

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

Open 10 mile time trial
Sunday 9th August 2020
Start time 06:30
Q10/1 course

HQ: Hamstreet Victory Hall Field (open from approx. 05:30).

Riders are requested to read the start sheet and attached COVID 19 documents carefully, failure to adhere the CTT risk assessment could result in disqualification from the event.

By its very nature time trialling lends itself to be a socially distanced sport, however this social distance must extend to all HQ and start / finish areas.

- Warm-ups should be done on the road. Static warm-ups at the HQ are prohibited.
- Riders **MUST NOT** gather in anyway regardless of current guidelines in the car park, HQ area, or elsewhere whilst associated with the event.
- No spectators / coaches should be present at HQ or start / finish areas.
- Competitors on finishing **MUST NOT** stop at the finish and **MUST NOT** loiter at the HQ/car park and **MUST** pack away and leave immediately upon completion of their race.

No Rear Light = No ride

Medway Velo Club – Open 10 Mile Time Trial

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

To be held on Sunday 9th August 2019 starting at 06:30 hrs

On Course Q10/1 <https://www.cyclingtimetrials.org.uk/course-details/q10-1>

Start at manhole cover approx 75 yards west of Junction between link road from Ashford Road (north of Hamstreet Village) and the A2070. Proceed eastwards and turn left onto A2070 and proceed North over Bridgefield RAB to Cloverleaf RAB, turn and retrace south on A2070 to Johnson's Corner where left onto old A2070 towards Hamstreet village to finish approx 50 yards before bridge over Royal Military Canal. (distance 10.05 miles)

Course records (according to CTT website)

Solo Male: 18:34 Chris Fennell

Solo Female: 20:36 Emma Lewis

Solo Male (Junior): 21:25 Fabien Large

Solo Female (Junior): 25:16 Toni Wilkes

Awards

1st Fastest £30

1st Woman £30

1st Vet OAS £15

2nd Fastest £20

2nd Woman £20

2nd Vet OAS £10

3rd Fastest £10

3rd Woman £10

3rd Vet OAS £5

1st Fastest road bike £10

1st Woman road bike £10

2nd Fastest road bike £5

2nd Woman road bike £5

1st Junior £10

1st Female junior £10

1st Juvenile £10

1st Female juvenile £10

Team prize: First team of three riders: £5 each

Prizes will be sent out via post or bank transfer after the event.

Event Secretary/Promoter

Phil Booth

43 Heron Way, Walderslade, Chatham, Kent, ME5 7RL

07801 420741

philbooth73@yahoo.co.uk / phil.cttsoutheast@gmail.com

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

Marshals/Sign on - Medway Velo Club members & family

COVID 19 Guidance – please read carefully

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

If your place of normal residence is subject to a 'local lockdown' please do not attend.

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

- 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 should be done on the road. Static warm-ups are prohibited at the HQ, within 50 metres of any inhabited property, or in any location where social distancing cannot be maintained, this includes the car park at Hamstreet sports pavilion or the area close to the start.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area, or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- 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. Please telephone / text / WhatsApp the organiser if you have failed to finish the event.

Event contact details on the day

Phil Booth: 07801 420741

Steve Smith: 07734 651590

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Contact Rob Kennison your local agent
rob.kennison@lecol.cc
07759319225

Drafting and social distancing

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken. Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

This far exceeds that of the 2m guidance and for the avoidance of doubt, it may be helpful to consider the triathlon drafting box:

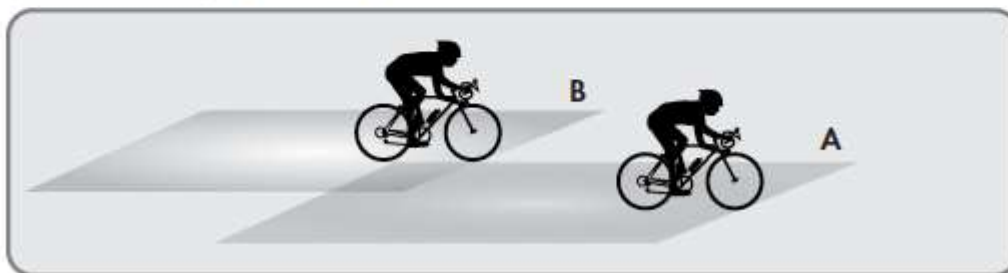
The CTT risk assessment makes it imperative for the organiser to consider and take action on any infractions of drafting regulations.

