

Kettering Cycling Club

are proud to present

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

The Frank & Joy Sheppard Memorial 10 Miles Time Trial

Saturday 30th Sept 2023 starting at 1:00 pm

Headquarters:

Old Village Hall, Charles Cl, Old, Northampton NN6 9RQ

Facilities:

The HQ will be open from 11.30 pm for toilets and car parking. If parking outside, please restrict the parking to the Hall's small car park on the left of the entrance or the area adjacent to the sports field straight on from the entry gate. If the car park is full then please do not park in Charles Close adjacent to the hall but find a spot further up in the village.

Timekeepers: Sue Holliday, Jon Thorne **CTT Observer:** tbc

Start Line Official: (To 'manage' the start line and assist the start timekeeper): tbc

Event Secretary: Noel Toone, 5 Sondes Close, Oundle, Northants. PE8 4QH Tel: 07490 729582

Prizes

I would like to thank Frank and Joy's daughter, Karen, for her very generous sponsorship of this event.

The main prize for this event is based on predicted Spindata times. In the event of no Spindata prediction being generated which might be the case if not many events have been ridden recently, the time to beat (TTB) will be the rider's PB for 10 miles as supplied by the CTT entry form data, and if no PB then it will be a rather conservative guess on my part.

Prize Values	Most Improved	Fastest overall	Fastest W, RB	Fastest 2-up	Team of 3
1 st	£50	£20	£20 each	£20 each	£15 each
2 nd	£30				£10 each
3rd	£20				
4 th	£15				
5th	£10				

NB Only one prize per person except team awards, so if fastest overall or fastest W or RB wins a better improvement prize, the fastest prize goes to the second fastest etc. Likewise if a W or RB wins fastest overall, that prize will go to 2nd fastest overall.

Road Bike category info: To qualify for the road bike award, competitors are required to compete according to the current ctt rules, in essence this is on a standard road bicycle (No rear disc wheel; no deep section (>90mm) wheels, not less than 12 spokes per wheel, no tri-bars.)

COURSE IDENTIFICATION: COURSE NUMBER N3/10

Start	At the signpost at the junction with Draughton Lane in Lamport
Proceed	North East towards Rothwell, passing junction to Foxhall
Bear right	to Rothwell and to roundabout south side of bridge over A 14 (4.809 miles)
Encircle	Roundabout to retrace route to Lamport and passing start to
Turn	Left towards Old (give way) (M) (9.765 miles) and
Finish	At telephone pole 43 opposite entrance to bridle-way at Porters Lodge, Lamport Hall

It is 2 miles to the start at Lamport, so allow approx 10 mins to ride to the Start. There is no parking at the start and finish.

COURSE NOTES :-

The only motor vehicles associated with the Event allowed near Start or Finish will be those of the Timekeepers

If passing any Horse Riders, please give due consideration and plenty of space.

Please take extreme care at the Turn Roundabout re traffic approaching from Rothwell and off the A14.

Please refrain from warming up on the course after the event has started, as this causes extra work for the timekeepers.

Please keep well into the side, while waiting to start, if possible stand on the Grass Verge.

You must observe the Highway Code and comply with traffic law and regulations. You must also ride in a manner that is safe for yourselves and all others, and must rely on your own ability and judgement in dealing with hazards, though every effort has been made to marshal the course and the position of „Event Aware“ signs, so as to minimise the risk, as required by the Course „Risk Assessment“. The onus is still on you the rider, so familiarise yourself with the course details.

Local Regulations:

NO U-TURNS are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for DISQUALIFICATION from the event and further disciplinary action by the district committee.

Northampton Police:

Stress that all competitors are made aware of the need for good behaviour and consideration towards other road users and local residents in order to avoid any complaints being received.

Numbers:

These will be available at the Event Headquarters, not at the Start. Each number will have pins in each corner, please remove and place in box if not needed because you are using a NoPinz pocket. Also only use the corner pin holes and do not make more holes if using pins. Please ensure that the body number is clearly visible from behind and fixed on the lower back.

Signing In/Out: Please ensure that you sign the “Signing-On” Sheet when collecting your number and clearly call out your number when crossing the finish line. Please ensure you return your number to HQ

and sign-out, using the “Signing-on/off” Sheet. Failure to do so could result in your exclusion from the Results.

Compulsory Front/Rear Lights and Helmets:

Regulation 14(i) requires all Competitors to have affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. Regulation 14(j) requires all Competitors to have affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Regulation 15 requires that all Competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

Failure of any of the above three points will render the competitor not being allowed to start the event.

Doping Control:

This event may be subject to Doping Control. As soon as you have finished you should return to HQ as it is your responsibility to check if you are required for a Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the Result Board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure you comply.

Good luck and trust you all have a good and trouble free ride.

Noel Toone

Event Secretary
23 Sept 2023



Joy was part of the BRCC team that recorded the “Best on Record” time for 30 miles in 1941, and in 1943 recorded “Best on Record” for the both the individual and team 50 mile time trial when she was riding for the Eleanor RC.

Frank won countless awards, from medals to grandfather clocks (yes, 2 of them in fact!), and would probably have been in contention for international honours had the war not put a stop to all that.

He was runner up in the Arthur Nicholson Memorial Trophy, for achievement by Kettering sportsmen, in 1938