

VTTA Midlands 10 Mile TT

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

Date: Saturday 12th September 2020
Time: 2pm
Course: K48/10
HQ: Weston Village Hall (ST18 0JQ), Open from 1pm

Event Secretary: Scott Westwood
4 Woodpecker Way
Cannock – WS11 7WJ

Contact Number: 07983 587440 Email: scott.westwood41@icloud.com

Timekeepers: Don Picken, Alastair Semple

Numbers and signing on at the HQ. The start is approx. 1/2 mile from the HQ



In the interests of your safety, Cycling Time Trials and the event promoters strongly advise you to wear a **Hard Shell Helmet** that meets an international safety standard. It is required that a **working rear light**, either flashing or constant, is fitted to the machine and is active whilst the machine is in use

Course K48/10 : Weston - Aston by Stone		
Grid ref	Description	Distance (miles)
972 277	Start on A51 (Rugeley - Stone road) at field gate about 0.5 mile northwest of Weston and just beyond the lodge house at the end of Boat Lane. Ride northwest along A51	0
909 321	At island junction with A34 at Aston-by-Stone encircle island taking fourth exit to retrace along A51	4.95
	Finish at field gate 200 yards past the start.	10

Map OS 1:50 000 "Stafford & Telford" sheet 127

Event Prizes

	Vets on Standard*	Fastest Midlands VTTA member on standard*	Fastest Male	Fastest Female
1 st	£30	£20	£20	£20
2 nd	£20			
3 rd	£10			

*Only paid up members of the VTTA qualify for standard prizes. VTTA membership status, including the membership group, is taken from your event entry.

Important Notice

- Keep your head up when riding and obey the rules of the road.
- No "U" turns near start and finish.
- Riders are asked to approach the start no more than 5 minutes prior to their start time. It is a dual carriageway with no layby, so please do not cause congestion.
- No warming up on the course after the event has started. You are advised to warm up on the road towards Rugeley or Utoxeter.

Parking

In order to ensure that we are able to host future events using this HQ please note the following:

Parking is available at the HQ for approximately 50 cars and additional parking is available on Green Road outside the HQ. If parking in the village please park on the side of the road adjacent to the village green and not directly outside people's houses, the children's play area or obstruct any paths, thank you

Please remember to complete the signing on sheet both before the event and on your return to the HQ. Failure to do so will result in a 'DNF'.

Headquarters

Access to toilets will be through the main entrance to the right-hand side of the building. Please use hand sanitized before entering, men's to the left, women's to the right and disable (unisex) to the right. Only one person can use each of the above facilities at a time.

Signing on can be accessed through a separate door to the left-hand side of the building. Only one person is allowed in the building to sign on at any one time. Please queue outside keeping 2m apart.

After the event please sign back in one at a time and place your number in the bucket of soapy water that will be provided.

No turbo trainers or rollers are to be used in the carpark or village, warm should be done on the road.

This event will be run under CTT's current Covid-19 Risk Assessment. Please take time to read it <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>. Whilst there are a few extra procedures outlined below, changes may be made based on events on the day. These will be communicated fully where appropriate. You are expected to heed the marshals.

IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.

Local Lockdown: anyone who resides in or has an address within an affected area should not come to the event. The onus is on the rider to inform the organiser.

Riders will be able to sign on from 1pm – please do not arrive any earlier than one hour before your allocated start time to allow for social distancing at the village hall entrance. Signing on and collection of body numbers will be at the HQ. All competitors are required personally to sign the signing out sheet after course completion. Failure to do so will result in the competitor being recorded as DNF.

PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY. Signing on and Toilet access on a One-In-One-Out Basis only, A one-way entry and exit route is in place, please follow the social distancing signage and guidance from the event official. Strictly no changing within the building, so come prepared to race. There will also be no post-race refreshments.

Face coverings must be worn in the HQ, No FACE MASK NO ENTRY.

The timekeepers and officials will be wearing face coverings and will be checking that riders a) have their numbers attached correctly, b) have a working rear light. If any of these are not complied with, you will not be permitted to ride.