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to repass **A**. **A** must move to the Left Hand Side of the road when safe. **B** can only overtake **A** on **A**'s Right Hand Side.

Mike Savage has indicated that he will be taking photos at the event.

<http://www.mikesavagephotography.co.uk/>

Medway Velo will aim to post links to any relevant galleries via social media after the event

Event HQ / pre-race routine

Event Headquarters: will be open from 05:30 hrs

Field adjacent to Hamstreet Victory Hall
Ruckinge Road
Hamstreet
Kent
TN26 2NW

In line with CTT guidance there will be no indoors headquarters.

There are no changing facilities provided by the organising club, and riders should arrive 'race ready'.

Numbers will be available from the area outside the Victory Hall, Ham Street, please bring your own pins.

Numbers are disposable and SHOULD NOT be returned afterwards, they should be disposed off when you return home and not left in the area of the headquarters / parking areas or litter bins in the village.

Please bring a pen to sign in / out and queue at a distance of 2m when signing in / out. Hand sanitiser will be provided for use of riders before signing in / out. Marshals will be taking riders temperatures at sign in.

If riders wish to complete and bring their own signing in form then please do so: this can be downloaded from here, and can be left on the signing in table, please also advise the HQ steward:

<https://www.cyclingtimetrials.org.uk/documents/download/2869>

Riders should not socialise with others in the car park, upon leaving their car they should get their bike out and go straight onto the road to warm up. A large gathering of people is likely to be perceived negatively and could impact our ability to run future events.

If you are not a rider (or parent / guardian of a juvenile or junior) please stay away from the HQ, and start area.

There is some parking at the HQ, alternative car parking is available at Ham Street sports pavilion car park, and there is a lay by opposite Johnson's corner on the A2070.

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

There will be toilet facilities provided at the HQ, however this will operate on a one in / one out system, please queue outside the HQ, and wash your hands, please do not close any open doors or windows, with the exception of cubicle doors.

There is to be no changing in the toilets.

No turbo trainers / rollers are to be used, either in the vicinity of the HQ, or in areas where riders are parked.

Warm ups should take place on the road.

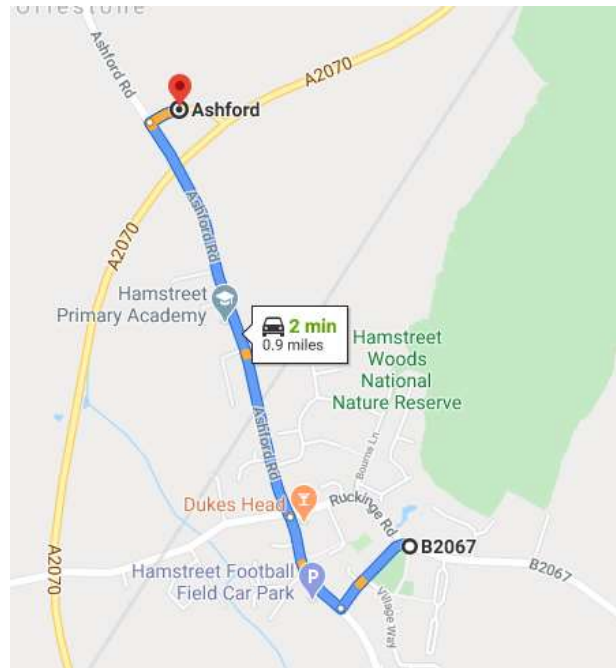
Cones will be used at the start area to indicate 2 metre intervals, please aim to arrive at the start no more than 5 minutes before your start time.

