

# Kingston Phoenix Road Club Open 10 miles

28/09/2024 14:01

G10/42

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



## Headquarters

HQ will be open from 12pm - 5pm

Sign on & sign off, collect and return your race number from here:

St Johns C of E Primary School

Goodwyns Road, Dorking

RH42LR

<https://maps.app.goo.gl/S4ay687zPEtCK4dg8>

what 3 words - <https://w3w.co/grit.eggs.brick>

car parking, toilet facilities, tea / coffee / cakes are available

live times will be displayed in the main hall

There will be a photographer present on the day, links to see / purchase your picture will be sent out in the following days after the event.

## Route from HQ to start

Start line is on Spook Hill just before it joins the A24

its a 3 min cycle from HQ

what 3 words - <https://w3w.co/piper.deputy.guard>

<https://maps.app.goo.gl/NYGDp6Gw1wGyFK686>

## Course details

<u>OS</u>	<u>REF</u>	<u>REF</u>	<u>DETAILS</u>
<u>DISTANCES</u>			

167469			<u>START</u> in Spook Hill, North Holmwood at PO Telephone Inspection Cover 30
0.00	0.00		

yards from junction with A24

Proceed to A24 where LEFT into acceleration lane to join A24. Proceed south

177428 to Beare Green RBT (roundabout)  
2.67 2.67

171397 2nd exit and follow Capel by-pass to Clark`s Green RBT where TURN (CHECK)  
2.24 4.91

177428 5th exit to retrace on A24 to Beare Green RBT  
2.24 7.15

Straight on 2nd exit and follow A24 to FINISH at drain at north end of penultimate

166472 crash barrier 634 yards before North Holmwood RBT  
2.85 10.00

### **COURSE NOTES**

Location 8 revised 0704; Locations 27/28 and GRA revised 10.05; District Reg. revised 05/07  
(CR/LSDC/0198)

### **GENERAL NOTES** to be included on start Sheets

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.

### **SAFETY INSTRUCTIONS** TO BE INCLUDED ON Start Sheets

Competitors are requested not to warm up on the course after the first competitor has started. Details of any Additional

Hazards not listed on the Start Sheet will be displayed at the Signing On Point. All Competitors must read these details when they sign on.

Competitors must exercise extra care when joining the A24 just after start and at all roundabouts.

No times will be given at the Finish

After finishing Competitors MUST continue to North Holmwood RBT taking the appropriate exit to return to Event HQ.

### **GUIDANCE NOTES** for Event Promoters

Promoters should refer to the GENERIC Risk Assessment and check that all measure to reduce risk have been covered.

Promoters should also complete a SPECIFIC Risk Assessment to identify any additional risks shortly before the event. Contacting

the Highways Authority and briefing Competitors at the Signing On Point if necessary. On the day after the event, the Specific

Risk Assessment Sheet/s must be posted to the London South Assistant Secretary (Courses) - see details in CTT Handbook.

Promoters should also be familiar with CTT Regulations and, in particular, the sections "Duties of Promoting Secretaries"

and "Abandonment or Postponement of Events" as published in the current CTT Handbook.

Promoters should keep the Entry Forms, Signing On Sheets and Check Cards for one year after the event if there has been no

incident in connection with the event and for three years if there has been an incident.

### **COURSE DETAILS** for submission on the Police Notification Form

The Course Details given below are in a format suitable for the Police Notification Form:-

**G10/42** Start in Spook Hill, North Holmwood, 30 yards from junction with A24. Proceed to A24 where LEFT into acceleration lane to join A24. Proceed south to Beare Green RBT. 2nd exit and follow A24 to TURN at Clark's Green RBT.

Retrace on A24 via Beare Green RBT to FINISH at drain at north end of penultimate crash barrier 634 yards before North

Holmwood RBT.

&a

## Local regulations

Please ensure we give a great account of ourselves, our sport and the cycling community as we travel to and from HQ and the start line. I know you will.

### SAFETY

- Riders are requested not to warm up on the course after the event has started.
- Details of any additional hazards will be displayed at the HQ, all riders must read these details when they sign on.
- Riders must exercise extra care when joining the A24 just after the start and at all roundabouts.
- CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors
- CTT Regulations now require that no competitor shall be permitted to start unless they have affixed to the rear of their machine a working rear red light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.
- London South DC Regulation: No vehicles, except those of the timekeepers and event officials shall be parked in the vicinity of the start and finish areas.
- London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.
- Marshalls will be stationed around the course to ensure riders comply with the above requirements.
- No time may be recorded if number is not correctly positioned
- Riders must not use ANY audio equipment except prescribed hearing aids.
- Please note that all riders are required to sign out on the signing in/out sheet before leaving the HQ. Failure to do will result in a rider being recorded as DNF

