

**Event Secretary:**

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**Time keepers:** Rob Gardner (start) & Mick Irons (finish)



## Kingston Phoenix Road Club

### **KPRC Tandem 10**

### **Frank Cubis Tricycle Memorial 10**

### **Pete Mitchell Bicycle Memorial 10**

Open 10 mile scratch time trials

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

**Saturday 6<sup>th</sup> April 2019: Course G10/42**

**Event Headquarters:**

**St John's C of E Primary School, Goodwyns Road, North Holmwood, RH4 2LR**

Travelling South on the A24 along Deepdene Avenue, on arriving at North Holmwood roundabout, take the THIRD junction onto the A2003 and turn almost immediately first right into Goodwyns Road. The school is immediately on the right.

Travelling North on the A24 along Horsham Road, on arriving at North Holmwood roundabout, take the FIRST exit onto the A2003, following the directions as above.

The event HQ will be open from **13:30** and signing on will be done and numbers will be collected from there. Numbers can be exchanged for tea and coffee at the finish.

PLEASE NOTE THAT CTT REGULATIONS NOW REQUIRE RIDERS TO SIGN **IN** AND **OUT** OF THE EVENT

**Prize list:**

First man	<b>£40</b>	First woman	<b>£40</b>
Second man	<b>£30</b>	Second woman	<b>£30</b>
Third man	<b>£20</b>	Third woman	<b>£20</b>
First tricycle	<b>£30</b>		
Second tricycle	<b>£25</b>	<b>Bicycle Event Age Category Prizes</b>	
Third tricycle	<b>£20</b>	First vet (A) 40 – 49	<b>£20</b>
		First vet (B) 50 – 59	<b>£20</b>
First tandem team	<b>£30</b>	First vet (C) 60 - 69	<b>£20</b>
Second tandem team	<b>£20</b>	First vet (D) 70 +	<b>£20</b>

One rider, one prize applies. Precedence is set by the prize value

**Please note the following CTT regulations and recommendations**

**Helmets:** CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

**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.

**Competitors' Vehicles:** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

**Safety Instructions:** Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

**Warming Up:** Competitors are requested not to warm up on the course after the event has started.

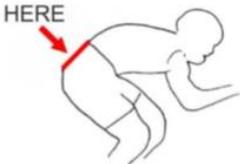
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**Results:** No times will be given out at the finish line.

**Race Numbers:** The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



London South District Regulations

No parking on the A24 or its verges. Spook Hill is a residential area – please be considerate to those who live there and park accordingly

The Headquarters for this event is St Johns School, North Holmwood, which is also in a residential area: PLEASE PARK IN THE DESIGNATED AREAS OR PARK CONSIDERATELY

After finishing all riders MUST continue to North Holmwood roundabout and take the appropriate exit

AT NO TIME SHOULD THERE BE MORE THAN 5 RIDERS WAITING AT THE START TIMEKEEPER. PLEASE DO NOT ARRIVE MORE THAN 5 MINUTES BEFORE YOUR ALLOTTED START TIME, AND PLEASE FOLLOW THE DIRECTION OF MARSHALS AT ALL TIMES ON APPROACH TO THE START