There will be no 'pushing off', all riders must start with one foot on the ground.

Competitors must not leave any personal possessions with the timekeepers

It is approximately 0.9 miles from the HQ to the start.

Route to the start –



Post-race

Results will be posted as follows after the event, the timekeepers and event officials will not give out times at the finish or HQ.

- Medway Velo Club Facebook page <https://www.facebook.com/Medwayvelo/>
- Medway Velo Club Website <http://medwayvelo.club/>
- South East / Kent Time Trials Facebook group <https://www.facebook.com/groups/380544722744081/>
- Spinwheels website <http://spinwheels.org/>
- Provisional results by email from approx. midday

We will aim to update this google sheet in real time with riders finishing times <https://tinyurl.com/medway10>

Notes to riders:

- **Numbers** will be at the event headquarters field and will be issued to each rider after they have signed on.
- All competitors – please be aware of CTT Regulation 14(j): 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. **NO REAR LIGHT – NO RIDE.**
- Please remember the regulation 17(b) requirement to sign off. **A rider who fails to sign the official signing out sheet shall be recorded as DNF.**
- Riders should refer to Regulation 16 - which states that **'the number should be centrally positioned below the waist so as to be clearly visible from the rear when in the normal riding position'**.
- **Please** keep noise to a minimum to avoid unnecessary disturbance of local residents.
- **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.
- 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

All riders under the age of 18 years MUST wear recognised standard protective headgear. In the interests of safety, it is recommended that all riders should wear a hard shell helmet that meets an internationally accepted safety standard.

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.

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

Road bike category rules:

- No aero bars
- No disc wheels / wheels deeper than 50mm
- The organiser will aim to monitor those riders qualifying for this category at the start, but it would be appreciated if he could be advised in advance by email, or verbally at the start.

Start List

No.	Start time	Rider	Club	Cat	Vets Standard
1	06:31	Sally Smith	Medway Velo Club	WV41	00:28:20
2	06:32	Jacob Storey	Partenza-Nude Espresso RT	Senior	
3	06:33	Christopher Bax	Thanet RC	V68	00:28:39
4	06:34	Gary Ricks	Woolwich CC	V63	
5	06:35	James Griffin	trainSharp	Senior	
6	06:36	Samuel Robinson	Ashford Whs	Senior	
7	06:37	Lisa Davis	trainSharp	WV45	00:28:42
8	06:38	James Leach	Imperial Racing Team	Senior	
9	06:39	Liz Sim	MedwayTri	WV49	00:29:01
10	06:40	Brett Davis	trainSharp	V47	00:26:36
11	06:41	Paul Smith	VeloRefined Rule 5	V48	00:26:40
12	06:42	Richard Payn	34 Nomads CC	V56	00:27:17
13	06:43	Laurence Toombs	West Kent RC	V58	00:27:28
14	06:44	Duncan Cochrane	7Oaks Tri Club	V63	00:27:59
15	06:45	Alex Pearson	Woolwich CC	V44	00:26:22
16	06:46	Richard Birtwhistle	Sydenham Wheelers	V64	
17	06:47	Andy Branson	Ashford Whs	V52	00:26:58
18	06:48	Bruce English	Eastbourne Rovers	V55	00:27:12
19	06:49	Valerie Place	7Oaks Tri Club	WV59	00:29:55
20	06:50	Martin Jones	Colour Tech RT	V50	00:26:49
21	06:51	Mark Hill	VeloRefined Rule 5	V53	00:27:03
22	06:52	Luke Holland	Gemini BC	Senior	
23	06:53	Ryan Edwards	Ashford Whs	Senior	
24	06:54	Nathan Wood	Sheppey Velo	V40	00:26:02
25	06:55	Keith Brown	Southborough & Dist. Whs	V48	00:26:40
26	06:56	Joshua Ballinger	Preston Park Youth CC	Jun16	
27	06:57	Andrew Quye	Southborough & Dist. Whs	V58	00:27:28
28	06:58	Alexander Cook	Medway Velo Club	Senior	
29	06:59	Jojo Stephens-Smith	GS Avanti	WV59	00:29:55

