

Instructions and Start Sheet

Event Secretary: Ian Davies
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Time keepers:

Donald Ashton (Farnborough & Camberley CC) & Robin Johnson (Brighton Mitre CC)



Kingston Phoenix Road Club

Pete Mitchell Bicycle Memorial 10

Open 10 mile scratch time trials

Promoted for and on behalf of Cycling Time Trials under their Rules and regulations

Saturday 3 October 2020: Course G10/42

Course Details

START in Spook Hill, North Holmwood, at the Post Office telephone inspection cover, 30 yards from the junction with the A24 (TQ167469)

Proceed to A24 where LEFT into acceleration lane to join A24

Proceed SOUTH to Beare Green roundabout. Take second exit and follow Capel by pass to Clarke's Green roundabout (4.91 miles) (TQ171397)

Encircle roundabout (taking great care) and retrace on A24 via Beare Green roundabout (taking great care) to FINISH at drain at NORTH end of penultimate crash barrier 634 yards before North Holmwood roundabout (TQ166472)

Covid-19 arrangements – **ALL COMPETITORS TO OBSERVE AT ALL TIMES PLEASE**

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- 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 warmup.
- All warm-ups should be done on the road. Static warm-ups are prohibited, UNLESS social distancing can be maintained.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. Riders should stay in their cars when not signing in/out, warming up or riding.

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- Toilets will be available at the HQ, but MUST NOT be used for changing. Competitors must arrive 'dressed to race'.
- Car parking will be available at the HQ, but only alternate bays should be used. This will be pointed out by a marshal on arrival at the car park.
- Any one not riding should not be encouraged to attend (ie no spectators please)
- Riders must sign in/out using their own pen (**PLEASE ENSURE THAT YOU BRING ONE!**)
- There will be no 'pusher off'. All riders must start with one foot on the ground.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- On completion, riders MUST sign out and MUST take off their own number and MUST place it in the bucket of soapy water provided
- There will be no results board or prize giving on the day. Results and prizes will be sent out following the event.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- **It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser (Ian Davies – 07887 625056). Please telephone Ian Davies if you fail to finish the event.**

London South District Regulations

- No vehicles shall be parked on the carriageway within sight of the starting or finishing points
- No parking on the A24 or its verges. Spook Hill is a residential area – please be considerate to those who live there and park accordingly
- The Headquarters for this event is St Johns School, North Holmwood, which is also in a residential area: **PLEASE PARK IN THE DESIGNATED AREAS OR PARK CONSIDERATELY**
- After finishing all riders MUST continue to North Holmwood roundabout and take the appropriate exit
- There must be NO warming up on the course once the events are in progress and NO following vehicles

AT NO TIME SHOULD THERE BE MORE THAN 5 RIDERS WAITING AT THE START TIMEKEEPER. PLEASE DO NOT ARRIVE MORE THAN 5 MINUTES BEFORE YOUR ALLOTTED START TIME, AND PLEASE FOLLOW THE DIRECTION OF MARSHALS AT ALL TIMES ON APPROACH TO THE START

ALL COMPETITORS MUST, IN COMPLIANCE WITH CTT REGULATIONS ENSURE THAT THEIR MACHINE IS FITTED WITH A CLEARLY VISIBLE, WORKING RED LIGHT TO THE REAR. FAILURE TO COMPLY WILL RESULT IN RIDERS NOT BEING PERMITTED TO START THE EVENT

Event Headquarters:

St John's C of E Primary School, Goodwyns Road, North Holmwood, RH4 2LR

Travelling South on the A24 along Deepdene Avenue, on arriving at North Holmwood roundabout, take the THIRD junction onto the A2003 and turn almost immediately first right into Goodwyns Road. The school is immediately on the right.

Travelling North on the A24 along Horsham Road, on arriving at North Holmwood roundabout, take the FIRST exit onto the A2003, following the directions as above.

The event HQ will be open from **1300** and signing on will be done and numbers will be collected from there.

