

PRESENT THE 2019

**TEIGN VALLEY SPORTING TIME TRIAL**

Promoted by Mid Devon Cycling Club for and on behalf of Cycling Time Trials

Under their Rules and Regulations

**Good Friday 19th April 2019 First Rider 08.01 hrs**

**Course S17R/23S** (amended) **Timekeepers** **–** **Ian Myers and Paul Martin**

**Pusher off** **– Jake Durant**

**H.Q**. Chudleigh Knighton Village Hall, Chudleigh Knighton, near Chudleigh, Newton Abbot, Devon, (SX847775) TQ13 0HJ opens at 07.00

**Allow 10 minutes to ride from H.Q to the start** by turning right aout of HQ and riding through Chudleigh Knighton to junction with Clay Lane – cross road carefully to take cycle path to northern side of A38 dual carriageway for approximately two-thirds of a mile before right turn (which is second right) into Old Newton Road, Heathfield. Start is approximately 200yds on junction with Battle Road.

**COURSE DETAILS – PLEASE NOTE CHANGED COURSE DUE TO ROAD WORKS**

**S17R/23S** (varied)- Start on the Junction of Old Newton Road and Battle Road at Heathfield, proceed north-east for one mile (care large pothole on left and bends), at roundabout (M), third exit onto Monk’s Way, proceed to Firestation (Jenga) RAB (M) where second exit onto the A382 towards Morestonhampstead. At the approach to Moretonhampstead village turn right (care) (M) into unclassified lane. At the end of the lane turn right (great care adjecent temporary traffic lights) (M) on to the B3212. Climb and descend through Doccombe and continue past Dunsford. Turn right (care) (M) on to the B3193 (Twign Valley Road) continue approximately 8.5 miles until junction with B3344 (M) where turn left uphill to finish after approximately half a mile, upon entry into Chudleigh town

**N.B. 2** – There are 2 right turns on the route – take extra care at both of them. At the first right turn leaving the lane by-passing Moretonhampstead keep inside the give way lines – any transgression will be noted and punished.

**N.B. 3** – The descent from the top of Doccombe 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. There is a farm entrance approximately 300yds into the descent please be alert to pedestrians crossing and possible farm machinery

**Please take care turning after your finish before heading back to Chudleigh Knighton HQ**.

**Signing on and Numbers** will be available at the event H.Q. Fit arm numbers to the **LEFT** arm. Exchange your number for a drink and a hot cross bun after finishing.

**RIDERS PLEASE BE WARNED**

**Dangerous riding causes accidents and could endanger the future of the sport.**

**Remain on the correct, left hand side, of the road especially on the winding descents**

**Please ride with your head up at all times - observe the Highway Code – do not 'WHITE LINE'.**

**Take particular care on**

1. **The narrow bends between Lustleigh and Moretonhampsted (at approx.. 7 miles)**
2. **The descent from Doccombe to Steps Bridge (at approx 12 miles) the road tends to stay damp in places, even on dry days.**

**Give way or stop when required to do so. Observe the local regulations pertinent to the course.**

**Avoid unnecessary U-turns in the road, even when warming up and especially after finishing your ride.**

**Observe CTT regulations especially those relating to company riding and to following vehicles.**

**Mobile and stationary observers have been appointed for this event and will act if riders are seen in contravention of CTT Regulations or the Highway Code.**

**Prizes**

Fastest Rider               £20.00, plus the Teign Valley Trophy for 1 year

2nd  Fastest                 £15.00

3rd Fastest                  £10.00

1st Vet (not top 3) £10.00

1st Woman                  £20.00

1st Junior                    £ 5.00

Fastest Road Bike     £15:00

2nd fastest road bike  £10:00

First MDCC member Kelsteign Cup, held for 12 months

One rider one prize – AWARDS, INCLUDING THE TROPHIES, WILL BE PRESENTED AT THE H.Q. ONCE THE RESULT IS CONFIRMED. PLEASE WAIT AND ACKNOWLEDGE THE PERFORMANCES OF YOUR FELLOW COMPETITORS.

**Finally, many thanks to all of the helpers, timekeepers, marshals, tea ladies, course signers, pushers off (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***

***Organiser:***

***Andy Perkins – Bickleigh House, Edginswell Lane, Kingskerswell,***

***Devon TQ12 5LU Phone 07850 645227***