30	07:00	Mark	Newton	Elite Cycling	V53	00:03:00
31	07:01	James	Hawkins	Gemini BC	V43	00:26:17
32	07:02	David	Greenwood	Rye & District Wheelers CC	V55	00:27:12
33	07:03	Stuart	Baldwin	TWB - On Time Race Team	Senior	
34	07:04	Roger	Wilson	Thornton Road Club	V70	00:28:58
35	07:05	Tim	Kingston	GS Invicta - Eye Level Optical-Herbert Cycles	V45	00:26:27
36	07:06	Lawrence	Wintergold	Hounslow & District Whs	V55	00:27:12
37	07:07	Neal	Watson	7Oaks Tri Club	V52	00:26:58
38	07:08	Roger	Hutchings	Lewes Wanderers	V50	
39	07:09	Kate	Savage	Gravesend CC	WSen	
40	07:10	Nik	Allen	Worthing Excelsior CC	V49	00:26:45
41	07:11	Lee	Kingston	Medway Velo Club	V46	00:26:31
42	07:12	Steve	Jezzard	PMR	V57	00:27:22
43	07:13	Sam	Painter	ZeroBC Race Team	Espoir	
44	07:14	Geoff	Wiles	Abellio - SFA Racing Team	V76	00:30:13
45	07:15	Sam	Fuller	7Oaks Tri Club	Senior	
46	07:16	Nathan	Russell	trainSharp	Senior	
47	07:17	Anthony	Attwood	Project 51	Senior	
48	07:18	Mick	James	Kassei CC TeknoFuel	V63	00:27:59
49	07:19	Barbara	Wiles	Abellio - SFA Racing Team	WV60	00:30:02
50	07:20	Nick	Wilson	Rye & District Wheelers CC	V57	00:27:22
51	07:21	Adrian	Hawkins	Thanet RC	V51	00:26:54
52	07:22	Andy	Robinson	Ashford Whs	V61	00:27:45
53	07:23	Nick	Elson	Woolwich CC	Senior	
54	07:24	Rebecca	Wilson	Rye & District Wheelers CC	WV55	00:29:32
55	07:25	Mark	Baker	Abellio - SFA Racing Team	V46	
56	07:26	Jonathan	Pontin	Addiscombe CC	Senior	
57	07:27	Lance	Childs	trainSharp development team	Jun17	
58	07:28	Matt	Newing	Ashford Road CC	Senior	
59	07:29	Becca	Drake	BellaVelo CC	WSen	
60	07:30	Colin	McDermott	Festival RC	V52	00:26:58
61	07:31	Mark	Doxey	Abellio - SFA Racing Team	V52	00:26:58
62	07:32	Colin	Newton	Deal Tri	Senior	
63	07:33	Jeremy	Parker	Metropolitan Police Cycle Club	V51	00:26:54
64	07:34	Carys	Lloyd	VC de Londres	WJUV 13	
65	07:35	Ronnie	Stone	Islington CC	V47	
66	07:36	Michael	Porter	34 Nomads CC	V53	00:27:03
67	07:37	Mark	Thomas	Bigfoot CC	V57	00:27:22
68	07:38	Daniel	Lloyd	VC de Londres	JUV 14	
69	07:39	Grace	Dent	Project 51	W Sen	
70	07:40	Tom	Rowing	Abellio - SFA Racing Team	Senior	
71	07:41	Steve	Gooch	Rye & District Wheelers CC	V54	00:27:07
72	07:42	Irfan	Zaman	Bigfoot CC	Espoir	
73	07:43	Mark	Houlden	34 Nomads CC	V41	00:26:07
74	07:44	Amber	Junker Brameld	VC de Londres	WJun16	
75	07:45	Oliver	Hurdle	University of Southampton	Espoir	
76	07:46	Scott	Beard	Shaftesbury CC	V47	00:26:36

