**Event Secretary:**

Gavin Hughes

Mobile: 07971408298

 dghughes@btinternet.com

**Time keepers**:

Paul Tunnell & Jeremy Maccelari



Kingston Phoenix Road Club

**Pete Mitchell Bicycle Memorial 10**

Open 10 mile scratch time trial

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

**Saturday 1 October 2022: Course G10/42**

**Follow us Twitter to receive event information, updates and provisional results.**

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|  **icon** | **@kingston\_rc** |
| **Icon  Description automatically generated** | **@kingston\_phoenix\_rc** |

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| **Course Details**START in Spook Hill, North Holmwood, at the Post Office telephone inspection cover, 30 yards from the junction with the A24 (TQ167469). Please note that there will be no pusher off this year.Proceed to A24 where LEFT into acceleration lane to join A24Proceed 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)A risk assessment will be carried out prior to the event – please follow us on Twitter for updated information: @kingston\_rc |

**Covid-19 arrangements**

* Competitors are encouraged to take a Lateral Flow Test prior to attending the event
* Competitors should not attend if they feel ill in ANY way or if family members have any symptoms or if the Lateral Flow Test taken prior to the event shows a positive result
* 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 by text of your intention not to start as a result of an adverse warmup
* There will be no ‘pusher off’. All riders must start with one foot on the ground
* Any spectators or helpers are also encouraged take a Lateral Flow Test prior to attending the event

**SAFETY**

**• Riders are requested not to warm up on the course after the event has started. Details of any**

**additional hazards will be displayed at the HQ; all riders must read these details when they sign on. Riders must exercise extra care when joining the A24 just after the start and at all roundabouts.**

**• CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors**

**• CTT Regulations now require that no competitor shall be permitted to start unless they have affixed to the rear of their machine a working rear red light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users**

**• London South DC Regulation: No vehicles, except those of the timekeepers and event officials,**

**shall be parked in the vicinity of the start and finish areas.**

**• London South DC strongly recommend that riders do not wear black or dark clothing during any**

**event held on the public road. Official Observers will be stationed around the course**

**• No time may be recorded if number is not correctly positioned**

**• Riders must not use ANY audio equipment except prescribed hearing aids.**

**Please note that all riders are required to sign out on the signing in/out sheet before leaving the HQ.**

**Failure to do will result in a rider being recorded as DNF.**

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| **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 |

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

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| --- | --- | --- | --- |
| 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 vet (60-69) | £20 |  |  |
| First man vet (70+) | £20 |  |  |