There will be no "pusher offer" and you will have to do a standing start on your own with one foot on the ground. Rolling starts, track stands and "jumping the gun" will not be permitted. Offenders will be disqualified

DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point even if you wish to report you are DNF.

Race results will not be available at the event, so please do not ask. We will collate the results and post them online ASAP on the VTТА midlands web-site and facebook pages. Official results will of course be available on the CTT web-site.

www.vtta.org.uk/groups/news/midland

<https://www.facebook.com/groups/787680931325837>

COVID – 19 Risk Assessment - IMPORTANT General / Before the Event

- Only attend the event if you are in good health. If you are experiencing any symptoms associated with COVID-19 you must not attend
- Competitors should arrive 'dressed to race' At HQ- changing will not be permitted in the HQ
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- No refreshments will be served at HQ
- Please allow extra space either side of your vehicle when parking to ensure social distancing is maintained at all times, Please do not park 'boot to boot' to ensure you are not unpacking bikes next to another competitor.
- Please remain at your car unless warming up, racing or signing in or out.
- Please bring your own pen to the event to sign on.
- On arrival please come to HQ, The sign-on/out sheet will be displayed on the table and the numbers laid out. Please sign on using your pen, take your number and return to your vehicle.
- Toilet facilities will be available at the event but a strict 'one in one out' policy will be in place. Please, no changing into/out of race kit in the toilets.
- We encourage riders to warm up on the road no turbos or rollers to be used in the Car Park or near the HQ
- Competitors MUST NOT leave any personal items with the time keeper.
- There will be no pusher-off. Competitors must start with one foot on the ground.
- Please arrive at the start no more than 5 minutes before your allocated start time and ensure that you line up more than two meters apart from other competitors. 2 Meters will be marked out near the start.
- Spectators should ideally not attend unless supporting the running of the event.
- Drafting - 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 meters 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/meters.
- 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 the organiser if you have failed to finish the event.
- Competitors on finishing, MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST sign back in leaving their number with any pins removed, pack away and leave immediately upon completion of the race.

NUM	NAME	CLUB	TIME	VTTA GROUP
1	Patrick Kelly	Velo Club Long Eaton	14:01	
2	Bill Renard	Macclesfield Wheelers	14:02	
3	Tony Perrin	Stone Wheelers CC	14:03	
4	Phil Gambles	Birchfield Cycling Club	14:04	
5	George Thorne	Beacon Roads CC	14:05	
6	Richard Coleman	Stourbridge Velo	14:06	Midlands
7	David Fox	Warrington Road Club/Horton Light Engineering	14:07	
8	Lynsey Astles	Congleton CC	14:08	Manchester & NW Group
9	Katie Toft	Storey Racing	14:09	
10	Grant Bigham	VeloRunner RT	14:10	
11	Warren Mason	VTTA (North)	14:11	North Lancs and Lakes
12	Phil Guy	North Shropshire Wheelers	14:12	Merseyside
13	Michael Howard	Newcastle (Staffs) Tri Club	14:13	
14	Stephen Cooke	Walsall Roads Cycling Club	14:14	Midlands
15	Isaac Russell	Team PB Performance	14:15	
16	Peter Blackwell	Solihull CC	14:16	
17	Geoff Edgerton	North Shropshire Wheelers	14:17	Merseyside
18	Nigel Briggs	South Pennine RC	14:18	Notts & E.Mids
19	David Steele	Lyme Racing Club	14:19	
20	Gruffudd Lewis	Ribble Weldtite Pro Cycling	14:20	
21	Karl Moseley	Fishface Cycles RT	14:21	
22	Ian Holbrook	Stone Wheelers CC	14:22	Manchester & NW Group
23	Andy Eagers	Derby Mercury R C	14:23	
24	Kenneth Stevens	South Pennine RC	14:24	Notts & E.Mids
25	Ben McCaulder	Stone Wheelers CC	14:25	Manchester & NW Group
26	Keri Parton	Pro Vision Cycle Clothing	14:26	
27	Bob Awcock	Born to Bike - Bridgtown Cycles	14:27	Midlands
28	Roderick Remedios	Birchfield Cycling Club	14:28	Midlands
29	Brian Powell	Lyme Racing Club	14:29	
30	Josh Whitehead	Cycle Club Bridgnorth RWG	14:30	
31	James Brayford	Lyme Racing Club	14:31	
32	Rob Kennard	Stourbridge Velo	14:32	Midlands
33	William Glover	VeloRunner RT	14:33	
34	John Frydman	Leamington C & AC	14:34	Midlands
35	Tim Hood	Team Bottrill	14:35	Midlands
36	Rikky Hughes	Worcester St. Johns CC	14:36	
37	Mark Shore	Walsall Roads Cycling Club	14:37	Midlands
38	Alison Fovargue	Team Empella Cyclocross.com	14:38	
39	Stephen Smout	North Shropshire Wheelers	14:39	
40	Sean Vincent	Race Hub	14:40	Notts & E.Mids
41	Michael Wills	Team Lutterworth Cycle Centre	14:41	Notts & E.Mids
42	Nigel Finch	Mercia - Lloyds Cycles CC	14:42	Notts & E.Mids
43	Gary Smith	Stourbridge Velo	14:43	

