

South Eastern Road Club

Present the

Lou Smith Memorial 10 mile Time Trial

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

To be held

on

6.40 am

August 13th 2016

on Course G10/57

Prize List

1st On actual time £35.00..... 2nd Fastest £25.00.....3rd Fastest £20.00

CTT Target Times will be used to calculate the Veteran Awards

1st on Target Time The Lou Smith Salver & The Old members Trophy + £40.00

2nd on Target Time £35.00.....3rd t/£30.00.....4th t/ £25.00.....5th t/ £20.00.....6th t/£15.00

Fastest Lady £20.00.....2nd Fastest £15.00

Lady with best CTT plus £15.00

Fastest Junior/Juvenile £15.00

Fastest team of three on Target Time plus

£15.00 each

Timekeepers Mrs. L. Donington

Mr.M.Irons

Headquarters. Broadbridge Heath Village Centre Wickhurst La. Broadbridge Heath RH12 3LY

Open from 5.30 am

Time to start approximately 15mins depending on your performance aspirations

Course details

START in Rusper Road opposite Farm Shop sign at entrance to Moat Farm approximately 350 yards north of Rusper Road roundabout. Proceed south to Rusper Road roundabout where **LEFT** via **1st exit** and follow A264 to Moorhead Roundabout. At Moorhead Roundabout **LEFT** via **1st exit** and continue on A264 via Faygate and Kilwood Vale Roundabouts to Bewbush Manor Roundabout. At Bewbush Manor Roundabout, **STRAIGHT ON** via **2nd exit (M)** and follow A2220 via Breezehurst Roundabout to Broadfield Roundabout where **TURN. (M and CHECK) 4.85 miles**

Exit Broadfield Roundabout at **4th exit** and retrace on A2220 via Breezehurst Roundabout to Bewbush Manor Roundabout where **STRAIGHT ON** via **2nd exit (M)** and follow A264 via Kilwood Vale and Faygate Roundabouts to Moorhead Roundabout where **RIGHT** via **2nd exit (M)**. Continue on A264 to Rusper Road Roundabout where **STRAIGHT ON (M)** via **2nd exit**. Continue on A264 to **FINISH** at 4th drain cover in kerbstone from eastern end of lay-by, 0.5 miles west of Rusper Road Roundabout. **10.00miles**

FOR those not FAMILIER with the course it has several roundabouts! these will be signposted or marshalled the TURN will be pre signed and MARSHALD do not turn anywhere else.

London South District Regulation:

No vehicles, except those of the timekeepers and event officials, shall be parked in the vicinity of the start and finish areas.

Competitors' Machines:

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

CTT regulations require the compulsory use of helmets for the under18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard shell helmet that meets internationally accepted safety standards.

Take care on all roundabouts **possible boot fair at Faygate** please take extra care.

Event organiser C.T.Derrick 43 Aviemore Way Beckenham Kent. BR3 3RP 020 8658 5215