

THIS EVENT IS PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

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**Timekeepers:** David Abbotts & Mike Coulter Assisted by: Graeme Moir & Patrick McMaster  
**Event HQ:** Chilham Village Hall, Chilham Castle Estate, Chilham, Canterbury CT4 8DB

**Course:** Q25/8 Start on A252 east of Molash at corner post of Northdown House at entrance to Shottenden Lane. (TR 032522). Proceed east on A252 and A28 to Milton Manor RAB Thannington (6.726 miles). Turn and retrace A28, via Chilham fork where bear left (EXTREME CARE) to Spearpoint Corner RAB (17.126 miles). Retrace to Chilham fork where left to rejoin A252. Proceed westward to finish approximately 290 yards past Chilham Castle Keep entrance (TQ 063535).

1 <sup>st</sup>	£25+The Ramsay Shield		
2 <sup>nd</sup>	£15	1 <sup>st</sup> Veteran on std, age 40-44	£10 (group A)
3 <sup>rd</sup>	£10	1 <sup>st</sup> Veteran on std, age 45-49	£10 (group B)
		1 <sup>st</sup> Veteran on std, age 50-54	£10 (group C)
1 <sup>st</sup> Lady	£25	1 <sup>st</sup> Veteran on std, age 55-59	£10 (group D)
2 <sup>nd</sup> Lady	£15	1 <sup>st</sup> Veteran on std, age 60-64	£10 (group E)
		1 <sup>st</sup> Veteran on std, age 65+	£10 (group F)
1st Team of 3	£30 (£10 each)+The Ramsay Cup		

- **No rider to use a turbo trainer or rollers in the HQ parking area or adjacent roads that are within 50 metres of a domestic property. Anyone failing to comply with this restriction risks disqualification.**
- No Parking near the start except for timekeepers.
- Riders should not arrive at the start any more than 5 minutes before their allotted start time.
- CTT advise that you wear recognised protective headgear. CTT Regulations state that **all juniors and juvenile riders must wear such headgear.**
- Riders who use an inhaler for medical reasons (Asthma etc.) should register the fact with BRITISH CYCLING, to satisfy UCI, CTT, and BC anti-doping regulations.
- Numbers will be at HQ (and not the start) and may be exchanged for a drink after. Riders are required to sign on before collecting their number and also to sign back at the end of the event. **Failure to sign back will result in a DNF on the results.**
- CTT Regulation 14 now requires that "No competitor shall be permitted to start either a Type A or Type B event unless such competitor has 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. In the interests of rider safety and in addition to the compulsory rear light required under regulation
- Whilst competing, riders must ensure they adhere to the Highway Regulations and CTT Rules and Regulations, disciplinary action may result from breaches to these regulations. Riders must also ensure that their helpers conform to the Regulations relating to vehicles.



## **COVID 19 Guidance – please read carefully**

**Competitors should not attend if;**

**You feel ill in ANY way or if family members have any symptoms.**

**Your place of normal residence is subject to a ‘local lockdown’ please do not attend.**

**You are still subject to a quarantine period, as a result of foreign travel, or track and trace notification, please do not attend.**

### **On Arrival at the HQ**

Park with social distancing in mind.

Bring your own pen to sign on and, if you need them, your own safety pins.

DO NOT gather in the car park, HQ area, or elsewhere.

Warm-ups should be done on the road. Static trainers (i.e. turbos) are prohibited within 50 metres of any inhabited property, or in any location where social distancing cannot be maintained.

### **At the Start**

No more than 5 riders, 2m apart, to wait at the start.

No items to be left at the start or with the timekeeper.

There will be no push-off.

### **On the course**

No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.

It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser (07917023863). Please telephone / text / WhatsApp the organiser if you have failed to finish the event.

### **At the finish**

DO NOT stop at the finish.

DO NOT loiter at the HQ/car park

Please leave immediately after depositing your number in the collection bin.

Results will be posted later in the day