



Presents:

## **50 Mile Time Trial S4/50**

Sunday 25th 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

Marshals

Members & Friends PCCC

Event Secretary

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### **Course S4/50 - 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 in the Exeter bound direction to pass Buckfastleigh, Ashburton, Bickington, Heathfield and Chudleigh Knighton. At Chudleigh Bridge filter left (M), turn right (M), give way, and right again (M) to rejoin the A38 in the Plymouth bound direction.

Retrace the outward route to filter left at the sign "Lower Dean". At the base of the slip road turn right (M), give way, to pass under the A38, then turn right again (M2), give way, on to the old A38. Continue past Buckfastleigh to Dart Bridge where take second exit at the mini roundabout (M) and then turn left to rejoin the A38, Exeter bound direction.

Retrace first circuit via Chudleigh Bridge and back to the Lower Dean slip road. At the base of the slip road turn left (M) and in approximately 60 yards turn left into road signed "Rattery". Finish at a point level with and opposite the sign for Dean Court Farm.

Intermediate mileages: - Chudleigh Bridge = 13.3 and 37.8 miles. The end of the Dean Prior off slip = 25.5 miles.

### **Headquarters: Rattery Village Hall**

Hall will be open from 06:00. Please park 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.

S4/50 – 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. Please allow 10 mins to get to start.

On finishing your competitive ride, turn around at Dean Court farm, continue back to the T junction and then 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". Turn left at the junction then follow the road to Mill Cross where you go left back to the hall.

They will be no post event refreshments available at H.Q but remember to sign out – failure to do so will mean disqualification.

#### **Cash Prizes**

**1st Fastest £25**  
**2nd Fastest £20**  
**3rd Fastest £15**

**1st Lady £25**  
**2nd Lady £20**  
**3rd Lady £15**

**1st Male Road bike £10**  
**1st Lady Road bike £10**

**1st over 40 £10**  
**1st over 50 £10**  
**1st 60/70 £10**

#### **Medals / Trophy**

**SW DC medals for**  
**1st Fastest**  
**1st Fastest Lady**  
**1st Male Vet on age std**  
**1st Female Vet on age std**  
**1st Team (top 3 riders)**

**Bob Wilson Trophy**  
**1st Team (top 3 riders)**

#### **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.

## Start list

No.	Start time	First Name	Last Name	Club	M /F	Age	Time
1	07:01	Hannah	Rainger	Plymouth Corinthian CC	F	18	
2	07:02	Michael	Buckley	Tavistock Whs CC	M	35	
3	07:03	Mark	Sanders	Mid Devon CC	M	62	
4	07:04	Anthony	Green	Penzance Wheelers CC	M	37	
5	07:05	Samuel	Wyatt-Haines	Team Avenir	M	25	
6	07:06	David	Gray	Axe Valley Pedallers	M	58	
7	07:07	Martina	Geraghty	Penzance Wheelers CC	F	51	
8	07:08	Rob	Barrow	City Cycle Couriers RT	M	44	
9	07:09	Donald	Brooks	Mid Devon CC	M	43	
10	07:10	Nikki	Toomer	Exeter Whs CC	F	51	
11	07:11	Louise	Harris	North Devon Wheelers	F	41	
12	07:12	John	Morse	Penzance Wheelers CC	M	56	
13	07:13	Rose	Willis	St Austell Whs CC	F	46	
14	07:14	Robert	Willcocks	Royal Air Force Cycling Association	M	40	
15	07:15	Tamsin	Miller	Avid Sport	F	21	
16	07:16	Helen	Richards	Tri Team Glos	F	26	
17	07:17	Doug	Parker	Sid Valley CC	M	58	
18	07:18	Max	Churchill	Mid Devon CC	M	25	
19	07:19	Lisa	Crawford	Plymouth Corinthian CC	F	55	
20	07:20	Justin	Dance	1st Chard Wheelers	M	47	
21	07:21	David	Roe	Revo Racing	M	72	
22	07:22	Harry	Loader	Mid Devon CC	M	25	
23	07:23	Tom	Moran	Plymouth Corinthian CC	M	61	
24	07:24	Gavin	MacDougall	Royal Navy & Royal Marines CA	M	54	
25	07:25	Peter	Norris	Cycle Sport South Hams	M	45	
26	07:26	Urszula	Donigiewicz	Precision Race Team	F	33	
27	07:27	Kevin	Dawson	Penzance Wheelers CC	M	46	
28	07:28	Ian	Houvenaghel	Royal Navy & Royal Marines CA	M	51	
29	07:29	Paul	Walshe	Plymouth Corinthian CC	M	45	
30	07:30	Mark	German	1st Chard Wheelers	M	62	
31	07:31	Sam	Beaton	Plymouth Corinthian CC	M	17	
32	07:32	Lubos	Obornik	CS Dynamo	M	54	
33	07:33	Andrew	Perkins	Mid Devon CC	M	50	
34	07:34	Robert	Shaw	Alltrax	M	32	
35	07:35	Clive	Franklin	Somerset Road Club	M	58	
36	07:36	Mark	Pierce	Plymouth Corinthian CC	M	31	
37	07:37	Chris	Guest	St Austell Whs CC	M	48	
38	07:38	Oliver	Baylin	<a href="http://www.giant-helston.co.uk">www.giant-helston.co.uk</a>	M	26	
39	07:39	Josh	Coyne	Bpm Coaching	M	26	
40	07:40	Ian	Deakin	Mid Devon CC	M	64	
41	07:41	Liam	Griggs	Rugby Velo	M	29	
42	07:42	Hugh	Madeley	London Dynamo	M	23	
43	07:43	Phil	Smith	Mid Devon CC	M	61	
44	07:44	Conrad	Moss	Primera-Teamjobs	M	46	

## COVID 19 PROTOCOLS

Despite the easing of covid restrictions announced on the 19<sup>th</sup> July, we are erring on the side of caution and request that all competitors follow the guidelines below:

- 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.