

K I N G S T O N P H O E N I X

9TH SEPTEMBER 2018

OPEN 50 MILE
TIME TRIAL



H50/8
BBAR EVENT



FRANK CUBIS MEMORIAL

Enter: www.cyclingtimetrials.org.uk
All proceeds go to The London Air Ambulance
(Registered Charity 801013)

Kingston Phoenix Road Club

The Frank Cubis Memorial

Open 50 mile Time Trial



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

Event Headquarters: The Bentley Memorial Hall, Alton Road, Bentley, GU10 5NB

Event Secretary: Alex Kew. 78 Somerset Avenue, Chessington, Surrey KT9 1PP. Tel: 0208 391 2033. phoenixittsec@gmail.com

Event Timekeepers: Kathleen Collard-Berry / Chris Thomas / Maria Golden

Frank Cubis was born in 1940 and started cycling at the age of 14 when he was given his first bicycle. His father bought him a Raleigh Lenton Sports cycle with 4-speed Sturmey Archer hub gear and he immediately went on a nine day tour of the Cotswolds and into Warwickshire. On his return he was totally hooked on cycling. At the age of 16 he joined the Kingston Phoenix Road Club and he stayed with the club for the whole of his cycling career, as a well respected cyclist, tricyclist and timekeeper. Frank dabbled with road racing and cyclocross, but it was time trialling that was his forte and as he progressed he began to break the Phoenix Club records, excelling over the longer distances.

Frank specialised in riding the trike and he would often be seen leaning his trike hard over in a corner on two wheels, demonstrating amazing panache and skill, but he had the engine too! This was demonstrated by his RRA trike records from Land's End to London in a time of 14:48:22 and Cardiff to London in 7:00:37, reducing both records by tens of minutes.

Frank retired from racing in 2004 and devoted himself to timekeeping and he became one of the most recognisable figures on a start line in time trials in the south of England. He was always friendly, unflappable and completely dedicated to the sport and would often be a timekeeper for multiple Club and Open events in any given week. More importantly than that, he was a good friend to many Phoenix members and those in the wider family of time trialling.

In May 2016, while riding to meet other members of KPRC, Frank was seriously injured in a road traffic collision. It was a testament to his excellent fitness and the skill of the London Air Ambulance paramedics and NHS staff, that Frank was able to fight for six weeks, before succumbing to his injuries. A couple of months later, our current Club Champion, Dale Lush, broke Frank's 12 hour club record, which had stood at 256.92 miles for over 40 years. Undoubtedly, Frank would have been the first person to congratulate him.

All profits made from today's event will go to the London Air Ambulance in supporting the excellent work that they do to help the injured and sick receive world class emergency treatment. We hope that you have a great ride and thank you from all of us at the Kingston Phoenix Road Club for supporting this event.

Men's Prizes

- 1st Place £50
- 2nd Place £30
- 3rd Place £20

Women's Prizes

- 1st Place £50
- 2nd Place £30
- 3rd Place £20

Spot Prize—£20 to the rider who completes the course in a time nearest to Frank's 50m personal best of 1:55:05

The awards will be sent to the winners by post. Please do enjoy some tea and cake at the HQ before heading home.



IMPORTANT NOTES

- Please **respect the local residents of Bentley by parking considerably**.
- Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.
- Please **respect** the volunteers from KPRC and the timekeepers who are giving up their time to help out.
- Please sign on and collect your numbers from the headquarters.
- Position your number so that it is visible from the rear when in the racing position.
- This event **may be subject to a Doping Control** - It is your responsibility to check by returning to the HQ and **signing in as soon as possible** after you finish.
- **No cleats or bikes in the hall.**
- Please allow at least 10 minutes to get to the start.
- Riders should not use aero bars whilst rounding the Coxbridge Roundabout. **Anyone seen doing so will be disqualified from the event.**
- The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. **Anyone seen doing so will be disqualified from the event.**
- **Head-down riding kills** – if dangerous riding is witnessed it will be investigated and reported.
- No vehicles, except those of the timekeepers, shall be parked at the start or finish

Car Parking.