## Organiser contact details

Jon Grubb  
KPRC TT Secretary  
07703258007

phoenixttsec@gmail.com

## Time keepers/officials

Principal Timekeeper - Paul Tunnell

Assistant Timekeeper - Tim Coales

## Course records

### Solo Open

00:17:53

Christopher Fennell

31-Jul-21 | Addiscombe CC (50% priority to women)

### Solo Female

00:21:16

Anneleen Bosma

31-Jul-21 | Addiscombe CC (50% priority to women)

### Solo Open (Junior)

00:19:20

Mattie Dodd

14-May-22 | Southern Counties CU

### Solo Female (Junior)

00:23:34

Eva Callinan

01-Aug-20 | South Eastern RC (preference to veterans)(SCCU BAR)

### Tandem

00:20:12

Jonathan Pontin, Simon Pontin

03-Oct-20 | Kingston Phoenix RC (Tandems)(fee per rider)

## Awards/prizes

Prizes for fastest:

- Female
- Senior
- Vet 40+
- Vet 50+
- Vet 60+
- Vet 70+
- Road Bike

Prizes for second fastest:

- Vet 50+
- Vet 60+

### Prizes for third fastest

- Vet 50+

One prize per person

### **NOTES TO COMPETITORS:**

#### 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



# Startsheet

## Kingston Phoenix Road Club Open 10 miles

Start Number	Start Time	Rider	Club	Gender	Category
1	14:01:00	Neil Warland	Kingston Phoenix RC	Open	Vet
2	14:02:00	Harry McDermott	Serpentine Running and Triathlon Club	Open	Vet
3	14:03:00	Peter Madarasz	Team TMC	Open	Vet
4	14:04:00	Matthew Hobden	VC de Londres	Open	Youth
5	14:05:00	Simon Higgs	Essex Roads CC	Open	Vet
6	14:06:00	Fin O'Kane	Wokingham Cycling Club	Open	Vet
7	14:07:00	Peter Horsfield	Redmon CC	Open	Vet
8	14:08:00	Stuart Heather	Festival Road Club	Open	Vet
9	14:09:00	Andrew Penny	City RC (Hull)	Open	Vet
10	14:10:00	Chris Jones	Bynea Cycling Club	Open	Vet
11	14:11:00	Teresa Goddard	Kingston Wheelers CC	Female	Vet
12	14:12:00	Philip Hobden	VC de Londres	Open	Vet
13	14:13:00	David Percival	Kingston Phoenix RC	Open	Vet
14	14:14:00	Sam Robinson	Greenwich Tritons Tri Club	Open	Senior
15	14:15:00	Tom Cosgrove	VTTA (London & Home Counties)	Open	Vet
16	14:16:00	John Glaysher	...a3crg	Open	Vet
17	14:17:00	Ethan Heather	Festival Road Club	Open	Junior
18	14:18:00	Trevor Davis	VC de Londres	Open	Vet
19	14:19:00	John Orridge	VTTA (London & Home Counties)	Open	Vet
20	14:20:00	Adrian Blacker	VTTA (Surrey/ Sussex)	Open	Vet
21	14:21:00	Gavin Hughes	Kingston Phoenix RC	Open	Vet
22	14:22:00	Duncan Folkes	Kingston Phoenix RC	Open	Vet
23	14:23:00	Robert Gilmour	Hounslow & District Whs	Open	Vet
24	14:24:00	Jackie Townsend	Kingston Phoenix RC	Female	Vet
25	14:25:00	Gary Record	West Kent RC	Open	Vet
26	14:26:00	Christopher Rosam	Epsom CC	Open	Vet
27	14:27:00	Tony Truepenny-Phillipson	Bec CC	Open	Senior
28	14:28:00	Cosmo Derangi	Brighton Mitre CC	Open	Espoir
29	14:29:00	Steven Gordon-Head	Kingston Wheelers CC	Open	Vet

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
30	14:30:00	Richard Pywell	Team Bottrill	Open	Senior
31	14:31:00	Andy MacPherson	VC Deal	Open	Vet
32	14:32:00	Mark Thomas	Bigfoot CC	Open	Vet
33	14:33:00	Cai Morton-Smith	Kingston Phoenix RC	Open	Senior
34	14:34:00	Ben Okane	Dulwich Paragon CC	Open	Senior
35	14:35:00	Lewis Roberts	Blackspokes RT	Open	Senior
36	14:36:00	Angus MacInnes	Charlotteville Cycling Club	Open	Vet