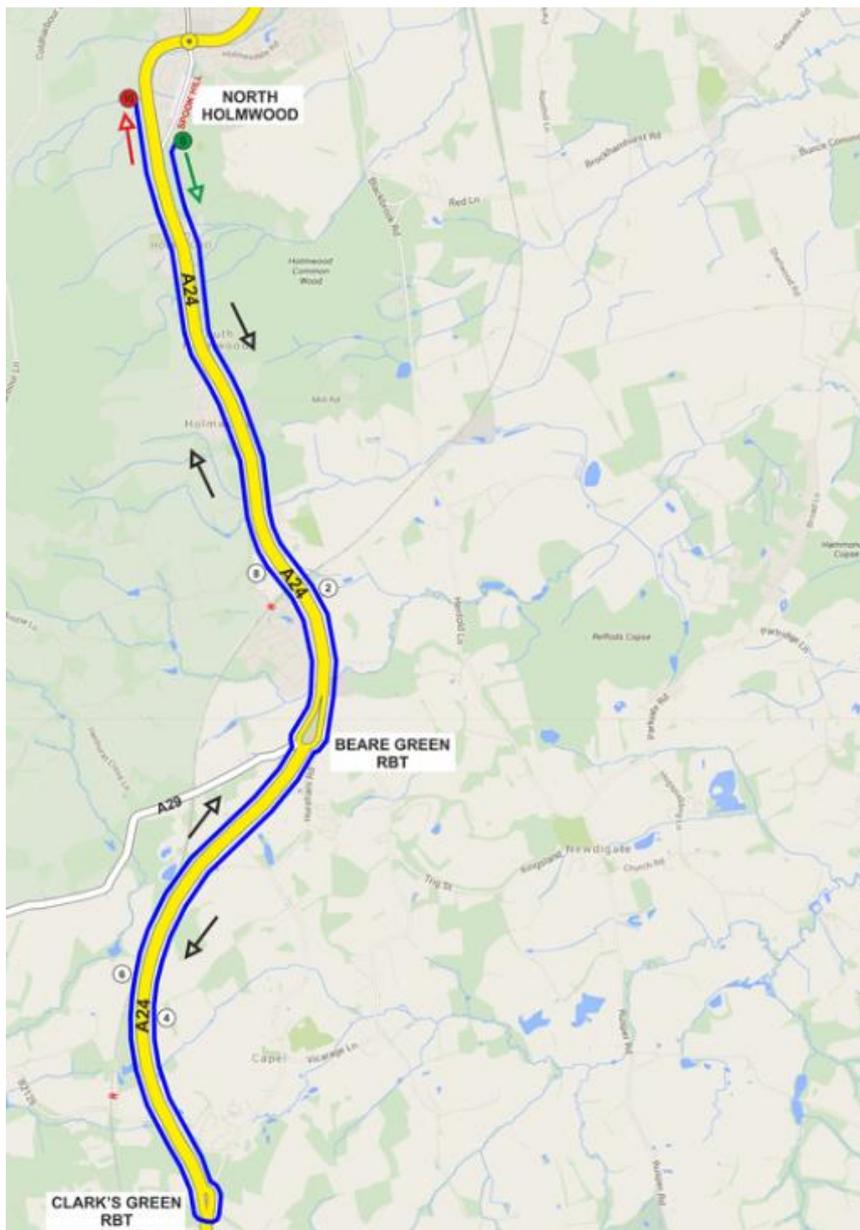
## Course Details

START in Spook Hill, North Holmwood, at the Post Office telephone inspection cover, 30 yards from the junction with the A24 (TQ167469)

Proceed to A24 where LEFT into acceleration lane to join A24

Proceed SOUTH to Beare Green roundabout. Take second exit and follow Capel by pass to Clarke's Green roundabout (4.91 miles) (TQ171397)

Encircle roundabout (taking great care) and retrace on A24 via Beare Green roundabout (taking great care) to FINISH at drain at NORTH end of penultimate crash barrier 634 yards before North Holmwood roundabout (TQ166472)



## KPRC Tandem 10

Number	Start Time	Name		Club	Gender	Category
1	14:32	Mark	Fraser	City Cycle Centre.com	Male	Veteran
		Anna	Fraser	CC Ashwell	Female	Veteran
2	14:34	Jonathan	Pontin	Addiscombe CC	Male	Senior
		Simon	Pontin	Addiscombe CC	Male	Senior

## Frank Cubis Memorial Tricycle 10

Number	Start Time	Name		Club	Gender	Category
11	14:41	Grant	Pyke	Kingston Phoenix RC	Male	Veteran
12	14:42	Richard	Bailey	Redhill CC	Male	Veteran
13	14:43	Andrew	Avis	Kingston Phoenix RC	Male	Veteran
14	14:44	Mike	Marchant	Southdown Velo	Male	Veteran
15	14:45	Mark	Vowells	CC Bexley	Male	Veteran