77	07:47	Joe	Austin	Sheppey Velo	Senior	
78	07:48	Jerry	Keen	Eastbourne Rovers	V66	00:28:21
79	07:49	Lee	Smith	Ashford Road CC	V50	00:26:49
80	07:50	Neil	Harris	Southborough & Dist. Whs	Senior	
81	07:51	Alexander	Ballinger	Farnborough & Camberley CC	Senior	
82	07:52	Bill	Hawkes	Thanet RC	V53	00:27:03
83	07:53	Pritesh	Patel	Ashford Road CC	Senior	
84	07:54	Chris	Fry	San Fairy Ann CC	V42	00:26:12
85	07:55	Ryan	Christensen	Hunt Wheels.com / Canyon DHB p/b Soreen	Senior	
86	07:56	Alex	Milne	Ashford Tri Club	Senior	
87	07:57	Mathew	Lister	Folkestone Velo Club	Senior	
88	07:58	Mark	Vowells	CC Bexley	TRIKE V67	00:32:09
89	07:59	Debbie	Percival	Kent Velo Girls/Boys	WV58	00:29:49
90	08:00	Nicholas	Fennell	Thanet RC	Senior	
91	08:01	Stephen	Wilkinson	TWB - On Time Race Team	V54	00:27:07
92	08:02	David	Hampton	Ashford Wheelers	V52	00:26:58
93	08:03	Mark	Cain	Army Cycling	V44	00:26:22
94	08:04	Tracy	Wilkinson- Begg	TWB - On Time Race Team	WV54	00:29:27
95	08:05	Chris	Jones	Bynea Cycling Club	V46	00:26:31
96	08:06	Neil	Harrigan	Gemini BC	V46	00:26:31
97	08:07	Richard	Burchett	Lewes Wanderers	V49	00:26:45
98	08:08	Neil	Gerrard	Folkestone Velo Club	Senior	
99	08:09	Mick	Claydon	Ashford Wheelers	V52	00:26:58
100	08:10	Kevin	Tye	VeloRefined Rule 5	V52	00:26:58
101	08:11	Antony	Bee	Wigmore CC	V56	00:27:17
102	08:12	John	Franklin	Twickenham CC	Senior	
103	08:13	Danny	Frost	Folkestone Velo Club	V56	00:27:17
104	08:14	Eva	Zsigoova	...a3crg	W	
105	08:15	Simon	Church	trainSharp	V54	00:27:07
106	08:16	Ian	Bray	Addiscombe CC	Senior	
107	08:17	Paul	Burrows	Thanet RC	V43	00:26:17
108	08:18	Mark	Gidney	Southborough & Dist. Whs	V58	00:27:28
109	08:19	Annette	Nixon	Folkestone Velo Club	WV50	00:29:06
110	08:20	Neil	Lauder	Arctic Aircon RT	Senior	
111	08:21	Pete	Elms	Colour Tech RT	V53	00:27:03
112	08:22	Harry	Ives	trainSharp development team	Jun17	
113	08:23	Colin	Ashcroft	West Kent RC	V58	00:27:28
114	08:24	Natasha	Jarman	Southborough & Dist. Whs	WSen	
115	08:25	Andrew	Meilak	VeloRefined Rule 5	V54	00:27:07
116	08:26	Bob	Richardson	Bournemouth Jubilee Whs	V54	00:27:07
117	08:27	Michael	Ashcroft	West Kent RC	Senior	
118	08:28	David	Bishop	Wigmore CC	V50	00:26:49
119	08:29	David	Prom	San Fairy Ann CC	V50	00:26:49
120	08:30	Christopher	Fennell	The Independent Pedaler – NopinZ	Senior	