



TOTNES
Vire

2 DAY STAGE RACE
MANUAL
6 - 7 APRIL 2019



Present the
2018 TOTNES-VIRE NATIONAL "B" STAGE RACE
on
Sat 6th and Sun 7th April 2019

Run under the Technical Regulations of the British Cycling Federation

Saturday Morning HQ

Cafe 360, Bovey Tracey, Newton Abbot TQ13 9AZ

Saturday Afternoon HQ

Torbay Velopark, Clennon Valley, PAIGNTON, TQ4 5JR

Sunday HQ

South Brent Village Hall, Station Approach, South Brent TQ10 9AQ

COMPETITOR'S
and
OFFICIAL'S RACE MANUAL

INTRODUCTION

The 2019 promotion is the 46th edition of this stage race promoted by the Mid Devon CC. The race origins go back to 1973 when the Mid-Devon Road Club first promoted a two-day event to mark the twinning of Totnes and Vire in Normandy.

This year's edition features a prologue time trial on the iconic climb of Haytor (as will be used in this years CTT National Hill Climb) and a Criterium stage at the Torbay Velopark a purpose built cycle facility. On Sunday the racing moves to South Brent and 7 laps of a 16 km circuit - this was used, in previous editions and the Road Race returns to its traditional roots in the South Hams.

The Mid-Devon Cycling Club/wish all competitors and race officials a safe and trouble free weekend. May the 2019 promotion see more success attach itself as the longest standing senior stage race in Devon & Cornwall and may the presentation of the race further enhance cycling in the eyes of the general public. We wish everyone concerned with the race a successful weekend in Devon.

ORGANISER

Mike Gratton

E - mike@torque-gt.co.uk

T 07775710687

To whom any correspondence regarding the event should be sent no later than 48 hours of the promotion.

EVENT OFFICIALS

Chief Commissaire - Marcus Ford

Assistant Commissaire - Nick Lumb

Finishing Commissaire & General GC - Phillip Smith

Chief Marshal & Safety Officer - Ken Robertson

First Aid - Event and Medical

Timekeepers - Caroline Twigger and Ian Myers

Timekeepers and Judges Panel - above officials plus m/cycle Commissaires

As designated by the South West NEG Coordinator

COMPETITORS+TEAMMANAGERS- Please take care to read all of the race instructions relating to each stage, stage bonuses and the overall format.

TIMETABLE and STAGE HEADQUARTER'S LOCATION

Saturday 6th April 2019

Stage 1

HQ: Cafe360 Bovey Tracey, Newton Abbot TQ13 9AZ

Please park in the main Bovey Tracey Car Park, Station Road, Bovey Tracey, TQ13 9AW. It's a short walk to the HQ. You will need to pay for parking.

- 09.00 hours Sign on opens at HQ and closes at 11.00 hours
- 10.01 hours First rider starts Stage 1 and riders continue to start at 1 minute intervals.
- 11.20 hours Last rider starts time trial
- 12.00 hours Stage 1 ends

Stage 2

HQ: Torbay Velopark, Clennon Valley, PAIGNTON, TQ4 5JR

Please park in the main Car Park, you will need to pay for parking.

- 14.30 hours Signing on for Stage 2 opens
- 15.30 hours Presentation of the leader's jerseys
- 16.00 hours Stage 2 starts - 1 hour plus 5 laps
- 17.30 hours Stage 2 finishes
- 18.00 hours HQ Closes - please take all your kit

Please feel free to use the showers and changing facilities in the main sports centre.

Sun 7th April 2019
South Brent Village Hall, Station Approach, South Brent TQ10 9AQ



As you come in from the roundabout from the B3372. Turn right by the arrow and park on the small Ind Estate where PD Devices are on this map. Park in this area. The Village Hall is a short walk.