## Pete Mitchell Memorial Bicycle 10

Number	Start Time	Name		Club	Gender	Age Category	
17	14:47	Simon	Trehearn	Kingston Phoenix RC	Male	Veteran	A
18	14:48	Zoe	Rocholl	Windrush Triathlon Club	Female	Senior	
19	14:49	Marcus	Edwards	Kingston Phoenix RC	Male	Veteran	B
20	14:50	John	Froud	Festival Road Club	Male	Veteran	D
21	14:51	Sally	Wood	Windrush Triathlon Club	Female	Senior	
22	14:52	Gavin	Hughes	Kingston Phoenix RC	Male	Veteran	B
23	14:53	Sarah	Rounding	Windrush Triathlon Club	Female	Senior	
24	14:54	Hannah	Smith	Kingston Phoenix RC	Female	Senior	
25	14:55	Gregg	Ball	Kingston Wheelers CC	Male	Senior	
26	14:56	Jon	Grubb	Kingston Phoenix RC	Male	Veteran	A
27	14:57	Becca	Drake	BellaVelo cc	Female	Senior	
28	14:58	Helene	Grinsted	Kingston Phoenix RC	Female	Veteran	C
29	14:59	Harriet	Hayward	Windrush Triathlon Club	Female	Senior	
30	15:00	Matthew	Durdy	Richmond CC	Male	Veteran	B
31	15:01	Eleonore	Lazat	Windrush Triathlon Club	Female	Senior	
32	15:02	Chris	Newberry	Redhill CC	Male	Senior	
33	15:03	Colin	Merton	Windrush Triathlon Club	Male	Senior	
34	15:04	Sam	Hewgill	Imperial College Cycling Club	Male	Senior	
35	15:05	Phil	Barella	Kingston Wheelers CC	Male	Veteran	A
36	15:06	Louise	Moriarty	Les Filles Racing Team	Female	Veteran	A
37	15:07	Ben	Daniels	Windrush Triathlon Club	Male	Senior	

