

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

medway VELO *Cycling Club*

Presents

The North Downs Hilly 22 Mile Time Trial



Start sheet

Medway Velo Club – Open 22 Mile Hilly Time Trial

To be held on Sunday 24th March, 2019 starting at 09:00 hrs

On Course QS/7 (Challock- Charing – Challock - Boughton Lees - Chilham - Molash)

Men's course record: 46:54 Christopher Fennel

Women's course record: 56:04 Louise Mason

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Awards

1st Fastest £20

1st Woman £20

2nd Fastest £15

2nd Woman £15

3rd Fastest £10

3rd Woman £10

All awards will be send out to winners in the post after the event.

Event Secretary/Promoter

Steve Smith

76 Prince Charles Avenue, Chatham, KENT, ME5 8EY

Mobile: 07734 651590

Email: stevesmit140177@yahoo.co.uk

Timekeepers/Recorder – Ernie Mackey, Dave Mackey, Vic Williams

Start holder/Marshals/Sign on - Medway Velo Club members & family

Course Details QS/7

Challock- Charing – Challock - Boughton Lees - Chilham - Molash

Start in bus lay-by on a251 approximately 50 metres from Challock rab (halfway house ph)

Proceed to Challock rab and take the first exit to join the A252 towards Charing

Proceed to Charing rab (4.12 miles)

****** Take care on the descent/fast approach to the roundabout ******

Go all the way around the rab – so take the 4th exit to rejoin the A252 to climb Charing hill

Proceed to Challock rab (8.2 miles) and take the 3rd exit onto the A251 to Boughton Lees ****** Take care on the sweeping descent ******

At Boughton Lees turn left to kemps corner (11.93 miles).

Turn left at the T-junction to join the A28 to Chilham fork (17.25 miles)

****** Take care – beware of traffic approaching from your right as you turn left at the T-junction ******

Proceed towards Chilham then turn left onto the A252 up Molash hill

****** Take care – beware of traffic approaching from your right as you turn left at the T-junction ******

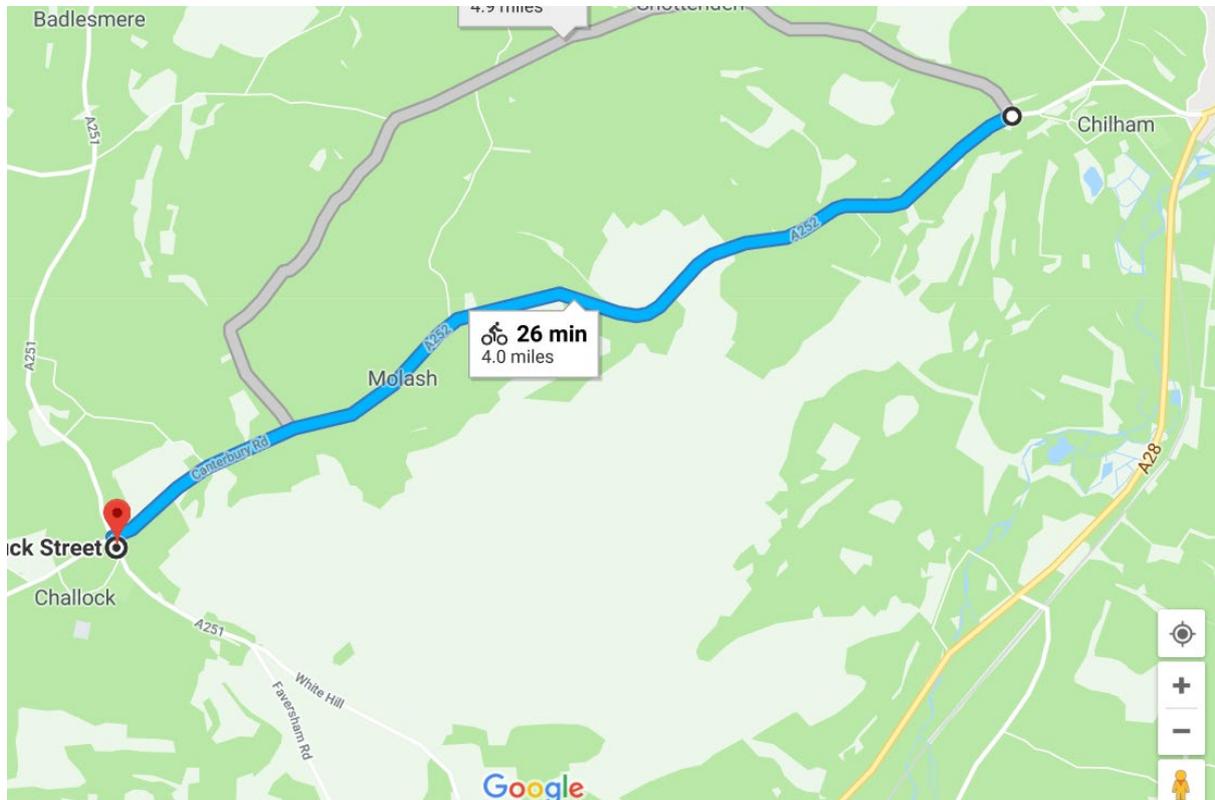
Proceed towards Challock to finish at the road sign approximately 80 metres short of Challock rab (21.9 miles).

Please take care when turning left at Challock rab (just after starting) and remember when approaching Challock rab each time and when returning to the HQ that other competitors may still be on the course.