- | | |
|---------------|---|
| 09.00 hours | General classification available and signing on commences in the central area of the HQ |
| 09.40 hours | Signing on closes. Race officials' and marshals' briefing for stage 3 |
| 10.00 hours | Presentation of leader's jersey |
| 10.10 hours | Competitor's briefing in central area of the HQ |
| 10.20 hours | Competitors proceed as per the Highway Code to start on B3372 as directed on the day. |
| 10.30 approx. | Stage 3 starts |
| 13.30 approx. | Stage 3 ends. Tea, coffee and food is available please leave donations |
| 14.15 approx. | Presentation of awards at the HQ, subject to the GC being completed. |
| 14.45 hours | HQ closes - please take all your kit - only returned if post and packing is sent. |

Prize Fund 2019

Stage One

First	£30.00
Second	£20.00
Third	£10.00

Stage Two

First	£50.00
Second	£40.00
Third	£30.00

Stage Three

First	£50.00
Second	£40.00
Third	£30.00
Fourth	£25.00
Fifth	£20.00

Overall GC

First	£150.00
Second	£100.00
Third	£75.00
Fourth	£50.00
Fifth	£30.00
1st Team	£60.00
1st SW Team	£60.00
1st 2nd Cat	£50.00
1st 3rd Cat	£50.00
1st Junior	£50.00

Prizes will be paid post event via Bank transfer – we will contact you for details. Other than race leader's jerseys there will be no presentation after stages 1 and 2. All the awards will be presented as soon as possible after stage 3. Please wait for the presentation to acclaim the efforts of your fellow competitors. Anyone not present and not giving an apology to the event secretary may be deemed “not interested” and forfeit the award.

Leaders Jerseys sponsored by NOPINZ



The Dartmoor Classic Sportive is proud to sponsor the 2019 promotion of the Totnes Vire Stage Race and wishes all event officials and participants a successful event.

The Dartmoor Classic Sportive is organised and run by the Mid-Devon Cycling Club. It is widely recognised as the most prestigious open-road cycling event in the UK. All profits are distributed between local charities or reinvested in the sport that we love.

Established in 2007, the Dartmoor Classic has grown in popularity, attracting cyclists from around the world. Entries are limited to 3,500 and such is the demand that places typically sell out within 24 hours of going on sale.

The 2018 event takes place on Sunday 1st July and in November we will be opening entry's for the 2019 event.

www.dartmoorclassic.co.uk

The logo for Dartmoor Classic, featuring the letters 'djc' in a stylized white font with a purple dot above the 'j'. Below it, the words 'dartmoor CLASSIC' are written in a smaller, white, sans-serif font. The background of the logo is a photograph of a winding road through a hilly, grassy landscape.

COURSE DETAILS

Saturday 6th April

STAGE ONE:

This is an individual time trial over 3.25 miles / 5.23 kms with riders starting at 1 minute intervals. The course record was broken twice last year. Once in this event by Paul Double from Zappi and in the CTT Hill Climb by Ed Laverack who rides this weekend. The course is the same one that will be used for this years National CTT Hill Climb.

