

**Presents**  **10 Mile Time Trial on S4/10 Dean Prior**

**Wednesday 17 May at 19:00**

**Front and rear lights mandatory (no lights no ride)**

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

**Timekeepers** **Marshals Event Secretary**

Ian Myers Stewart Dunn and other members of MDCC Mark Sanders

Ian Whitear

**HQ:** Anne Simpson and Mark Sanders 49 Old Exeter Street **Start Checker**: Steve Dunnit Chudleigh TQ13 0JX

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**Course S4/10 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**

**Headquarters**

H.Q. St Lukes Church, Plymouth Road, Buckfastleigh, TQ11 0DA will be open from 18:00.

The start is approximately 3 miles from the HQ – please allow sufficient time. From HQ entrance turn left to go towards the A38 Plymouth bound. Turn left to join A38 and continue to the turning 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 go over the bridge and retrace back to HQ at Buckfastleigh.

**PRIZE LIST**

Fastest Rider Man £25 Fastest Woman £25

Second Fastest Man £20

Third Fastest Man £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 MADE.

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.

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 – It is required that a flashing rear light is fitted to your 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 wait inside a line drawn between the 2 clearway signs.
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 - No rider is to reach the start by crossing through the A38 centre reservation.

Local regulation 2 - All riders on completion of their competitive ride must continue without stopping or turning in the road to their vehicles

Remember to sign in and out.

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

Have a safe ride.