38	15:08	Andrew	Martin	Kingston Wheelers CC	Male	Senior	
39	15:09	Alan	Harvey	Finsbury Park CC	Male	Veteran	D
40	15:10	Robert	Taylor	Army Cycling	Male	Senior	
41	15:11	Emma	Williams	Ful-on Tri	Female	Senior	
42	15:12	John	Franklin	Twickenham CC	Male	Senior	
43	15:13	Vikki	Filsell	Les Filles Racing Team	Female	Veteran	B
44	15:14	Ralph	Carter	London Dynamo	Male	Veteran	B
45	15:15	Debbie	Knott	Team Velovelocit	Female	Veteran	A
46	15:16	Naomi	Hartopp	Clapham Chasers	Female	Senior	
47	15:17	Frances	Stedman	Anerley BC	Female	Veteran	B
48	15:18	Jamie	Olsson	Glro Race Team	Male	Senior	
49	15:19	Tim	Styles	Anerley BC	Male	Veteran	C
50	15:20	Paul	Batten	Crawley Wheelers	Male	Senior	
51	15:21	Suzanne	Sisson	Pearson Cycling Club	Female	Veteran	B
52	15:22	Emily	Robinson	Windrush Triathlon Club	Female	Senior	
53	15:23	Kim	Dickenson	Kingston Phoenix RC	Female	Veteran	B
54	15:24	Debbie	Richards	Njinga Cycling	Female	Veteran	B
55	15:25	David	Percival	Kingston Phoenix RC	Male	Veteran	B
56	15:26	Lillian	Choy	London Dynamo	Female	Veteran	A
57	15:27	Peter	Smith	Kingston Phoenix RC	Male	Veteran	C
58	15:28	Mark	Hancock	Anerley BC	Male	Veteran	B
59	15:29	Ajay	Hoxha	Anerley BC	Male	Senior	
60	15:30	Dave	Dawkins	Portsmouth North End CC	Male	Veteran	A
61	15:31	Neil	Lynagh	Kingston Phoenix RC	Male	Veteran	B
62	15:32	Nigel	Robathan	Dorking Cycling Club	Male	Veteran	B
63	15:33	Chris	Kennard	San Fairy Ann CC	Male	Veteran	A
64	15:34	Chris	Brewer	Redmon CC	Male	Veteran	B
65	15:35	Peter	Adams	Tri Surrey	Male	Senior	
66	15:36	Lesley	Levison	Hillingdon Triathletes	Female	Veteran	B
67	15:37	Nicola	Whittock	BellaVelo cc	Female	Veteran	B
68	15:38	Debra	Ogden	London Baroudeurs Cycling Club	Female	Senior	
69	15:39	Tobias	Nilsson	Pearson Cycling Club	Male	Senior	
70	15:40	Peter	Tadros	trainSharp	Male	Veteran	A
71	15:41	Suzanne	Shaw	Kingston Phoenix RC	Female	Veteran	B
72	15:42	Maria	Fitzpatrick	BellaVelo cc	Female	Senior	
73	15:43	John	Levison	Hillingdon Triathletes	Male	Veteran	A
74	15:44	Jackie	Dodd	Kingston Phoenix RC	Female	Veteran	B
75	15:45	Gary	Holder	VTTA (Surrey & Sussex)	Male	Veteran	B
76	15:46	Barrie	Foster	Anerley BC	Male	Veteran	C
77	15:47	Tracy	Corbett	Les Filles Racing Team	Female	Veteran	A
78	15:48	Abigail	Carter	Loughborough Students CC	Female	Espoir	
79	15:49	Neil	Meadows	Kingston Wheelers CC	Male	Veteran	B
80	15:50	Neill	Keaney	Onyx RT	Male	Senior	
81	15:51	Andrew	Grant	Chelmer CC	Male	Veteran	C
82	15:52	Jay	Chisnall	VTTA (Surrey & Sussex)	Male	Veteran	B
83	15:53	Helen	Sharp	Twickenham CC	Female	Senior	
84	15:54	Katie	Simmonds	Horsham Cycling	Female	Senior	

