



Sunday 14th July 2023

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

Event Secretary: Andy Sangster, 4, Fortuna Close, Hartley, Kent. DA3 7DR Tel: 0791 7023863

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Timekeepers: David Abbotts & Mike Coulter Assisted by: Graeme Moir & Tony Jacobs

Event HQ: Challock Memorial Hall, Challock, Blind Lane (TN25 4AU)

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 st 2 nd 3 rd	£40+The Ramsay Shield £30 £20	1 st 2 nd 3 rd	Road bike Road bike Road bike	£40 £30 £20	
1 st Female 2 nd Female 3 rd Female 1st Team of 3	£40 £30 £20 GCC Centenary Dinner ticket for each rider +The Ramsay Cup	1 st Vet 1 st Vet 1 st Vet 1 st Vet	on std, age 40-44 on std, age 45-49 on std, age 50-54 on std, age 55-59 on std, age 60-64 on std, age 65+	£10 £10 £10 £10 £10 £10	(group A) (group B) (group C) (group D) (group E) (group F)
1 st Female Juvenile	£30		, 5		(3 1 /

- No 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 disgualification**.
- Numbers will be at HQ (not the start) and may be exchanged for a drink after the event. 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 regulations require that all competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to internationally accepted safety standards.
- Competitors Machines: must have working front and rear lights, either flashing or constant, fitted to their machine in a position clearly visible to other road users and is active while the machine is in use.
- No Parking near the start, except for timekeepers.
- 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.
- 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.
- For riders riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tribar position by resting the forearms on the handlebars."