



South Eastern Road Club

Present the

Lou Smith Memorial 10 mile Time Trial

To be held

On

6.35 am

August 3rd 2019

Course G10/42

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

Fastest Lady £30.00..... 1st 2nd Fastest Lady £25.003rd Lady £20.00.

Fastest team of three on Target Time plus £15.00 each

Timekeepers A Mr.M.Irons

Assistant timekeeper Mrs. Kathy Collard -Berry

Headquarters

St Johns C of E Primary School
Goodwyns Road
Dorking RH4 2LR

Open from 5.30 am

Time to start approximately 5mins

G10/42 Course details

Please check for any amendments to the start and finish points plus route to the start on the day

<u>START</u> in Spook Hill, North Holmwood at PO Telephone Inspection Cover 30 yards from junction with A24	0.00	0.00
Proceed to A24 where LEFT into acceleration lane to join A24. Proceed south to Beare Green RBT (roundabout)	2.67	2.67
2nd exit and follow Capel by-pass to Clark's Green RBT where <u>TURN</u> (CHECK)	4.9	2.24
5th exit to retrace on A24 to Beare Green RBT	2.24	7.15
Straight on 2nd exit and follow A24 to <u>FINISH</u> at drain at north end of penultimate crash barrier 634 yards before North Holmwood RBT	2.85	10.00

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 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.

To help decrease the amount of plastic waste riders are welcome to provide their own cup (SENSIBLE SIZE) for their after event beverage thank you for your cooperation.

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.