Event Headquarters: will be open from 07:30 hrs

Chilham Village Hall, Maidstone Road, Chilham, Canterbury, Kent CT4 8DB.

It is approximately 4 miles from the HQ to the start.



Route to the start – turn right out of the village hall and keep going until you get to Challock roundabout (approximately 4 miles). Take the first exit and the start is immediately after the roundabout in the bus layby on the opposite side of the road.

Notes to riders:

- **Start:** It is approximately 4 miles from the HQ to the start – please allow enough time for this and be aware that other riders may be racing on the course. Please avoid warming up on the course once the race has started.
- **NOTE:** there are two fast descents on the course (see course details). PLEASE BE CAREFUL especially if it damp.
- **Numbers** will be in the event headquarters hall and will be issued to each rider after they have signed on.
- Please remember the new (introduced in 2017) regulation 17(b) requirement to sign off when returning your race number. **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'**.
- Numbers may be exchanged for a drink on completion of the ride
- **Please** keep noise to a minimum to avoid unnecessary disturbance of local residents.
- For events starting in the morning (so applies to this event) no rider is 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. **The HQ carpark is not within 50 metres of a domestic property, so riders may use a turbo trainer or rollers.**
- **Please** remove racing shoes before entering the hall.
- **Do Not** perform U turns in the start and finishing areas and do not use these areas as a public toilet. Offenders risk disqualification.
- It is recommended that riders have a **working rear light**, either flashing or constant, fitted to the machine in a position visible to following road users and is active while the machine is in use, and where possible a **front light** to enhance safety.

Rider Feedback Forms - Riders should note that these forms are available at the hall by the signing on, and can be used by riders/marshals with comments and suggestions that could significantly improve safety.

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. Reference to inhalers is no longer required.

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.

This event is based on the event excellently organised (over many years) by Paul Mepham/VC Elan. The last events results can be found on the Spinwheels website.

Thank you for entering our event, I hope you have a safe and fun ride.

Please note Medway Velo Clubs other open TT events in 2019. A 10 and a 50, both on courses which produce strong fields and fast times.

Steve Smith
Event Secretary

Order of Start

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	09:01:00	Robert	Sapp	Medway Velo Club	Male	Veteran
2	09:02:00	Nick	Elson	Wildcats CC	Male	Senior
3	09:03:00	James	Molony	Durham University Cycling Club	Male	Espoir
4	09:04:00	Carl	Chapman	GS Invicta - Eye Level Optical- Herbert Cycles	Male	Veteran
5	09:05:00	Alex	Pearson	Wildcats CC	Male	Veteran
6	09:06:00	Steven	Waite	Medway Velo Club	Male	Veteran
7	09:07:00	Ron	Castelijm	Hastings & St. Leonards CC	Male	Veteran
8	09:08:00	Michael	Stanley	Medway Velo Club	Male	Veteran
9	09:09:00	Chris	Parker	Hastings & St. Leonards CC	Male	Veteran
10	09:10:00	James	Bromley	Becontree Wheelers CC	Male	Veteran
11	09:11:00	Tjeerd	Mijzen	Hastings & St. Leonards CC	Male	Veteran
12	09:12:00	Mark	Amon	Rye & District Wheelers CC	Male	Veteran
13	09:13:00	Jill	Cliff	GS Invicta - Eye Level Optical- Herbert Cycles	Female	Veteran
14	09:14:00	Jonathan	Hemming	Addiscombe CC	Male	Veteran
15	09:15:00	Paul	Smith	VeloRefined.com Aerosmiths	Male	Veteran
16	09:16:00	Sally	Smith	Medway Velo Club	Female	Senior
17	09:17:00	Lisa	Hurrell	Maldon & District CC	Female	Senior
18	09:18:00	Dean	Chapman	Ashford Road CC	Male	Senior
19	09:19:00	Paul	Simmons	Ashford Road CC	Male	C5
20	09:20:00	Joshua	Clark	Royal Navy & Royal Marines CA	Male	Espoir
21	09:21:00	Andy	Macpherson	VC Deal	Male	Veteran
22	09:22:00	Rob	Kennison	Medway Velo Club	Male	Veteran
23	09:23:00	Keith	Brown	Southborough & Dist. Whs	Male	Veteran
24	09:24:00	Neal	Marrin	Finsbury Park CC	Male	Veteran
25	09:25:00	Tom	Rowing	Abellio - SFA Racing Team	Male	Senior
26	09:26:00	Paul	Fairman	Abellio - SFA Racing Team	Male	Veteran
27	09:27:00	Mark	Whittaker	GS Invicta - Eye Level Optical- Herbert Cycles	Male	Veteran
28	09:28:00	Peter	Tibbitts	Ford CC	Male	Veteran
29	09:29:00	Graham	Hurrell	Basildon CC	Male	Veteran
30	09:30:00	Sebastian	Dickson	Cambridge University CC	Male	Senior
31	09:31:00	Neil	Harrigan	Gravesend CC	Male	Veteran
32	09:32:00	Richard	Parrotte	Shaftesbury CC	Male	Veteran
33	09:33:00	William	Murtagh	Rye & District Wheelers CC	Male	Espoir
34	09:34:00	Antony	Bee	Wigmore CC	Male	Veteran
35	09:35:00	Nicholas	Fennell	Thanet RC	Male	Senior
36	09:36:00	Pete	Elms	Colour Tech RT	Male	Veteran