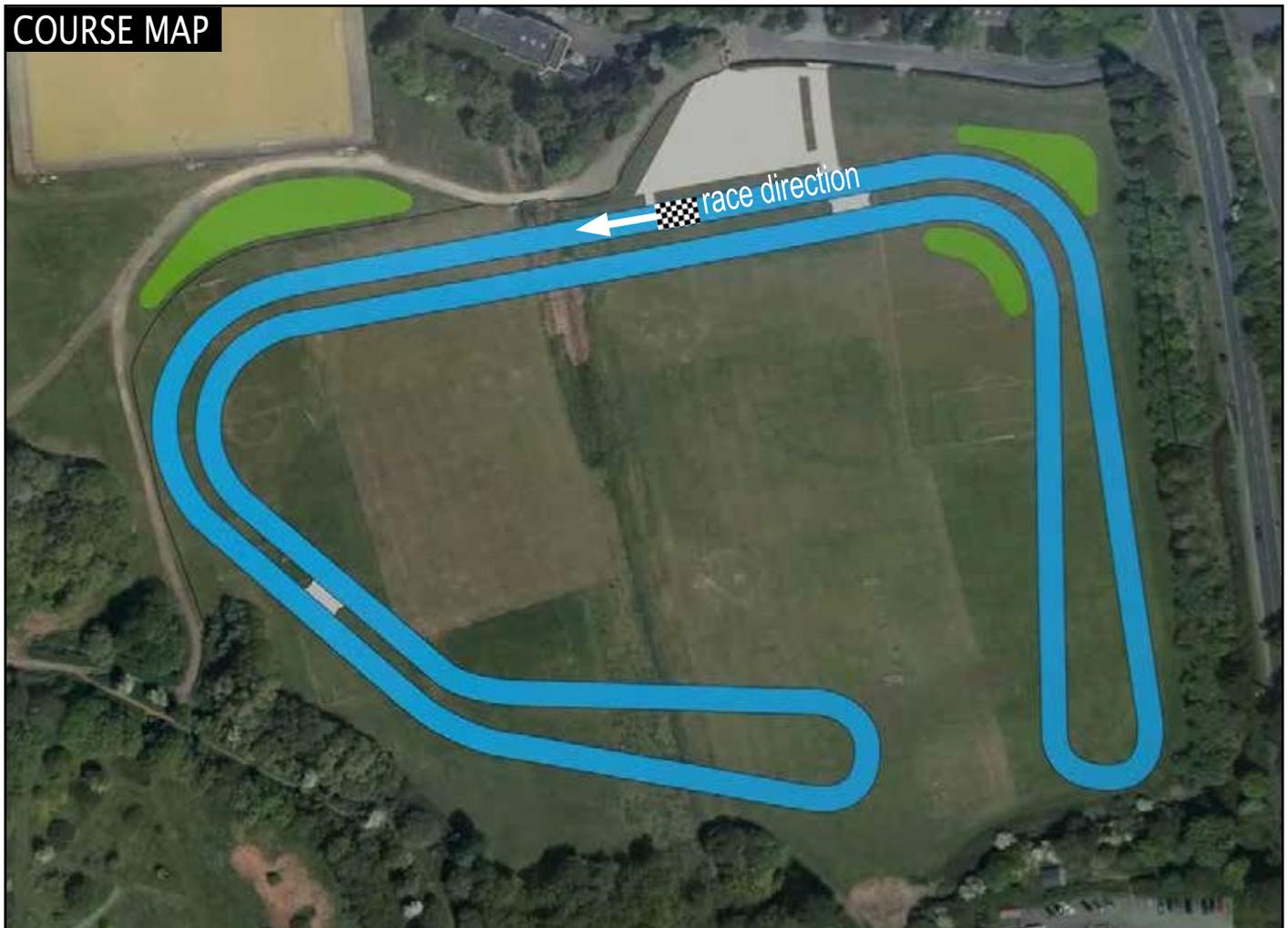
Start in Chapple Road, turn left at Edgemoor Hotel and proceed on B3387 to the top of Haytor, the finish is just past the exit to the Car Park at the top of the hill. Road Bikes only. No teams cars in Chapple Road please.

THE ROAD HAS BEEN BROKEN UP BY RAINWATER CHANNELS, PLEASE TAKE CARE DESCENDING BACK TO THE HQ THE ROAD IS IN POOR CONDITION.



STAGE TWO:

The race is on the Torbay Velopark. It will be 1 hour plus 5 laps



The whole of the race is on the 'closed to traffic' Torbay Velopark. It will be over 60 minutes plus 5 laps.

Riders will be gridded on the start line as per General Classification at the end of Stage 1. The race leader will be at the front and will lead the bunch for the whole of the first lap at a "neutralised" pace. All riders must remain behind the race leader until he reaches the start/finish line at the end of lap 1 when the flag will be dropped and racing commences.

As per race notes there will be time bonuses of 15, 10 and 5 seconds respectively for first, second and third at the finish.

Riders who are lapped maybe withdrawn by the Commissaries and the rider will incur the following time penalties after approximately 15, 30, 45 and 60 minutes of racing:

After 60 minutes - 2 minute penalty

After 45 minutes - 4 minute penalty

After 30 minutes - 6 minute penalty

After 15 minutes - 8 minute penalty

Before 15 minutes - 10 minutes penalty

Sunday 7th APRIL

STAGE THREE:

Leave the race HQ. Proceed as per the Highway Code start on B3372 as identified on the day.

