



Mid Devon Cycling Club

10 mile time trial on the S4/10 Dean Prior

Promoted by Mid Devon Cycling Club for and on behalf of Cycling Time Trials
under their Rules and Regulations

Wednesday 19th May 2021
Course S4/10

First Rider 19.01 hours
Chief Timekeeper – Ian Myers
Assistant Timekeeper – Ken Robertson
Recorder – Ruth Babbage
HQ Administrators – Dave & Debra Pressley
Start line checker – John Pritchard
Marshals – John Scanlan, Stuart Thrall, Toby Sharp

H.Q. Rattery Village Hall, Rattery, TQ10 9LD - OPENS at 18:00 hours

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. Wait in the splayed area behind a line drawn from the two clearway signs till called to the line.

After finishing continue along 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.

If you are leaving your car at the HQ the “Park Pretty”. If you are parking elsewhere then do not obstruct gateways.

COURSE DETAILS

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the clearway sign at the head of the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed “Ashburton” (Linhay), where filter left into slip road. At the **give way** line turn right and bear right in 80 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed “Lower Dean”. **Finish** at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles

Signing on/off, disposable numbers, limited parking and toilets will be available at the event H.Q. Please be aware that all riders are to **personally** sign on and off.

- Shout out your number as you pass the finish to complete the race
- Avoid stopping at the finish – ride straight back to the race HQ
- Sign in and out of event. Riders failing to do this will be disqualified.
- Please bring your own pen for sign in and out.
- Please bring your own pins for your **disposable** number

It is mandatory that you use a working rear light during the race, no light = no race. Please make sure your light is charged and working before the event.

Start Time – At the request of the SWDC Secretary we have pushed the start back a fraction in order to avoid a little of the rush hour traffic, whilst aiming to have every rider clear of the A38 before dusk. **PLEASE CHECK YOUR START TIME.**

RIDERS PLEASE BE AWARE:

This event may be subject to a dope control. It is every rider's responsibility to check if they are required for testing

Remain on the correct, left hand side of the road, at junctions

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

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

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

Prize Fund - £165.00

Fastest Rider Man	£25	Fastest Woman	£25		
Second Fastest Man	£20	Second Woman	£20		
Third Fastest Man	£15	Third Woman	£15		
Not in top three					
First U18	£15	Fastest Veteran	£15	Second Veteran	£15

AWARD WINNERS WILL BE ASKED TO PROVIDE THE MDCC CLUB TREASURER WITH BANK DETAILS SO A TRANSFER VIA BACS CAN BE EXPEDITED

Finally, many thanks to all of the helpers, timekeepers, marshals, and anyone else I've forgotten without their assistance it would not be possible to run the events we enjoy.

Ken Robertson 01803 525573 / robertson.swdc@gmail.com

COVID19 – RIDERS PLEASE READ CAREFULLY

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.

- 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 warm-up.
- All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers near the headquarters).
- NO SUPPORT can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park/s, sign-on area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the Sign-on/Car park/s and MUST pack away and leave immediately upon completion of the race.
- THIS IS IMPORTANT!! Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Adhere to the 2-metre social distancing rule
- NO CLOTHING TO BE LEFT ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE

No.	first name	last name	club	M/F	category	age	10 miles
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5	Maria	Weymouth	Mid Devon CC	F	Veteran	47	00:23:47
6	Mark	Pierce	Plymouth Corinthian CC	M	Senior	31	00:20:33
7	Kevin	Weymouth	Mid Devon CC	M	Veteran	50	00:21:07
8	Ian	Deakin	Mid Devon CC	M	Veteran	64	00:22:32
9	Andrew	Ellis	www.giant-helston.co.uk	M	Veteran	49	00:23:26
10	Liam	Bard	Revo Racing	M	Senior	31	00:19:28
11	David	Bartlett	www.giant-helston.co.uk	M	Senior	37	00:20:31
12	Samuel	Wyatt-Haines	Team Avenir	M	Senior	25	00:21:44
13	Steven	Crowley	Exeter Triathlon Club	M	Veteran	44	00:23:15
14	Giles	Heardman	YOGI Cycling	M	Veteran	53	00:26:52
15	Paul	Walshe	Plymouth Corinthian CC	M	Veteran	45	00:20:05
16	Harry	Loader	Mid Devon CC	M	Senior	25	00:20:41
17	Tom	Rebhan	Plymouth Corinthian CC	M	Senior	29	00:22:12
18	Nigel	Potts	Mid Devon CC	M	Veteran	54	00:24:03
19	Michael	Beaton	Royal Navy & Royal Marines CA	M	Veteran	51	00:27:20
20	Donald	Brooks	Mid Devon CC	M	Veteran	43	00:19:27
21	Andrew	Parnowski	City Cycle Couriers RT	M	Veteran	50	00:20:19
22	Rob	Barrow	City Cycle Couriers RT	M	Veteran	44	00:21:43
23	Rupert	Warren	Exeter Triathlon Club	M	Veteran	53	00:22:55
24	Sam	Beaton	Plymouth Corinthian CC	M	Junior	17	00:26:19
25	Dean	Robson	Velo Sport Jersey	M	Senior	34	00:19:35
26	Sam	Smith	Bath Cycling Club	M	Senior	30	00:21:24
27	Morris	Elphick	Exeter Whs CC	M	Veteran	54	00:22:11
28	Nikki	Toomer	Exeter Whs CC	F	Veteran	51	00:23:53
29	Michael	Alexander	Royal Navy & Royal Marines CA	M	Veteran	57	00:29:00
30	Andrew	Perkins	Mid Devon CC	M	Veteran	49	00:19:24

