

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

Open 10 mile Time Trial
Saturday 14th May 2022
Start time 15:00
Course Q10/24 (Grain-Fenn Corner-Grain)

HQ: Stoke Village Hall, Mallard Way, Lower Stoke, Rochester, ME3 9SX
(open from approx. 13:45).

Riders are requested to read the start sheet carefully. Failure to adhere the CTT risk assessment could result in disqualification from the event.

Riders are thanked for complying with regulations.

Results will be available at this link:

medwayvelo.org/open10/

Overall MVC Open Prize

For the fastest combined times across this event and our 25mi event:

Open 25 mile Time Trial
Sunday 22nd May 2022
Q25/12 (Old Romney / Hamstreet)

Fastest Overall Time: £20
2nd Overall: £10

1st Woman Overall Time: £20
2nd Woman: £10

Prizes for the 10 mile event alone are listed below

Medway Velo Club – Open 10 Mile Time Trial

Start on A.228 west of Grain village 14 metres north of the lamppost GFY26 on the Strood bound carriageway, by a minor access road to the National Grid site, where the continuous white road edge line starts. Proceed west on A228 to turn at Fenn Corner roundabout (5.07 miles). (M) Retrace on A.228 to finish directly opposite the lamppost GFY19 situated on Strood bound carriageway. (10 miles)



COMPETITORS NOTES

1. Please note that following an amendment to Regulation 14 at the CTT National Council AGM in December 2021 it is **now compulsory** for each rider to have a working **white front and red rear light**, steady or flashing, on their machine when they start in all CTT events.
2. Following an amendment to Regulation 15 at the CTT National Council AGM in December 2021 it is **now compulsory** for ALL riders to wear recognised standard **protective headgear** that meets an internationally accepted safety standard.
3. Failure to have a working **front & rear light** and to be wearing recognised standard **protective headgear** on the start line will result in you not being allowed to start the event.
4. The event HQ is about 3 miles from the start. Allow plenty of time to get to the start and be aware of other competitors on the course.
5. Riders should not warm-up on the course after the start.
6. It would be appreciated if riders do not wear shoe plates inside the HQ.
7. There will be a pusher off available to all competitors, but please politely decline should you not wish to be pushed off.
8. Numbers should be centrally positioned below the waist, so as to be clearly visible from the rear. If the timekeepers cannot see your number, you may not be given a time.
9. After finishing, you must return your number and 'sign out'. This is for your own safety and failure to sign out may result in disqualification
10. Do Not perform U turns in the start and finishing areas and do not use these areas as a public toilet. Offenders will be disqualified.
11. Riders must abide by all traffic signs, any rider found crossing the pedestrian crossing on the course whilst the red light is showing will be disqualified
12. Riding with hands and wrists draped over the front of handlebars risks disqualification in line with regulation 20.

Accidents

If a competitor or official is involved in an accident/incident during or in the vicinity of the event, details must be reported as soon as practicable to the Event Secretary who will complete an Accident Report Form. Please assist/cooperate to ensure all required information is captured.

Road bike category rules:

- No aero bars
- No disc wheels / wheels deeper than 50mm
- No 'time trial' helmets or helmets designed to have visors
- Please indicate when signing on if you are competing in the road bike category.

Course Records

Males: Chris Fennell (19/6/2021)	19:35
Females: Emma Lewis (18/5/2019)	21:19
Junior: Harry Ives (19/6/2021)	20:35
Female Junior: Tallulah Butcher (24/4/2021)	26:47

Awards

1st Fastest £20	1st Woman £20	1st Vet OAS £10
2nd Fastest £15	2nd Woman £15	2nd Vet OAS £5
3rd Fastest £10	3rd Woman £10	

Fastest Road Bike £5	1st Woman Road Bike £5
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Prizes will be presented at the end of the event at Event HQ.

Event Secretary/Promoter

Matt Nunn
175 Edward Vinson Drive, Faversham, Kent, ME13 8FF
07905284777
nunnmatt@gmail.com

Timekeepers/Recorder – Phil Booth (Medway Velo), Dave Mackey (Medway Velo), Ernie Mackey (Medway Velo)

Marshals/Sign on/Results – Rob Kennison, Steve Smith, Alex Cook.

Please remember to thank our timekeepers and helpers. They are all volunteers without whom we would not have an event.

Thank you for entering our event, and abiding with the additional regulations, I hope you have a safe and fun ride.

