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RAC comments on Brake/TRL stopping distances study

Commenting on a new study by the Transport Research Laboratory (TRL) for road safety charity Brake that suggests Highway Code stopping distances might be due an update, RAC spokesman Rod Dennis said:

“These findings from Brake and TRL are striking and should be taken seriously. From time to time, new evidence will come to light that means it is necessary to update the Highway Code and perhaps this is one such instance.

“While the ability for cars to be able to brake more quickly has improved, our reaction times clearly haven’t. And arguably, our reaction times might even have got worse due to all the distractions that have made their way into the car environment – none more so than the smartphone that constantly demands our attention.

“Many drivers believe they are capable of doing far more at the wheel than they actually are, but the fact remains that driving is one of the most mentally demanding tasks any of us do and we shouldn’t forget that.”

The press office email address is press.office@rac.co.uk and media centre is at media.rac.co.uk. **Please note:** the press office is unable to help with individual customer enquiries - please visit the [RAC contacts page](#) to find the right contact.

The RAC, an iconic UK brand, provides complete peace of mind to nearly 14 million UK private and business drivers, whatever their motoring needs. As well as its premium nationwide breakdown assistance service – with an expert branded patrol workforce attending more than two million breakdowns every year – it offers a wide range of market-leading products across insurance, legal services, vehicle inspections and service, maintenance and repair. Included in this is the first-of-its-kind nationwide Mobile Mechanics service which brings the garage to homes and workplaces.

At the forefront of new solutions for business fleets and consumers, the RAC's breakdown service is electric-ready with mobile EV charging technology and can be called on using [myRAC](#) – the all-in-one route planner, fuel finder and breakdown reporting app.

Visit the [RAC website](#).

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