 Please park considerably on these roads

 Please DO NOT PARK on these roads

LONDON WEST DC

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerably and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate

- Utilise the car park to a maximum and overspill in River Road, heading towards Bentley Station on the right hand side, on the grass verge and on A31 bridge, but please do not obstruct the pavement or bus stop.
- Please do not park on the left hand side and block or obstruct the entrance to Doctors Field. Residents have difficulty in seeing on-coming traffic and this can cause a serious accident.
- No parking in Hole Lane outside the hall car park or residents' houses, as well as London Road either side of the cross roads in front of residents' houses or the grass verge please.
- Please do not shout from the bridge as competitors cycle underneath it.
- Further parking can be found in London Road alongside the recreation ground and at the Bull Pub on the A31, as it is a vacant plot and up for sale.

To reach the start from the HQ in Bentley, go eastwards through the village to join the A31, cross to the right hand lane after 850 yards (there are lane markings) and then cross over to the South side of the A31 at the Gravel Hill road junction just short of the 'Bull' PH and continue for 760 yards to the lay-by start point.

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately three miles from the start. The left hand lane has been cross-hatched for a distance of approximately 400 yards to finish at a point opposite the petrol filling station just beyond the Hen & Chicken Public House situated on the north side.

Returning from the Holybourne roundabout on the north side of the A31 the road has been reduced to a single lane by road cross-hatching on the right hand lane commencing approximately 220 yards before the junction to Mill Court on the south side and finishing adjacent to the Hen & Chicken Public House on the north side.

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

O.S. Ref	Description	Distance
796442	Start at a point in the lead out onto the A31 from the lay-by on the south side at the commencement of the Bentley by-pass, approximately 800 yards west of the Bull Public House on the north side of the A31 and 5 yards beyond the last but one drain grating and 25 yards short of the large road direction sign marked Bentley ½m'.	0
736403	Proceed (Care) to join the A31 and continue to go westwards along the Bentley by-pass through Froyle to the Holybourne roundabout, keep to the <u>left hand</u> lane road markings.	4.702
704374	Taking the first exit left and continue straight on (M1) along the A31 to the Chawton roundabout. (turn)	7.644
736403	Circle the roundabout (M2, M3, M4) (Check) and take the fourth exit to retrace along the A31 to the Holybourne roundabout. (Great care, fast approach, vehicles on your right).	10.9
828459	Take the second exit (M5) and keeping on the A31 and continue via the Bentley by-pass to the Farnham roundabout at the junction with the A325. (Great care needed).	17.768
795441	Circle the roundabout (M6, M7, M8) (Check) and take the fourth exit to retrace along the A31 to go pass the start point. REPEAT AS FOLLOWS.	20.181
736403	Holybourne roundabout.	24.883
704374	Chawton roundabout. Turn	27.825
736403	Holybourne roundabout	30.871
828459	Farnham roundabout. Turn	37.949
795441	Through the start point.	40.362
736403	Holybourne roundabout. (Final turn) circle this roundabout (M8, M9, M10)(Check) take the fourth exit to retrace along the A.31 to the Bentley by-pass	45.064
796442	Continue along the by-pass (A.31) to a point just beyond the Start point that is on the south side of the dual carriageway and 150yds beyond the road exit from Bentley Village on the North side 707yds short of the Gravel Hill Road cross roads where finish.	50

Strava Segment: <https://www.strava.com/segments/1117250>

There will be marshals and checkers but it is your responsibility to make sure you know the course.

CTT regulations require the compulsory use of helmets for riders under 18 years of age. 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. You are also advised to have a working rear light fitted to your machine.

If you do have any further questions regarding the course, or getting to the start please do not hesitate to ask.