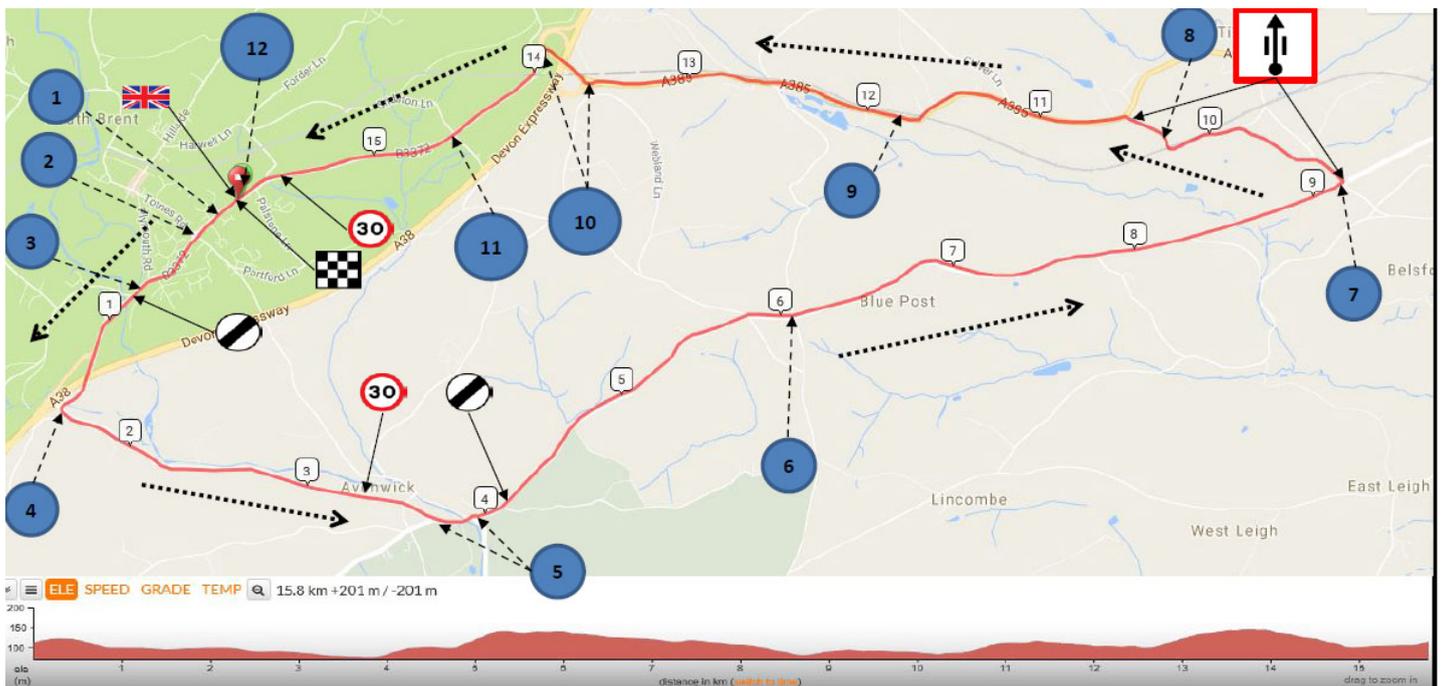
When called, come to the race start line.

Continue through South Brent, taking great care on the descent into and through the village, pass under the A38 and turn left on Plymouth Rd - direction Avonwick/Totnes. Proceed with care through Avonwick over narrow bridge and climb up on Plymouth Road - towards Totnes. Turn left at Fork Cross towards Tigley, take great care through the narrow lane and passing underneath the Railway Bridge and join the A385 towards South Brent at Venton Corner. Watch out as you cross over the railway line again and climb up to and pass through Marley Head taking care at the Roundabouts and rejoin the B3372. Take care on the descent into South Brent. The Road between Avonwick and Totnes is in poor condition in some sections - the organisers have repaired the major pot holes but the road has broken up especially going up Avonwick hill.

Repeat for a total of 7 circuits.