COVID 19 Guidance – please read carefully

Competitors should not attend if they feel ill in ANY way.

- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Warm-ups ideally, should be done on the road. Static warm-ups are prohibited within 50 metres of any inhabited property, or in any location where social distancing cannot be maintained.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone / text / WhatsApp the organiser if you have failed to finish the event.

Event contact details on the day:

Matt Nunn: 07905 284777

Event HQ / pre-race routine

Event Headquarters: will be open from 13:45 hrs.

Stoke Village Hall,
Mallard Way,
Lower Stoke,
Rochester,
ME3 9SX

Numbers will be issued to you after you have signed on just inside the hall, please bring your own pins.

NOTE: After finishing, you must return your number and 'sign out'. This is for your own safety and failure to sign out may result in disqualification

If possible, please bring a pen to sign in / out. Hand sanitiser will be provided for use of riders before signing in / out.

There is some parking available at the HQ. There is alternative parking, close to the start/finish area, on Power Station Road.

All parking should be legal and not cause a hazard for other traffic, or local residents.

There will be toilet facilities and some refreshments provided at the HQ.

Start List

Start No.	Start Time	Rider	Club	Category	Vet Std.
1	15:01	Sally Smith	Medway Velo Club	WV42	28:42
2	15:02	Neil Harrigan	Gemini BC	V48	26:41
3	15:03	Cameron Carthew	Wigmore CC	Sen	N/A
4	15:04	Caroline Wyke	CC Sudbury	WV66	31:25
5	15:05	Paul Turton	Team Vision Racing - Silverhook	V50	26:51
6	15:06	Sam Day	CS Grupetto	V48	26:41
7	15:07	Huseyin Vardal	Gemini BC	V49	26:46
8	15:08	Alex Balfour	Rye & District Wheelers CC	V51	26:56
9	15:09	Martina Ben-Shaul	Dulwich Paragon CC	WV58	30:15
10	15:10	Mark Newton	Elite Cycling	V55	27:18
11	15:11	Daniel Homer	London Phoenix CC	V51	26:56
12	15:12	Stefan Gloyn	Army Cycling	Sen	N/A
13	15:13	Debbie Percival	Kent Velo Girls/Boys	WV60	30:31
14	15:14	Michael Stanley	Medway Velo Club	V50	26:51
15	15:15	Paul Burrows	Thanet RC	V45	26:27
16	15:16	Mark Hill	VeloRefined Rule 5	V54	27:12
17	15:17	Andrew Grant	Chelmer CC	V63	28:13
18	15:18	Anthony Whale	Harlow CC	V63	28:13
19	15:19	Mike Perry	Thanet RC	V77	30:49
20	15:20	Graeme Garner	Essex Roads CC	V43	26:19
21	15:21	Mathew Lister	Thanet RC	V41	26:10
22	15:22	Martin Kober	Abellio - SFA Racing Team	V40	26:06
23	15:23	Paul Turner	34 Nomads CC	V56	27:24
24	15:24	Morgan Saunders	Team Vision Racing - Silverhook	Juv	N/A
25	15:25	Alex Pearson	Woolwich CC	V46	26:32
26	15:26	Mark Doxey	Abellio - SFA Racing Team	V53	27:07
27	15:27	Jeremy Parker	Gravesend CC	V53	27:07
28	15:28	Jamie Harris	Wigmore CC	Sen	N/A
29	15:29	Daniel Berkhauer	Medway Velo Club	Sen	N/A
30	15:30	Nicholas Fennell	Thanet RC	Sen	N/A
31	15:31	Antony Bee	Wigmore CC	V58	27:37
32	15:32	Pete Elms	VC Deal	V54	27:12
33	15:33	Peter Noble	Epsom CC	V55	27:18
34	15:34	David Hodsmen	Dulwich Paragon CC	Sen	N/A
35	15:35	Matthew Saunders	Team Vision Racing - Silverhook	V43	26:19
36	15:36	Alexander Luisi	Bath Cycling Club	Sen	N/A
37	15:37	Simon Henderson	Thanet RC	V59	27:44
38	15:38	Liam McLaughlin	Arctic Aircon RT	Sen	N/A
39	15:39	David Smith	VC de Londres	Sen	N/A
40	15:40	Christopher Fennell	The Independent Pedaler - NopinZ	Sen	N/A
41	15:41	Neil Gerrard	Thanet RC	V41	26:10
42	15:42	Paul Smith	VeloRefined Rule 5	V50	26:51