PLEASE NOTE THAT CTT REGULATIONS REQUIRE RIDERS TO SIGN **IN** AND **OUT** OF THE EVENT

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Prize list: One rider, one prize applies. Precedence is set by the prize value

First man	£40	First woman	£40
Second man	£30	Second woman	£30
Third man	£20	Third woman	£20
First man vet (40-49)	£20	First woman vet	£20
First man vet (50-59)	£20	First man under 18	£20
First man vet (60+)	£20	First woman under 18	£20

Pete Mitchell Memorial Bicycle 10

Number	Start Time	Name	Club	Cat
149	14:00	Jonathan Pontin (tandem)	Addiscombe CC	M
150	14:00	Simon Pontin (tandem)	Addiscombe CC	M
1	14:01	Marcus Edwards	Kingston Phoenix RC	M50
2	14:02	Chris Carroll	Velo Club Godalming & Haslemere	M Sen
3	14:03	Joshua Thomas	Epsom CC	M Esp
4	14:04	Sophie Driscoll	Thanet RC	W Sen
5	14:05	Lance Childs	trainSharp Development Team	M Jun
6	14:06	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	M50
7	14:07	James Peet	Virtual Cycling Club	M40
8	14:08	Lenka Vackova	Rapha Cycling Club	W Sen
9	14:09	Clive Jackson	Central Sussex CC	M60
10	14:10	Kevin Nelson	Crawley Wheelers	M Sen
11	14:11	Andy Critchlow	Norwood Paragon CC	M40
12	14:12	John Isard	Hampshire Road Club	M60
13	14:13	Gavin Hughes	Kingston Phoenix RC	M50
14	14:14	Alan Robinson	Central Sussex CC	M70+
15	14:15	Alexander Ballinger	Farnborough & Camberley CC	M Sen
16	14:16	Robert Gilmour	Hounslow & District Whs	M60
17	14:17	James Leach	Imperial Racing Team	M Sen
18	14:18	Natasha Jarman	Southborough & Dist. Whs	W Sen
19	14:19	Kevin Austen	34 Nomads CC	M50
20	14:20	Keith Lea	Paceline RT	M50
21	14:21	Pete Elms	Colour Tech RT	M50
22	14:22	Michael Gates	C and N Cycles RT	M Sen
23	14:23	Dov Tate	ABCpure	M Sen
24	14:24	Jasper Van Dooren	Maison du Velo / In-Gear Cycles	M Sen
25	14:25	David Clark	Eastbourne Rovers CC	M50
26	14:26	Stuart Gillies	Twickenham CC	M50
27	14:27	Judah Rand	Kingston Wheelers CC	M Sen
28	14:28	Peter Owen	Norwood Paragon CC	M50
29	14:29	Becca Drake	BellaVelo cc	W Sen

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Number	Start Time	Name	Club	Cat
30	14:30	David Walters	Velo Club Godalming & Haslemere	M50
31	14:31	Harry Ives	trainSharp Development Team	M Jun
32	14:32	Andrew Stewart	Lindfield Coffee Works	M40
33	14:33	Peter Noble	Epsom CC	M50
34	14:34	Gareth Daniels	Icknield RC	M Sen
35	14:35	Matt Hill	Velo Club Godalming & Haslemere	M60
36	14:36	Sarah Matthews	...a3crg	W60
37	14:37	Paul James	Crawley Wheelers	M50
38	14:38	Martin Scofield	VTTA (Surrey/ Sussex)	M60
39	14:39	Owain Williams	Kingston Wheelers CC	M Juv
40	14:40	Matthew Smith	Team TMC	M Sen
41	14:41	Richard Moore	Velo Club Godalming & Haslemere	M40
42	14:42	David French	Weybridge Wheelers	M40
43	14:43	Dean Hendry	GS Mossa	M Sen
44	14:44	Christopher, Rosam	Epsom CC	M60
45	14:45	Simon Church	trainSharp	M50
46	14:46	Harry Boscawen	Serpentine Running Club	M Sen
47	14:47	Richard Berry	Twickenham CC	M40
48	14:48	Paul Cannon	Epsom CC	M70+
49	14:49	Beverley Jerome	BellaVelo cc	W50
50	14:50	Tom Portsmouth	Charlotteville Cycling Club	M Esp
51	14:51	Paul Smith	VeloRefined Rule 5	M40
52	14:52	Jamie Olsson	Glro Race Team	M Sen
53	14:53	Mike Anderson	Velo Club Venta	M60
54	14:54	Robyn Yates	Addiscombe CC	W50
55	14:55	Martin Jones	Colour Tech RT	M50
56	14:56	Gary Grayland	CC Bexley	M50
57	14:57	Tom Cosgrove	VTTA (London & Home Counties)	M50
58	14:58	Vincent Halpern	Twickenham CC	M50
59	14:59	Katrina Murphy	Dulwich Paragon CC	W Sen
60	15:00	Nicholas Fennell	Thanet RC	M Sen
61	15:01	John Franklin	Twickenham CC	M Sen
62	15:02	Ray Sullivan	Metropolitan Police Cycle Club	M50
63	15:03	Robin Harris	Clapham Chasers	M50
64	15:04	Daniel Moll-Morgan	Brighton Mitre CC	M40
65	15:05	Paul Haywood	Epsom CC	M40
66	15:06	Simon Trehearn	Kingston Phoenix RC	M40
67	15:07	Ali Walters	Velo Club Godalming & Haslemere	W50
68	15:08	Darrell Locke	Southborough & Dist. Whs	M50
69	15:09	Rachel Hyatt	BellaVelo cc	W50
70	15:10	Josh Copley	TBW23 Stuart Hall Cycling P/b Trainsharp	M Esp
71	15:11	Robert Taylor	Bec CC	M Sen
72	15:12	Jason Hunter	Pearson Cycling Club	M50
73	15:13	Stephen Morgan	Tooting BC	M50
74	15:14	Ella Coleman	Liv AWOL	W Jun
75	15:15	Adrian Blacker	C and N Cycles RT	M50