NUM	NAME	CLUB	TIME	VTТА GROUP
44	Emma Hill	Hinckley Cycle Racing Club	14:44	
45	Steve Biddulph	Born to Bike - Bridgtown Cycles	14:45	Midlands
46	Martin Stanley	Worcester St. Johns CC	14:46	Midlands
47	Paul Mulready	Stourbridge Velo	14:47	
48	Gail Lowe	Niteriders	14:48	
49	Kate McCaffrey	Stafford Triathlon Club	14:49	Midlands
50	Robert Gibbons	Race Rapid	14:50	Notts & E.Mids
51	Ed Tarelli	Race Hub	14:51	Notts & E.Mids
52	Steve Faulkner	Coalville Whs	14:52	
53	Dan Holford	Royal Leamington Spa Cycling Club	14:53	
54	Charlotte Brass	Vision Innovative Leisure Racing Team	14:54	
55	Paul Guest	Worcester St. Johns CC	14:55	
56	Barrie Whittaker	Lyme Racing Club	14:56	Manchester & NW Group
57	Craig Hopkins	Wyre Forest Cycle Racing Club	14:57	Midlands
58	John Grumbley	Coventry Road Club	14:58	
59	Andrew Dalloway	Walsall Roads Cycling Club	14:59	
60	Oliver Peckover	ActiveEdge Race Team P/B Cooper/BMW Inchcape	15:00	Notts & E.Mids
61	Joseph Costello	Walsall Roads Cycling Club	15:01	Midlands
62	Gabriella Homer	Team Boompods	15:02	
63	Richard Goddard	Newport (Shropshire) CC	15:03	
64	Laura Powell	Royal Leamington Spa Cycling Club	15:04	
65	Leon Wright	Race Hub	15:05	
66	Andrew Clarke	North Shropshire Wheelers	15:06	Merseyside
67	Tom Dellicompagni	Stafford Triathlon Club	15:07	
68	Stephen Glenwright	VTТА (Merseyside)	15:08	Merseyside
69	Niamh Campbell Williams	Derby Mercury R C	15:09	
70	Neal Parkin	Team Bottrill	15:10	Notts & E.Mids
71	Ian Peacock	Leek CC - Den Engel Belgian Bar	15:11	Manchester & NW Group
72	Russell Carter	South Pennine RC	15:12	Notts & E.Mids
73	Tim Smith	Westmead Team 88	15:13	
74	John Leeming	Velo Club Long Eaton	15:14	
75	Ben Lloyd	Pro Vision Cycle Clothing	15:15	
76	Edward Priddy	Solihull CC	15:16	
77	Ian Cooper	Team Ohten Aveas	15:17	
78	Lucy Rogers	Congleton CC	15:18	
79	Gillian Campbell	Born to Bike - Bridgtown Cycles	15:19	Notts & E.Mids
80	Daniel Barnett	Team Bottrill	15:20	
81	Carl King	VTТА (Manchester & NW Group)	15:21	Manchester & NW Group