Finish on approach to South Brent adjacent to Palstone Sports Centre.

N.B. There is to be no parking in the immediate finish area



GENERAL REGULATIONS

The Totnes-Vire Stage Race will take place under the Technical Regulations of the British Cycling Federation and those here added which shall be binding on all officials and competitors.

Rules of the Road must be observed at all times with special attention to give way signs and keeping to the left-hand side of the road. The major junctions will be manned by accredited marshals plus in some places assisted by red flag marshals to assist with the passage of the race. If they are not present then the rules of the road must be obeyed. Under no circumstances must any rider try to pass a stationary motor vehicle on the outside while the vehicle is waiting to turn right.

The organisers are not responsible for any cycling, motorcycling, motoring or other civil offences. If the standard of riding by individuals or groups is not of a sufficiently high standard then Race Officials will not hesitate to impose suitable penalties (time or money) on the offenders – and they have done. This includes penalties for indiscrete urination. See Technical Regulation 12 for the penalty levels.

Parking – Please park your vehicles with care and do not block resident's driveways and other entrances.

For Stage 1 if you use the Bovey Tracey Car Park there are often present and impose fixed penalties. You must pay the parking fee.

For Stage 2 if you use the Torbay Leisure Centre Car Park you must pay the parking fee.

Parking Enforcement Officers are often present and impose fixed penalties.

For Stage 3 there is parking in the Ind Estate as directed.

Registration and signing on must be completed at the Race Control desks before they close at the stated times.

Road Race Numbers will be issued when you sign on for Stage 1 in exchange for the rider's current valid racing licence – 2 for the rear pockets and 1 for the left arm.

These race numbers and the white TT one (see below) are not to be returned until the final stage is over or if you retire from the race. They must then be handed back as a complete set. The rider's licence will then be returned subject to the instructions of the Chief Commissaire.

Time Trial Numbers will be issued to competitors at the same time as the road race numbers. It is has a white background and is to be fitted low down on the back. It will accord with your time trial number – see list of competitors. Keep this number till the end of Stage 3 or if you retire – as above.

Time Trial Start order – as per the programme – 1 minute interval commencing at 10.01

Machines & Helmets used in the time trial must be the same as those used for the other stages of the race in all respects. This means that "funny bikes", disc wheels, Tri-bars etc. are not allowed. The minimum number of spokes allowed is 16 in any one wheel. Helmets to be "standard" i.e. non aero.

Start Procedure - Riders will be held stationary at the start of Time Trial, or if they prefer they may start with one foot on the ground. They will not receive a push start.

To ensure true competition once the time trial has started other competitors, team members or managers are not to ride or drive on the route in the direction the riders are racing. Riders are asked to warm up on adjoining roads to the start line.

Following vehicles other than those named on the race insurance registration form are not allowed on any stage. Every effort will be made, courtesy of the team vehicles attending the race to provide neutral service on stage 3.

Race Service - It is intended to be able to provide neutral race service. If your race number is even please bring a spare front wheel. If it is an odd number bring a spare rear wheel. Mark wheels with your name and for rear wheels if Campagnolo/Shimano & 10 or 11 sprocket. Wheels will be loaned for universal use.

Security at the HQs – The HQs will be open during the race and may be used by other organisations while the racing is in progress. In the interests of security do not leave any valuables unattended in the HQ.

Officials' Briefing will be held in the event H.Q. as per the timetable on page 3. All race officials are asked to attend. Any team managers are advised to attend.

Race Followers are advised that: - On Stage 3 there are very few roads that cut across the Circuit. Persistently following the race could lead to your rider or whole team being penalised.

Time Limits – As per Technical Regulation 21.13 the limit will be 20% of the winner's time unless a rider can show good reason why it should be extended.

Road Surfaces – The road surfaces are in a similar state to much of the roads in the UK. There are worn surfaces and pot holes so keep a good look out for them and give the other riders as much warning as possible. Devon County Council has been asked to repair the worst defects. Regardless – keep a good look out for damaged surfaces.

Litter Laws make it imperative that no litter is thrown or left on the ground. It is the responsibility of all race personnel (competitors, managers, and followers) to comply.

