). Retrace and at the 1st Marley Head Roundabout take the 3rd exit (M) to pass the start. At the 2nd roundabout take the 1st exit (M) onto the A385.

Proceed on the A385 to the 1st roundabout on the outskirts of Dartington. Circle the roundabout (M) taking care due to the adverse camber and retrace to Marley head. At the 1st roundabout take the third exit(M) to pass the start.

Repeat the circuit.

On passing the start line for the second time continue as before towards South Brent.

Finish just short of the Palstone Roundabout at the entrance to Fairfield Close.

To reach this start from the Rattery Village Hall turn left to Mill Cross, go s/o and under the railway bridge to the A385. Turn right with great care as traffic comes past this junction quite fast and visibility is limited. Continue on A385 for 1,00 yards to Marley Head roundabout and start line.

No	Start at	first name	last name	club	M/F	age	Time
7	07:07	Maria	Weymouth	Mid Devon CC	F	47	
8	07:08	Cordelia	Preece	Tavistock Whs CC	F	58	
9	07:09	Lisa	Crawford	Plymouth Corinthian CC	F	55	
10	07:10	Rose	Willis	St Austell Whs CC	F	46	
11	07:11	Nikki	Toomer	Exeter Whs CC	F	51	
12	07:12	Hannah	Rainger	Plymouth Corinthian CC	F	18	
13	07:13	Catherine	Hilton	Sid Valley CC	F	48	
14	07:14	Gemma	Waterjohns	Somerset Road Club	F	39	
15	07:15	Callum	Start	Mid Devon CC	M	17	
16	07:16	Kevin	Weymouth	Mid Devon CC	M	51	
17	07:17	Philip	Bache	Tri Logic Cornwall	M	29	
18	07:18	Peter	MacNaughton	Tavistock Whs CC	M	63	
19	07:19	David	Hall	Royal Navy & Royal Marines CA	M	58	
20	07:20	Gavin	MacDougall	Royal Navy & Royal Marines CA	M	54	
21	07:21	Peter	Norris	Cycle Sport South Hams	M	45	
22	07:22	Ian	Houvenaghel	Royal Navy & Royal Marines CA	M	51	
23	07:23	David	Roe	Revo Racing	M	72	
24	07:24	Clay	Clinker	Royal Navy & Royal Marines CA	M	24	
25	07:25	Harry	Loader	Mid Devon CC	M	25	
26	07:26	Mark	Pierce	Plymouth Corinthian CC	M	31	
27	07:27	Rob	Barrow	City Cycle Couriers RT	M	44	
28	07:28	Ian	Deakin	Mid Devon CC	M	64	
29	07:29	Robert	Wakefield	North Devon Wheelers	M	50	
30	07:30	Max	Churchill	Mid Devon CC	M	25	
31	07:31	Samuel	Wyatt-Haines	Team Avenir	M	25	
32	07:32	Hugh	Madeley	London Dynamo	M	23	
33	07:33	Jonathan	Ellis	Plymouth Corinthian CC	M	40	
34	07:34	Oliver	Baylin	www.giant-helston.co.uk	M	26	
35	07:35	Lee	Sanderson	Mid Devon CC	M	55	
36	07:36	Chris	Vellacott	Royal Navy & Royal Marines CA	M	59	
37	07:37	Chris	Guest	St Austell Whs CC	M	48	
38	07:38	Christian	Bird	North Devon Wheelers	M	50	
39	07:39	Terence	Leonard	St Budeaux C C	M	63	
40	07:40	Robert	Shaw	Plymouth Corinthian CC	M	32	
41	07:41	Simon	Marshall	Exeter Whs CC	M	33	
42	07:42	DNS					
43	07:43	Andrew	Ellis	www.giant-helston.co.uk	M	49	
44	07:44	Robin	Delve	Mid Devon CC	M	62	
45	07:45	Paul	Walshe	Plymouth Corinthian CC	M	45	
46	07:46	James	Pearcy	Mid Devon CC	M	17	
47	07:47	Phil	Bowden	Saint Piran	M	53	
48	07:48	Gregory	Moss	North Devon Wheelers	M	21	
49	07:49	Mark	MacLeod	Royal Navy & Royal Marines CA	M	50	
50	07:50	Lubos	Obornik	CS Dynamo	M	54	
51	07:51	David	Bartlett	www.giant-helston.co.uk	M	37	
52	07:52	Tom	Moran	Plymouth Corinthian CC	M	61	
53	07:53	Julian	Smith	Torbay Tri Club	M	38	
54	07:54	Nathan	Jenkin	Tri Logic Cornwall	M	37	

55	07:55	Robert	Willcocks	Royal Air Force Cycling Association	M	40	
56	07:56	Mark	Sanders	Mid Devon CC	M	62	
57	07:57	Ken	Holder	City Cycle Couriers RT	M	51	
58	07:58	Ollie	Pennington	1st Chard Wheelers	M	22	
59	07:59	Chris	O'Connor	Exeter Whs CC	M	58	
60	08:00	Conrad	Moss	Primera-Teamjobs	M	46	

TANDEM

61	08:01	John	Morse	Penzance Wheelers	M	56	
62		Martina	Geraghty	Penzance Wheelers	F	51	

COVID 19 PROTOCOLS

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Wear a face mask at the HQ when walking between car and the HQ building.
- Ideally all warm-ups should be done on the road, although static warm-ups can be permitted if strict social distancing can be maintained.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. There is sufficient parking for all competitors to park at the HQ. Please park responsibly using all the space available. allow for social distancing when preparing for the event.
- Changing facilities will not be available.
- Toilets are available, please follow social distancing guidelines when using these facilities.
- You must bring your own pen to sign on and off.
- Start: Riders must maintain a 2m distance and there will be no pusher off.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- Provisional times will be posted on Webscorer.