



South Eastern Road Club

Present the

Lou Smith Memorial 10 mile Time Trial

To be held

On

6.45 am

August 12th 2017

on Course G10/57

Prize List

1st On actual time £30.00..... 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 + £35.00

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

Fastest Lady £30.00.....

Fastest 15/20 yo male £15.00

Fastest 15/20 yo lady £15.00

Fastest team of three on Target Time plus £15.00 each

Timekeepers Mrs. L. Donington

Assistant timekeeper Mr.M.Irons

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

Open from 5.30 am

Time to start approximately 15mins. Please take extra care when negotiating Gt Daux rbt on the way to the start due to the reverse camber.

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 Kilnwood 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 Kilnwood 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 a MARSHAL and CHECKER will be in place, 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.

NUMBERS WILL BE AT THE HQ where you are required to SIGN IN AND SIGN OUT, in person (CTT reg). Please return numbers to the HQ after the event. Please note that for 2017 all competitors are now required personally to sign out when returning their number. Failure to do will result in the competitor being recorded as DNF.

PLEASE replace pins in numbers should you remove them as an aid to a super quick ride. Thank you.

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.

