



Open 25 Mile Time Trial
Sunday 17 July 2022 at 07:00

“Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations”
Front and Rear Lights required (no lights no ride!)

Timekeepers

Ian Myers
Ian Whittear

Marshals

Members & Friends MDCC

Event Secretary

Peter Loader
14 Abbotswood
Kingsteignton
Devon
TQ12 3AB
Mob 07856 246614

Course S4/25A (NEW COURSE PLEASE MEMORISE)

Course details:

Start - in the layby above Lower Dean Church (**GR SX729633**)

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 -Strode 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, then at the bottom of the Lower Dean 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. (**GR SX733648**)

Intermediate Distances (approximate):

Goodstone 1:	6.75	Lower Dean 1:	12.85
Goodstone 2:	18.80	Lower Dean 2:	24.85

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

H.Q. Rattery Village Hall, Rattery, TQ10 9LD will be open from 06:00.

The start is approximately 3 miles from the HQ – please allow sufficient time. From HQ entrance turn left to Mill Cross (400 yards), Turn right and continue ahead to cross the A38 at Dry Bridge. Turn right to descend the slip road to join the A38 in the Exeter direction. The start is approx 1 mile from here. Once at the start area you will not be able to leave. After finishing rejoin the A38 past Dean Prior church (on left) then take the slip road for Rattery. Retrace your outward route back to the hall. Rattery Village Hall can be reached from the Totnes direction via the A385 towards South Brent and taking the first right after Venton Corner. At Mill Cross go right. The hall is on the right.

From Plymouth and Exeter leave the A38 at Dry Bridge and follow the signs to Rattery. At Mill Cross go left and the hall is on the right.

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 rider one prize)

1 st Fastest £30	1 st over 40 £15	1 st Lady £30
2 nd Fastest £20	1 st over 50 £15	
3 rd Fastest £15	1 st 60/70 £15	

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 essential that a working rear and front 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.

MDCC 17 July, 2022 Start Sheet

Start No	Start time	First name	Last name	club	Category
1	07:01:00	Simon	Marshall	Exeter Wheelers CC	Male
2	07:02:00	Justin	Dance	Ist Chard Wheelers	VET 40
3	07:03:00	Christian	Bird	North Devon Velo	VET 50
4	07:04:00	Ian	Scott	City Cycle Couriers RT	VET 60
5	07:05:00	Rob	Scott	City Cycle Couriers RT	Male
6	07:06:00	Anthony	Green	Penzance Wheelers CC	Male
7	07:07:00	Nathan	Willmington	CC Weymouth	VET 40
8	07:08:00	Julian	Smith	Torbay Tri Club	Male
9	07:09:00	Rose	Willis	St Austell Wheelers CC	Female
10	07:10:00	Donald	Brooks	Mid Devon CC	VET 40
11	07:11:00	Lubos	Obornik	CS Dynamo	VET 50
12	07:12:00	James	Wood	Exeter Wheelers CC	Male
13	07:13:00	Mark	German	1 st Chard Wheelers	VET 60
14	07:14:00	Tom	Smith	Duchy Velo	Male
15	07:15:00	Lee	Sanderson	Mid Devon CC	VET 50
16	07:16:00	Alan	Hughes	Exeter Triathlon Club	VET 40
17	07:17:00	Phil	Smith	Mid Devon CC	VET 60
18	07:18:00	Ben	Oman	Devon & Somerset Fire & Rescue	VET 40
19	07:19:00	Peter	MacNaughton	Tavistock Wheelers CC	VET 60
20	07:20:00	Gavin	MacDougall	Royal Navy & Royal Marines CC	VET 50
21	07:21:00	Chris	Vellacott	Royal Navy & Royal Marines CC	VET 60
22	07:22:00	Philip	Ley	North Devon Velo	VET 40
23	07:23:00	Ian	Deakin	Mid Devon CC	VET 60
24	07:24:00	Neil	Minion	City Cycle Couriers RT	VET 50
25	07:25:00	Harry	Loader	Mid Devon CC	Male
26	07:26:00	Ken	Holder	City Cycle Couriers RT	VET 50
27	07:27:00	Stewart	Dunne	Devon & Somerset Fire & Rescue	Male
28	07:28:00	Ryan	Rudge	Mid Devon CC	VET 40
29	07:29:00	Martina	Geraghty	Penzance Wheelers CC	Female
30	07:30:00	Mark	Sanders	Mid Devon CC	VET 60

31	07:31:00	Mark	Pierce	Plymouth Corinthian CC	Male
32	07:32:00	Kevin	Weymouth	Mid Devon CC	VET 50
33	07:33:00	Nigel	Polkinghorne	Duchy Velo	VET 40
34	07:34:00	Gregory	Moss	North Devon Velo	Male
35	07:35:00	Conrad	Moss	Primera-Team Jobs	VET 40