



Medway Velo club



www.medwayvelo.org

Open 10 mile time trial

This is now a 10 mile event instead of a 25 due to ongoing roadworks in the Lenham area.

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



Sunday 19th May 2024

07:00

Q10/44 Lenham / Charing / Orchard Heights

Remember: No helmet or no lights: no ride

Event secretary

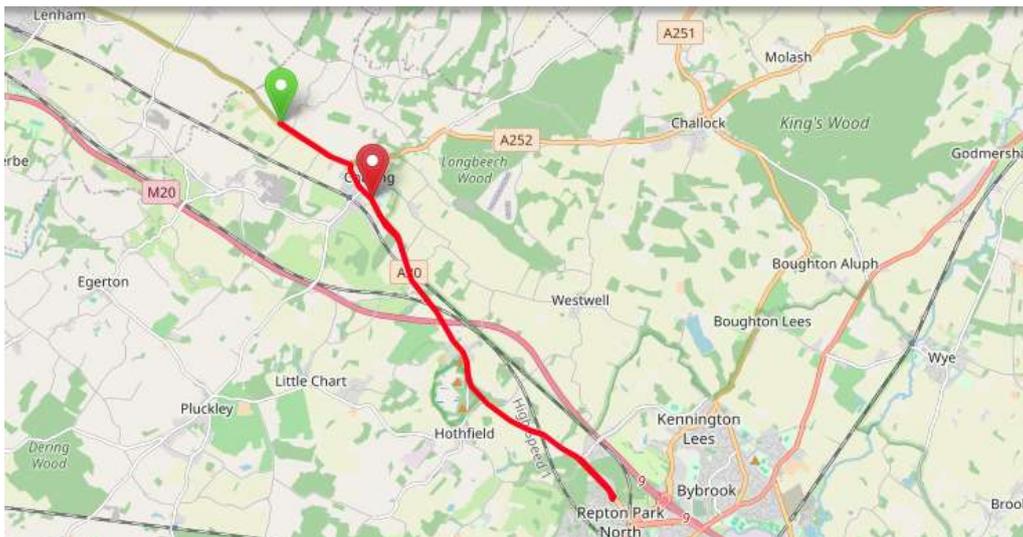
Phil Booth
43 Heron Way
Walderslade
Chatham
ME5 7RL
(07801) 420741
philbooth73@yahoo.co.uk / phil.cttsoutheast@gmail.com

Timekeepers: David Mackey (Medway Velo Club), Phil Booth (Medway Velo Club)

This is now a 10 mile event instead of a 25 due to ongoing roadworks in the Lenham area.

Course details: Q10/44

Start in the service road at post box number TN27 300 0.16 mile west of Hart Hill, TQ 937 505. Proceed eastwards along A.20 to Charing RAB, taking the 3rd exit to continue along the A20 towards Ashford. Turn at Orchard Heights RAB TQ 997 441 (5.78 miles). Retrace A.20 to finish at traffic lights warning sign 0.43 mile west of Charing Crematorium entrance TQ 953 491 (10 miles)



Event headquarters, open from 06:00

Harrietsham Village Hall (Booth room)
Church Rd,
Harrietsham,
Maidstone
ME17 1AP

Please do not turbo in the car park due to being in a residential area.

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. Please do not use turbo trainers or rollers in the HQ car park and keep noise to a minimum due to being in a residential area.
5. Parking is not permitted at the start or at the finish.
6. The event HQ is 5 miles from the start, allow yourself at least 30 minutes to ride there. (unfortunately, alternative HQs were unavailable, and this is also due to the change in race distance)
7. It would be appreciated if riders do not wear shoe plates in the HQ.
8. Numbers should be centrally positioned below the waist to be clearly visible from the rear.
9. 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.
10. Whilst competing riders must ensure they adhere to the Highway Regulations and CTT Rules and Regulations, disciplinary action may result from any breaches in these regulations.

Remember: No lights or no helmet will mean no ride

AT THE END OF THE RACE

Please note that Regulation 17(b) requires that a rider who fails to sign the official signing out sheet shall be recorded as DNF.

Please ensure you check to see if you are required for DOPING CONTROL.

Refreshments will be available in the hall.

Awards

First Overall Open (TT Bike): £15

First Overall Open (Road Bike): £15

First overall female: £15

First overall youth: £5

Age group awards

First overall (on age adjusted times) for road bike and TT bike

V40-44: £5	V55-59: £5	(V65-69: NO RIDERS)
V45-49: £5	V60-64: £5	
V50-54: £5	V70+: £5	

Start time	No	Name		Club	Bike	Category	Age group
07:04	4	Sally	Smith	Medway Velo Club	Road Bike	Female	V40-44
07:05	5	Michael	Stanley	Medway Velo Club	TT Bike	Open	V50 -54
07:06	6	Philip	Appleby	Wigmore CC	TT Bike	Open	V40-44
07:07	7	Steven	Penny	Wigmore CC	TT Bike	Open	V60-64
07:08	8	Andy	Burrows	Thanet RC	TT Bike	Open	V70+
07:09	9	Vernon	Thomas	Greenwich Tritons Tri Club	TT Bike	Open	V70+
07:10	10	Douglas	Tulett	Thanet RC	TT Bike	Open	Youth
07:11	11	Matt	Lacey	Abellio - SFA Racing Team	Road Bike	Open	V45-49
07:12	12	Mark	Cain	Abellio - SFA Racing Team	Road Bike	Open	V45-49
07:13	13	Andy	Pole	MedwayTri	TT Bike	Open	V45-49
07:15	14	Kevin	Barnes	Ocean Lake Triathlon	Road Bike	Open	V40-44
07:15	15	Lance	Childs	TAAP Kalas	TT Bike	Open	Espoir
07:16	16	Paul	Burrows	Thanet RC	Road Bike	Open	V45-49
07:17	17	Simon	Henderson	Thanet RC	TT Bike	Open	V60-64
07:18	18	James	Moss	San Fairy Ann CC	TT Bike	Open	V55-59
07:19	19	Michael	Coulter	Gravesend CC	TT Bike	Open	V70+
07:20	20	Andrew	Meilak	VeloRefined Rule 5	TT Bike	Open	V55-59
07:21	21	Mark	Wright	Ashford Whs	TT Bike	Open	V55-59
07:22	22	Mathew	Lister	Thanet RC	TT Bike	Open	V40-44
07:23	23	Tim	Kingston	GS Invicta - Eye Level Optical- Herbert Cycles	Road Bike	Open	V45-49
07:24	24	Jonathan	Graciano	Medway Velo Club	TT Bike	Open	V55-59
07:25	25	Mark	Hill	VeloRefined Rule 5	TT Bike	Open	V55-59
07:26	26	Sam	Day	CS Grupetto	TT Bike	Open	V50 -54
07:27	27	Alex	Milne	Ashford Tri Club	TT Bike	Open	V40-44
07:28	28	Maria	Sparks	Ashford Whs	TT Bike	Female	Senior
07:29	29	David	Wastall	Wigmore CC	Road Bike	Open	V45-49
07:30	30	Nicholas	Fennell	Thanet RC	TT Bike	Open	Senior