



Presents:

50 Mile Time Trial S4/50A

Sunday 24th July 2022 at 07:00 hours

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

Front and Rear Lights required (no lights no ride!)

Timekeepers

Lynn Marris

Marshals

Members & Friends of PCCC

Event Secretary

Craig Woodward

24 Essa Road,

Saltash,

Cornwall.

PL12 4EE

Mob. 07714138685

Email: cdwoodward@hotmail.co.uk

Course S4/50A (NEW COURSE PLEASE MEMORISE)

Start - at the current S4/50 location in the layby above Lower Dean Church (**GR SX729633**)

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Proceed to Goodstone Junction, leave A38 on A383 sliproad, after crossing the A38 bridge turn right on to westbound sliproad continue onto A38 and down to Lower Dean

Leave A38 at Lower Dean slip road, at the bottom of the slip road turn right and under the A38 bridge turn right again and proceed along the B3380 (Plymouth Road -Stroke Road - Dart Bridge Road) to roundabout at Buckfast Road. Take 2nd exit and then 2nd left turn on to slip road (signed A38 Exeter), rejoin A38 and retrace to Goodstone Junction.

At Goodstone, repeat the above steps until reaching Lower Dean slip road for the **FOURTH** (and final) time.

Do **NOT** take slip road, but continue on A38 to finish at Lower Dean Church (**GR SX729635**) **[What3Words = ///giggle.replying.toxic]**

Intermediate Distances (approximate):

Goodstone 1:	6.75	Lower Dean 1:	12.85
Goodstone 2:	18.80	Lower Dean 2:	24.85
Goodstone 3:	30.85	Lower Dean 3:	36.90
Goodstone 4:	42.90	Lower Dean 4:	48.95

Allow between 20 minutes to reach the start. Do not cross the A38 to reach the start.

Headquarters

St. Luke's Church Hall (at the rear of the church), Plymouth Rd, Buckfastleigh TQ11 0DA and will be open from 06:15 where numbers and signing on sheet will be. No parking is available at the rear of the church so please park in the Town car park and remember the time and think of the neighbours.

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 prize per rider)

1 st Fastest	£20	1 st Lady	£20
2 nd Fastest	£15	1 st over 40	£10
3 rd Fastest	£10	1 st over 50	£10
Fastest Team of 3	Bob Wilson	1 st over 60	£10
	Memorial Trophy		

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 compulsory that a working front and 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.

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 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 in.