Feeding from the Roadside: - Always park off the road. On Stage 3 the most appropriate place is just before the finish – it will be signed.

Green Zones: - On stage 3 it will be after the Feed zone. Do not dispose of gel wrappers etc. anywhere else on the circuits.

Race withdrawal - Any rider withdrawing from the event may only exchange their set of race numbers for their licence when the race control is open. Licences left behind will be forwarded only upon receipt of an SAE.

If you leave any kit behind post and package must be paid for its return

Time gaps – The time recorded for a rider crossing the line is as follows: - The first rider across the finish line is timed. All riders in that group get the same time. When the next group crosses the line the time of the first rider in this group is taken. This gives the time gap. It is not the time between the last rider in one group and the first rider in the next group.

The only vehicles allowed to follow the race will be those given accreditation on the form submitted to BCHQ in the week prior to the race. There will be no race day additions.

ANY INFRINGEMENT of the LAW of the LAND relating to a rider's conduct in the race or the use of the road by any of the following:-

**Breaking the HIGHWAY CODE or the TECHNICAL REGULATIONS of the BCF
Disobeying any RACE INSTRUCTION by ANY RACE OFFICIAL WILL MAKE THAT
INDIVIDUAL and the TEAM LIABLE TO PENALTY or DISQUALIFICATION**

Rider safety guide

This race is run under British Cycling's technical regulations and under standard highway conditions therefore you **MUST** abide by the rules of the road.

Safety

- You are not on closed roads and you will face oncoming traffic

Marshals (static or moto)

- Direct riders around the course and warn other road users a race is taking place
- Marshals do not create road closures or make it safe to race on the right hand side of the road

Actions

- You are responsible for your own actions
- Race on the left hand side of the road – do not cross solid white lines and always avoid crossing broken white lines
- Persistent offenders will be penalised (eg disqualification or a fine)
- If necessary the race will be stopped

Responsibility

- Look after each other, behave responsibly and safely
- Do not take unnecessary risks - your actions could have serious consequences

Think

- About your position on the road
- Rider behaviour is critical to protecting the future of road racing
- We all have a part to play