85	15:55	Stuart	Hourigan	34 Nomads CC	Male	Veteran	A
86	15:56	Rachel	Przybylski	Charlottesville Cycling Club	Female	Senior	
87	15:57	Elliott	Dickenson	Kingston Phoenix RC	Male	Veteran	A
88	15:58	Alan	Robinson	Central Sussex CC	Male	Veteran	D
89	15:59	Laura	Vipond	Islington Cycling Club	Female	Senior	
90	16:00	Thomas	Pfeiffer	Dulwich Paragon CC	Male	Veteran	A
91	16:01	Nicole	Oh	Les Filles Racing Team	Female	Veteran	A
92	16:02	Paul	Molesworth	Woking Cycle Club	Male	Veteran	A
93	16:03	Fiona	Inskip	Njinga Cycling	Female	Veteran	A
94	16:04	Daniel	O'riordan	Cambridge University CC	Male	Espoir	
95	16:05	Madelaine	Lee-smith	Oxted Cycle Club	Female	Veteran	A
96	16:06	Brian	Jones	Horsham Cycling	Male	Veteran	C
97	16:07	Ben	Christy	London Dynamo	Male	Senior	
98	16:08	Daniel	Sharp	Charlottesville Cycling Club	Male	Veteran	A
99	16:09	Lewis	Roberts	Team PedalRevolution.co.uk	Male	Senior	
100	16:10	Anthony	Draper	C and N Cycles RT	Male	Veteran	A
101	16:11	Sam	Christy	London Dynamo	Male	Senior	
102	16:12	Gemma	Hayes	1904RT	Female	Senior	
103	16:13	Jayne	Paine	Les Filles Racing Team	Female	Veteran	B
104	16:14	Stuart	Gillies	Twickenham CC	Male	Veteran	B
105	16:15	Colin	Gray	Norwood Paragon CC	Male	Veteran	B
106	16:16	Chris	Osborn	Dorking Cycling Club	Male	Senior	
107	16:17	Mj (gosia)	Cyganowska	Rapha Cycling Club	Female	Veteran	A
108	16:18	John	Mcglashan	Redmon CC	Male	Veteran	C
109	16:19	Nick	Mccormick	Epsom CC	Male	Veteran	B
110	16:20	Stuart	Stow	Twickenham CC	Male	Veteran	B
111	16:21	Conor	Boyle	Woking Cycle Club	Male	Veteran	A
112	16:22	Michael	Gowan	Festival Road Club	Male	Veteran	D
113	16:23	David	Guy	OV Cycling Club	Male	Veteran	D
114	16:24	Angela	Radden-rutt	JAM Cycle Race Team coached by BPC	Female	Senior	
115	16:25	Derrick	Thirlwell	Kingston Wheelers CC	Male	Veteran	A
116	16:26	Tom	Cosgrove	VTTA (London & Home Counties)	Male	Veteran	B
117	16:27	Tom	Hilder	trainSharp	Male	Senior	
118	16:28	Anthony	Brown	Horsham Cycling	Male	Veteran	C
119	16:29	Liam	Smith	Kingston Wheelers CC	Male	Senior	
120	16:30	Stuart	Bettis	South Downs Bikes / Casco Pet	Male	Senior	
121	16:31	Michael	Gates	C and N Cycles RT	Male	Senior	
122	16:32	Stephen	Morgan	Tooting BC	Male	Veteran	B
123	16:33	Richard	Payn	34 Nomads CC	Male	Veteran	B
124	16:34	Andrew	Murray	Festival Road Club	Male	Veteran	B
125	16:35	Jason	Hunter	Pearson Cycling Club	Male	Veteran	B
126	16:36	Iain	Duncan	Crawley Wheelers	Male	Veteran	A
127	16:37	Sam	Humpheson	Look Mum No Hands!	Male	Veteran	A
128	16:38	Elise	Sherwell	Blazing Saddles	Female	Veteran	A
129	16:39	Alexander	Kew	Kingston Phoenix RC	Male	Veteran	A
130	16:40	Grant	Woodthorpe	Twickenham CC	Male	Veteran	A
131	16:41	Stephen	Wilkinson	Folkestone Velo Club	Male	Veteran	B

132	16:42	Mark	Houlden	34 Nomads CC	Male	Senior	
133	16:43	Jon	Fry	Horsham Cycling	Male	Veteran	A
134	16:44	Kevin	Austen	34 Nomads CC	Male	Veteran	A
135	16:45	Jim	Ford	Dorking Cycling Club	Male	Veteran	B
136	16:46	Andy	Appleyard	34 Nomads CC	Male	Veteran	A
137	16:47	Simon	Pontin	Addiscombe CC	Male	Senior	
138	16:48	Robert	Gilmour	Hounslow & District Whs	Male	Veteran	C
139	16:49	Sarah	Matthews	...a3crg	Female	Veteran	B
140	16:50	Dale	Lush	Kingston Phoenix RC	Male	Veteran	A
141	16:51	Michael	Porter	34 Nomads CC	Male	Veteran	B
142	16:52	Jonathan	Pontin	Addiscombe CC	Male	Senior	
143	16:53	Neil	Crowther	Blazing Saddles	Male	Veteran	A
144	16:54	Ian	Bray	Addiscombe CC	Male	Senior	
145	16:55	Simon	Arnold	Oxted Cycle Club	Male	Senior	
146	16:56	Richard	Moore	Velo Club Godalming & Haslemere	Male	Veteran	A
147	16:57	David	Shepherd	...a3crg	Male	Veteran	B
148	16:58	Adrian	Blacker	C and N Cycles RT	Male	Veteran	B
149	16:59	David	Triska	Team Bottrill	Male	Senior	
150	17:00	Keith	Lea	Paceline RT	Male	Veteran	A