



TORPLEX 200Km 2016

Riders Information Sheet.

In support of ROWCROFT HOSPICE



START: 17th July 2015 Time: 08:00 GR: SX865717

Welcome to this year's event: The following information should help you complete your enjoyable day out on the bike with CTC Devon.

START: The HQ for the event is at Pro Cycle Centre, Wharf Road, Newton Abbot. TQ12 2DA. Limited FREE Parking available there, and further parking in the nearby public Car Park in Osborne Street. (FREE on Sundays!)

There will be Tea/Coffee available free at the Start. At the finish there will be Tea/Coffee sandwiches and cakes available to purchase from the Trust. START TIME FOR THE 200Km TORPLEX ride is 8.00am (distance 207Km)

CONTROLS: There are several control points along the way where you should obtain a stamp on your Brevet card as proof of passage. Dawlish Warren is a manned checkpoint, and at Stoke Canon there is a manned control with refreshments provided.

Other controls (Five Bridges Farm, Whiddon Down) require you to obtain some information to add to your card – information is on the card! Control at Plympton is the Garage shop – obtain a stamp from there. NOTE: It's a long hard section from Stoke Canon to Moretonhampstead, and you are advised to carry plenty of food and drink to cover this section (see below). There are shops at Cullompton, and services and a pub at Whiddon Down. Free cuppa at Moretonhampstead with voucher.

PREPARATION: Although we will feed you at Stoke Canon, you must be self-sufficient on an Audax ride. Ensure you carry enough liquid, food rations, and spare tubes and repair kits, and a basic tool kit, and be able to use it. In a real emergency we may be able to help get you home. You should also carry waterproofs, and spare clothing to allow for changes in the weather. Faster riders will complete the event in just over 8 hours – NOTE: This is not a race, the route is hilly with lots of navigation, and exposed sections – pace yourself and enjoy the finish.

MAPS/ROUTE: A route sheet is provided – it's fairly comprehensive. GPX may be available for GPS units, - you are advised to carry a paper map for reference in case you need it (flat battery/lost route sheet?). There may be a few arrows guiding you to and from Control points, but in general the idea is for you to navigate your way around the course. NOTE: Choice of alternative routes after Stoke Canon.

SAFETY: As always follow the Highway Code – try to avoid riding in very large groups, and never more than two abreast. There are some descents that require caution, take care not to overshoot the left turn at Peak Hill, it's a long ride back up the hill! Caution is required on the cattle grids on Dartmoor (up and down!), and there are still many potholes in the lanes of East Devon.

EMERGENCY: Emergency contact Numbers: ORGANISERS MOBILE: 07889-964101
Pro Cycle Centre: 01626-438353 Please let us know if you pack the ride.

SPONSORSHIP: This year we are supporting the Rowcroft Hospice in Torquay, who looked after a lady member of the CTC who sadly passed away. If you would like to get sponsored for this year's event, please use the Sponsorship form on the website, or posted to you, or consider making a donation.

Thankyou – Enjoy your ride, and return home safely!

Graham Brodie. Organiser
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www.ctcdevon.co.uk