Rider List

Race Number	First Name	Surname	Team
1	Tristan	Davies	Mid Devon CC
36	Callum	Deakin	Mid Devon CC
53	Julian	Pitocco	Mid Devon CC
2	David	Hewett	
3	Andrew	Kirby	73Degrees CC
37	Sam	Lindsay	73Degrees CC
4	Thomas	Harrington	Abergavenny Road Club
38	Luke	Protheroe	Abergavenny Road Club
5	George	Beck	BIKESTRONG-KTM
6	Dan	Byrne	Black Line
7	Tom	Sharp	Bristol RC
8	George	Mills-Keeling	Cycle Club Bridgnorth RWG
9	James	Maddison	Exeter Wheelers
39	Owen	Prior	Exeter Wheelers
54	Andrew	Whittemore	Exeter Wheelers
10	Daniel	McDermott	FTR Milltag
11	Thomas	Day	Giant Cycling Club - Halo Films
12	Thomas	Townsend	High Wycombe Cycling Club
13	Chris	Childs	Holohan Coaching Race Team
14	Joseph	Clark	I-Team Cyclists' Club
40	Harvey	McNaughton	I-Team Cyclists' Club
55	Ben	Williams	I-Team Cyclists' Club
15	Jonathan	Gales	Kibosh
41	Neil	Phillips	Kibosh
16	George	Pym	Madison Genesis
17	Edmund	Bishop	Meudon Pedal Heaven Le Col RT
42	Alexander	Cross	Meudon Pedal Heaven Le Col RT
56	Jack	Freeman	Meudon Pedal Heaven Le Col RT
65	Anthony	Roberts	Meudon Pedal Heaven Le Col RT
18	Cameron	Biddle	Morvelo Basso
19	Marcin	Bialoblocki	NopinZ Symec Race Team
43	Shaun	Cook	NopinZ Symec Race Team
57	Tom	Nancarrow	NopinZ Symec Race Team
66	George	Smith	NopinZ Symec Race Team
20	Christopher	Owram	PDQ Cycle Coaching
21	James	Cartlidge	Plymouth Corinthian CC
44	Samuel	Woods	Plymouth Corinthian CC
22	Matthew	Clements	Richardsons-Trek RT
45	Peter	Cocker	Richardsons-Trek RT
58	Joseph	Sutton	Richardsons-Trek RT
23	Jake	Alderman	Saint Piran
46	Cameron	Jeffers	Saint Piran
59	Joe	Healey	Saint Piran
67	Steve	Lampier	Saint Piran
72	Alex	Platt	Saint Piran
24	Frazier	Carr	Spirit Tifosi Racing Team
47	George	Clark	Spirit Tifosi Racing Team
60	Rupert	Graham	Spirit Tifosi Racing Team
68	Tom	Mazzone	Spirit Tifosi Racing Team
73	Leon	Mazzone	Spirit Tifosi Racing Team
25	Stephen	Bradbury	SwiftCarbon Pro Cycling
48	Edward	Laverack	SwiftCarbon Pro Cycling
26	Kieran	Blay	TAAP Cervelo
34	Jack	Wyllie	TAAP Cervelo
49	Luke	Craddock	TAAP Cervelo
61	Matthew	Downie	TAAP Cervelo
69	Benjamin	Irving	TAAP Cervelo
74	Matthew	Webster	TAAP Cervelo
27	Ryan	Watkins	TBW23 Stuart Hall Gett Taxi
28	Jude	Taylor	Team B38 / Cycles In Motion
29	Sion	Harlow	Team PB Performance
50	James	Hill	Team PB Performance
62	Matthew	King	Team PB Performance
75	Bradley	Symonds	Team PB Performance
30	Joshua	Croxton	Team Tor 2000 KALAS
51	Joshua	Gray	Team Tor 2000 KALAS
63	Oscar	Hutchings	Team Tor 2000 KALAS
70	Steven	Jones	Team Tor 2000 KALAS
76	Max	Moyles	Team Tor 2000 KALAS
79	James	Williams	Team Tor 2000 KALAS
31	Adam	Robertson	University of Bath Cycling Club
32	Ross	Holland	Veloce Racing
33	Joseph	Beckingsale	Wales Racing Academy
35	Samuel	Tillett	Wales Racing Academy
52	Peter	Kibble	Wales Racing Academy
64	Joshua	Price	Wales Racing Academy
71	William	Roberts	Wales Racing Academy
77	James	Tillett	Wales Racing Academy
78	Roman	Piotrowski	Wolfe RT
80	Joe	Harris	ZeroBC
Reserves	Sam	Clark	Hargroves-Montezuma's
	Charlie	Meredith	Zappis
	Archie	Cross	Team B38 / Cycles In Motion
	Josh	Coyne	BPM Coaching
	Lewis	Bulley	Richardsons-Trek RT

