

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 24th Sept 2022 starting at 1:30 pm

Headquarters:

Walgrave Village Hall, Newlands Road, Walgrave, Northants. NN6 9PZ

Facilities:

The HQ will be open from 12.00 pm for toilets and car parking. If parking outside, please restrict the parking to the grass verge adjacent to the sports field, and ask that you consider the local residents and take directions from a parking Marshall if required to do so.

Timekeepers: Sharon Fensom, Jon Thorne **CTT Observer:** Roger Reed

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

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.

Please note that:

1. 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 will be the rider's PB for 10 miles as supplied by the CTT entry form data. To be eligible for this prize competitors must have a 10 mile best time to beat.

2. Team competition will be based on the fastest 3 riders from any club but must include at least one woman, Jun or Juv.

Prize Values	Most Improved	Fastest overall	Fastest W, RB, Juv	Fastest 2-up	Team of 3
1 st	£50	£15	£15 each	£15 each	£10 each
2 nd	£30				£7 each
3rd	£20				
4 th	£15				
5th	£10				

NB Only one prize per person except team awards, so if fastest overall or fastest W, RB or J/Juv wins an improvement prize, the fastest prize goes to the second fastest etc. 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 (>60mm) wheels, not less than 12 spokes per wheel; no tri-bars & no aero (pointy) hats.

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 almost 3 miles to the start at Lamport, so allow approx 15 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
18 Sept 2022

Competitors: 2-UP TTT

No.	Name	Club	Category	Start	Time
29	Bethany Spencer	Kettering CC		13.30	
30	George Fox	George Fox Cycling Solutions			
31	Ann Shuttleworth	Cambridge CC		13.32	
32	Ian Short	Team Salesengine.co.uk			
33	Andy Newham	Lincoln Wheelers CC		13.34	
34	David Mason	Lincoln Wheelers CC			
35	Martin Fisher	Melton Olympic CC		13.36	
36	Mick Stevens	Melton Olympic CC			
37	Linda Hones	Newmarket Cycling & Triathlon		13.38	
38	Kerry Tate	Newmarket Cycling & Triathlon			
39	Douglas Tincello	Welland Valley CC		13.40	
40	Sean Bown	Welland Valley CC			

Competitors: Road Bike rules solo TT

No.	Name	Club	Category	Start	Time
44	Michael Wood	Kettering CC		13.44	
45	Michael Church	Rockingham Forest Wheelers		13.45	
46	Tyler Dyson	Welland Valley CC	Juv	13.46	
47	Linda Thomas	enDuRo team	W	13.47	
48	Graham Bickle	Kings Cliffe Flyers		13.48	
49	Daniel Tozer	Fenland Clarion CC		13.49	
50	Richard Smith	Stoney Stanton Velo Club		13.50	
51	Mike Deely	Rockingham Forest Wheelers		13.51	
52	Phil Scott	Rugby Racing Cycling Club		13.52	
53	David Cook	Bedfordshire Road RT		13.53	
54	Carl Dyson	Leicester Forest CC		13.54	
55	Alex Garner	VéloElite RC		13.55	

Competitors: Solo TT

No.	Name	Club	Category	Start	Time
61	Michael Harvey	Rockingham Forest Wheelers		14.01	
62	Grant Warwick	Team Lutterworth Cycle Centre		14.02	
63	Danny Metherell	VéloElite RC		14.03	
64	Wayne Baker	Team Echelon		14.04	
65	Ian Guilor	Mapperley CC		14.05	
66	Hudson Hendry	George Fox Cycling Solutions	Juv	14.06	
67	Shaun Balfe	Sleaford Wheelers Cycling Club		14.07	
68	David Yarham	Peterborough CC		14.08	
69	Harry Tozer	Fenland Clarion CC	Juv	14.09	
70	Robert Gibbons	Race Rapid		14.10	
71	Simon Pitchford	Fenland Clarion CC		14.11	
72	Simon Hunt	VéloElite RC		14.12	
73	Jamie Fox	Hitchin Nomads CC		14.13	
74	Simon Davis	VTTA (Midlands)		14.14	
75	Antony Brown	George Fox Cycling Solutions		14.15	
76	Michael Wills	Team Lutterworth Cycle Centre		14.16	
77	Jim Boyle	Sleaford Wheelers Cycling Club		14.17	
78	Simon Fitzhugh	45 RC		14.18	
79	Sally Maitland	Beeston Cycling Club	W	14.19	
80	Tim Hood	Team Bottrill		14.20	
81	Robert Barker	Kettering CC		14.21	
82	Stephen Butterworth	St Ives CC		14.22	
83	Tony Grassby	Peak Road Club		14.23	
84	Sarah Soden	Leicester Forest CC	W	14.24	
85	David Mead	Hinckley Cycle Racing Club		14.25	
86	Ian Short	Team Salesengine.co.uk		14.26	
87	Alex Hodgkinson	Ilkeston Cycle Club		14.27	
88	Bethany Spencer	Kettering CC	W	14.28	
89	Nigel Gleeson	VTTA (Merseyside)		14.29	
90	George Fox	George Fox Cycling Solutions		14.30	