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Number	Start Time	Name	Club	Cat
76	15:16	Tony Truepenny-Phillipson	Bec CC	M Sen
77	15:17	Mike Stephens	Epsom CC	M40
78	15:18	William Bancroft	VC de Londres	M Juv
79	15:19	Andrew Gibson	Gravesend CC	M50
80	15:20	Adam Bidwell	Kingston Wheelers CC	M40
81	15:21	Rich Steels	Ilkeston Cycle Club	M40
82	15:22	Elliot Brown	Velo Club Godalming & Haslemere	M Sen
83	15:23	Mike Boyce	...a3crg	M60
84	15:24	Simon Crook	Kingston Phoenix RC	M50
85	15:25	Stuart Bettis	South Downs Bikes / Casco Pet	M Sen
86	15:26	Nolan Heather	Worthing Excelsior CC	M40
87	15:27	Thomas Seller	Oxted Cycle Club	M Sen
88	15:28	Simon Morley	Penge Cycle Club	M Sen
89	15:29	Peter Horsfield	Redmon CC	M70+
90	15:30	Kevin Tye	VeloRefined Rule 5	M50
91	15:31	James Griffin	trainSharp	M Sen
92	15:32	Alexander Kew	Kingston Phoenix RC	M40
93	15:33	Benjamin Jones	Penge Cycle Club	M50
94	15:34	Elliott Dickenson	Kingston Phoenix RC	M50
95	15:35	James Churchard	Reading CC	M40
96	15:36	Marek Shafer	Brighton Mitre CC	M Sen
97	15:37	Tobias Nilsson	Pearson Cycling Club	M Sen
98	15:38	Eva Zsigoova	...a3crg	W Sen
99	15:39	Kim Dickenson	Kingston Phoenix RC	W50
100	15:40	Simon McNamara	HuntBikeWheels.com	M40
101	15:41	Edward Hales	London Dynamo	M40
102	15:42	Paul Deen	Epsom CC	M40
103	15:43	Thomas Gilbey	London Dynamo	M40
104	15:44	James Thomas	Epsom CC	M50
105	15:45	Jon Hughes	Velo Club Godalming & Haslemere	M40
106	15:46	Billy Gilbey	VC de Londres	M Jun
107	15:47	Damien Sutton	Kingston Wheelers CC	M40
108	15:48	Amber Junker Brameld	VC de Londres	W Jun
109	15:49	Katerina Avramides	Brighton Mitre CC	W40
110	15:50	Paul Burton	Paceline RT	M Sen
111	15:51	Tom Houghton	South Downs Bikes / Casco Pet	M40
112	15:52	Richard Llewellyn	Imperial Racing Team	M40
113	15:53	George Sloan	VC de Londres	M Esp
114	15:54	Luc Berthouze	Mid Sussex Triathlon Club	M40
115	15:55	Mark Newton	Elite Cycling	M50
116	15:56	Scott Leeson	London Dynamo	M Sen
117	15:57	Mark Thomas	Bigfoot CC	M50
118	15:58	Gavin Mitchell	Twickenham CC	M Sen
119	15:59	Aly Mugford	Epsom CC	M40
120	16:00	Christopher McNamara	Nuun-Sigma Sport-London RT	M40

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Number	Start Time	Name	Club	Cat
Reserve riders				
121		Chris Beales	Pearson Cycling Club	M50
122		Justin Greeley	Norwood Paragon CC	M40
123		Nick Hawksworth	East Grinstead CC (Merlin Cycle Coaching)	M Sen
124		Trevor Davis	VC de Londres	M50
125		Avinash Mahandru	Rapha Cycling Club	M Sen