TT Start List

TT Time	Race Number	First Name	Last Name	Team
10.01	1	Tristan	Davies	Mid Devon CC
10.02	2	David	Hewett	
10.03	3	Andrew	Kirby	73Degrees CC
10.04	4	Thomas	Harrington	Abergavenny Road Club
10.05	5	George	Beck	BIKESTRONG-KTM
10.06	6	Dan	Byrne	Black Line
10.07	7	Tom	Sharp	Bristol RC
10.08	8	George	Mills-Keeling	Cycle Club Bridgnorth RWG
10.09	9	James	Maddison	Exeter Wheelers
10.10	10	Daniel	McDermott	FTR Milltag
10.11	11	Thomas	Day	Giant Cycling Club - Halo Films
10.12	12	Thomas	Townsend	High Wycombe Cycling Club
10.13	13	Chris	Childs	Holohan Coaching Race Team
10.14	14	Joseph	Clark	I-Team Cyclists' Club
10.15	15	Jonathan	Gales	Kibosh
10.16	16	George	Pym	Madison Genesis
10.17	17	Edmund	Bishop	Meudon Pedal Heaven Le Col RT
10.18	18	Cameron	Biddle	Morvelo Basso
10.19	19	Marcin	Bialoblocki	NopinZ Symec Race Team
10.20	20	Christopher	Owram	PDQ Cycle Coaching
10.21	21	James	Cartlidge	Plymouth Corinthian CC
10.22	22	Matthew	Clements	Richardsons-Trek RT
10.23	23	Jake	Alderman	Saint Piran
10.24	24	Frazier	Carr	Spirit Tifosi Racing Team
10.25	25	Stephen	Bradbury	SwiftCarbon Pro Cycling
10.26	26	Kieran	Blay	TAAP Cervelo
10.27	27	Ryan	Watkins	TBW23 Stuart Hall Gett Taxi
10.28	28	Jude	Taylor	Team B38 / Cycles In Motion
10.29	29	Sion	Harlow	Team PB Performance
10.30	30	Joshua	Croxtton	Team Tor 2000 KALAS
10.31	31	Adam	Robertson	University of Bath Cycling Club
10.32	32	Ross	Holland	Veloce Racing
10.33	33	Joseph	Beckingsale	Wales Racing Academy
10.34	34	Jack	Wyllie	TAAP Cervelo
10.35	35	Samuel	Tillett	Wales Racing Academy
10.36	36	Callum	Deakin	Mid Devon CC
10.37	37	Sam	Lindsay	73Degrees CC
10.38	38	Luke	Protheroe	Abergavenny Road Club
10.39	39	Owen	Prior	Exeter Wheelers
10.40	40	Harvey	McNaughton	I-Team Cyclists' Club
10.41	41	Neil	Phillips	Kibosh
10.42	42	Alexander	Cross	Meudon Pedal Heaven Le Col RT
10.43	43	Shaun	Cook	NopinZ Symec Race Team
10.44	44	Samuel	Woods	Plymouth Corinthian CC
10.45	45	Peter	Cocker	Richardsons-Trek RT
10.46	46	William	Harper	Saint Piran
10.47	47	George	Clark	Spirit Tifosi Racing Team
10.48	48	Edward	Laverack	SwiftCarbon Pro Cycling
10.49	49	Luke	Craddock	TAAP Cervelo
10.50	50	James	Hill	Team PB Performance
10.51	51	Joshua	Gray	Team Tor 2000 KALAS
10.52	52	Peter	Kibble	Wales Racing Academy
10.53	53	Julian	Pitocco	Mid Devon CC
10.54	54	Andrew	Whittemore	Exeter Wheelers
10.55	55	Ben	Williams	I-Team Cyclists' Club
10.56	56	Jack	Freeman	Meudon Pedal Heaven Le Col RT
10.57	57	Tom	Nancarrow	NopinZ Symec Race Team
10.58	58	Joseph	Sutton	Richardsons-Trek RT
10.59	59	Joe	Healey	Saint Piran
11.00	60	Rupert	Graham	Spirit Tifosi Racing Team
11.01	61	Matthew	Downie	TAAP Cervelo
11.02	62	Matthew	King	Team PB Performance
11.03	63	Oscar	Hutchings	Team Tor 2000 KALAS
11.04	64	Joshua	Price	Wales Racing Academy
11.05	65	Anthony	Roberts	Meudon Pedal Heaven Le Col RT
11.06	66	George	Smith	NopinZ Symec Race Team
11.07	67	Steve	Lampier	Saint Piran
11.08	68	Tom	Mazzone	Spirit Tifosi Racing Team
11.09	69	Benjamin	Irving	TAAP Cervelo
11.10	70	Steven	Jones	Team Tor 2000 KALAS
11.11	71	William	Roberts	Wales Racing Academy
11.12	72	Alex	Platt	Saint Piran
11.13	73	Leon	Mazzone	Spirit Tifosi Racing Team
11.14	74	Matthew	Webster	TAAP Cervelo
11.15	75	Bradley	Symonds	Team PB Performance
11.16	76	Max	Moyles	Team Tor 2000 KALAS
11.17	77	James	Tillett	Wales Racing Academy
11.18	78	Roman	Piotrowski	Wolfe RT
11.19	79	James	Williams	Team Tor 2000 KALAS
11.20	80	Joe	Harris	ZeroBC