



## South Eastern Road Club

Present the

Lou Smith Memorial 10 mile Time Trial

To be held

On

**6.32 am**

**August 1st 2020**

**Course G10/42**

Prize List

1<sup>st</sup> On actual time £35.00..... 2<sup>nd</sup> Fastest £30.00.....3<sup>rd</sup> Fastest £25.00

CTT Target Times will be used to calculate the Veteran Awards

1<sup>st</sup> on Target Time The Lou Smith Salver & The Old members Trophy + £35.00

2<sup>nd</sup> on Target Time £30.00.....3<sup>rd</sup> t/t£25.00.....4<sup>th</sup> t/t £20.00

Fastest Lady £35.00..... 1st 2<sup>nd</sup> Fastest Lady £30.00 ....

Fastest under 18yo £25.00

Fastest team of two on Target Time plus £20.00 each

Timekeepers A Mr.P Tunnell      Assistant timekeeper Mr.L Humphrey

Thanks to David Norris Analytical Laboratories for their welcome assistance.

Any competitor wishing to have a photographic reminder of their historic ride into the new tomorrow Paul Carpenter will be on hand with his trusty camera doing the honours, just contact him with your race number and kit description at Paul carpenter [paulcarpenter1992@hotmail.com](mailto:paulcarpenter1992@hotmail.com) for full details.

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

## Headquarters

St Johns C of E Primary School  
Goodwyns Road  
Dorking RH4 2LR

Open from 5.30 am

Time to start approximately 5mins

## G10/42 Course details

<u>START</u> in Spook Hill, North Holmwood at PO Telephone Inspection Cover 30 yards from junction with A24	0.00	0.00
Proceed to A24 where LEFT into acceleration lane to join A24. Proceed south to Beare Green RBT (roundabout)	2.67	2.67
2nd exit and follow Capel by-pass to Clark`s Green RBT where <u>TURN</u> (CHECK)	4.9	2.24
5th exit to retrace on A24 to Beare Green RBT	2.24	7.15
Straight on 2nd exit and follow A24 to <u>FINISH</u> at drain at north end of penultimate crash barrier 634 yards before North Holmwood RBT	2.85	10.00

DISPOSABLE NUMBERS WILL BE AT THE HQ bring your OWN pins.

Competitors are required to SIGN IN AND SIGN OUT in person (CTT reg). Failure to do so will result in the competitor being recorded as DNF. PENS will NOT be provided.

### Competitors' Machine

A working rear light, either flashing or constant, must be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use. **NO LIGHT NO RIDE.**

### Safety instructions.

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.

Completed parental consent forms where applicable must be presented when obtaining race number see <https://cyclingtimetrials.org.uk/documents/index/guardians> for a copy.

Check for any additional information at the check in.

### 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.

**SEE SEPERATE DOCUMENTS SPECIFIC TO Covid 19 REQUIREMENTS**

# South Eastern Road Club 10 Mile TT

## 1<sup>st</sup> August 2020.

### Information Pack

#### **Please Take Time to Read the Following Information**

**As guests of St John's School please do not do anything that could jeopardise the future use of this venue.**

**Headquarters will be open from 5.45am**  
**The Car park MUST be clear by 9.45am**

**Competitors times will not be available at the conclusion of the event but will be available from 6.00pm on <https://southeasternroadclub.webs.com/events-2020>**

Please be aware that the following information may be amended at short notice.  
Please familiarise yourself with the following  
<https://cyclingtimetrials.org.uk/documents/index/covid-19>

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- Only car parking and toilet facilities are available at the HQ.
- DO not change in the toilets
- Competitors should not arrive at the HQ more than 40 minutes before their allotted start time.
- Competitors must respect the 2mt social distancing requirement.
- Competitors should not arrive at the start more than 4 mins before their allotted start time.
- Competitors will await the start signal with one foot on the ground.
- Competitors on finishing **MUST NOT** stop at the finish
- Competitors must not congregate in the car park after the event but disperse promptly .....your car space may well be needed.
- Static warm-ups are allowed but must comply with social distancing requirements that are in place at the time. For those preferring to warm up on the road *see separate details*.
- 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. Please telephone the organiser if you have failed to finish the event.

- Hand sanitizer will be available.
- No provision will be provided to return any clothing left at the start back to the HQ .

## Riders warm up.

CTT have just announced that turbo trainers can be used for warming up at event HQ's.

For those riders that prefer to warm up on the road there are a couple of options available that do not use any part of the course.

From the HQ proceed to the South Holmwood RBT second exit to Spook Hill follow road to Inholms Lane turn left 800mts, go past St Johns Church and Inholms Lane NT car park to T junction where if you turn left into Chard Lane South where you will eventually rejoin the A24 and turn left back to S Holmwood RBT. About 4kms.total.

If you turn right along Blackbrook Road then just keep going until you have had enough and come back. Please be aware that Inholms Lane has an up each way (which will definitely get the ticker going).

### Car parking

For those not familiar with the area there are several free NT woodland car parks that are within a ride able distance of the HQ two are situated in Mill Road and one in Inholms Lane, uphill of the church. None of the CP's has a metalled surface.

If the Mill Road CP's are used do NOT proceed to the HQ via the A24 go to Blackbrook Road and turn left, and at Inholms Lane turn left (entrance to this road has two power poles and a nice big white house and a high green hedge) follow to Spook Hill turn left to start or right to the HQ second exit at South Holmwood RBT turn right into Goodwyns Road. About 5km.

All the above can be viewed on Google street view and no doubt the ubiquitous Garmin.