31	Alexander	Ballinger	George Fox Cycling Solutions	M	Senior	28	00:20:19
32	Gareth	Williams	Hereford & Dist Whs CC	M	Senior	35	00:21:43
33	Phil	Bowden	Saint Piran	M	Veteran	52	00:22:46
34	Tony	Ballinger	Honiton Spinners	M	Veteran	57	00:25:29
35	Robert	Shaw	Plymouth Corinthian CC	M	Senior	32	00:19:58
36	Peter	Norris	Cycle Sport South Hams	M	Veteran	45	00:21:24
37	Reuben	Heal	Mid Devon CC	M	Junior	17	00:22:10
38	David	Hall	Royal Navy & Royal Marines CA	M	Veteran	58	00:23:52
39	Jon	Dobel	Exeter Whs CC	M	Junior	17	00:28:34
40	Gavin	MacDougall	Royal Navy & Royal Marines CA	M	Veteran	54	00:19:09
41	Sean	Frost	Tri UK	M	Senior	36	00:20:19
42	Tom	Moran	Plymouth Corinthian CC	M	Veteran	61	00:21:42
43	Oliver	Baylin	www.giant-helston.co.uk	M	Senior	26	00:22:41
44	Brian	Smith	North Hampshire RC	M	Veteran	57	00:25:26
46	Tim	Heal	Mid Devon CC	M	Veteran	52	00:21:05
47	Doug	Parker	Sid Valley CC	M	Veteran	58	00:22:10
48	Craig	Woodward	Plymouth Corinthian CC	M	Veteran	56	00:23:32
49	Bob	Brabbins	VTTA West Group	M	Veteran	78	00:28:04
50	Josh	Coyne	Bpm Coaching	M	Senior	26	00:19:07
51	Jason	Kettle	Mid Devon CC	M	Veteran	50	00:20:11
52	Callum	Start	Mid Devon CC	M	Junior	17	00:21:38
53	Felix	Whetter	St Austell Whs CC	M	Junior	17	00:22:36
54	Gavin	Perry	Velo Club St Raphael	M	Veteran	55	00:24:28
55	Lubos	Obornik	CS Dynamo	M	Veteran	53	00:19:51
57	William	Ginieres	Penzance Wheelers CC	M	Senior	37	00:22:05
58	Stacey	Ginieres	Penzance Wheelers CC	F	Senior	38	00:23:23
59	Ian	Scott	City Cycle Couriers RT	M	Veteran	67	00:27:49
60	Tim	McEvoy	FTP (Fulfil The Potential) Racing	M	Veteran	42	00:19:00
61	Jason	McGowan	www.giant-helston.co.uk	M	Veteran	49	00:20:09
62	Alan	Hughes	Exeter Triathlon Club	M	Veteran	48	00:21:36
63	John	Morse	Penzance Wheelers CC	M	Veteran	55	00:22:44
64	Philip	Young	Alltrax	M	Veteran	71	00:24:26
65	Rob	Scott	City Cycle Couriers RT	M	Senior	33	00:19:59
66	Mark	Sanders	Mid Devon CC	M	Veteran	62	00:21:27
67	Andrew	Luke	Newquay Velo	M	Veteran	48	00:22:04
68	Max	Churchill	Mid Devon CC	M	Senior	25	00:23:22
69	Richard	Babbage	Exeter Whs CC	M	Veteran	50	21:50:00
70	Conrad	Moss	Primera-Teamjobs	M	Veteran	46	00:18:54

Times shown are taken from the rider's entry form and if none shown is an estimate of predicted time.