



**VETERANS TIME TRIALS ASSOCIATION
(KENT GROUP)**

50 Mile Time Trial

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

Incorporating the Bruce Kingsford 50 Miles Tricycle Championship
promoted by the Tricycle Association (South Eastern Region)

VTTA Kent Group Championships, BBAR & ECCA BAR Counting Event

Course Q50/11

Ham Street – Brenzett - Brookland – Lydd – Brenzett – Ham Street

Sunday 10 July 2022 at 06.30

START SHEET

Timekeeper:

(Start & Finish) Paul Mepham - (VC Elan – Harry Perry Cycles)

Tricycle Association Awards

1st on scratch TA Gilt Medal and to hold the Bruce Kingsford and Stan Spelling Trophies for one year.

1st handicap TA Gilt Medal

VTTA Awards - Veteran Riders

1 st on age standard	£40
2 nd on age standard	£30
3 rd on age standard	£20
Fastest Male Vet on actual time	£15
Fastest Female Vet on actual time	£15
1 st Club Team of two on Age Standard	£10 each

VTTA Awards - Non-Veteran Riders

Fastest Male	£15
Fastest Female	£15

Please note that VTTA members only are eligible for the veterans' awards listed above (including those on actual time). If you are over 40 and not yet a VTTA member, you can become eligible for these vets' awards by joining the VTTA online before the date of the event at: vttta.org.uk and bringing proof of membership with you on the day.

TA EVENT SECRETARY & HANDICAPPER:

Mark Vowells and Handicapper
Penny Green, Round Street
Cobham, Kent.DA13 9BA
Tel: 01474 393402

VTTA EVENT SECRETARY:

Robert Giles
91 Park Way, Coxheath
Maidstone, Kent. ME17 4EX
Mobile 07905 086613.

Email – robertgiles@icloud.com (PMR@Events)

COMPETITORS NOTES**Covid-19 is still very much present and the CTT still have some guidance in place as follows:**

Competitors should not attend if they feel ill in ANY way especially if they, or family members have any CV19 symptoms.

An elevated resting heart rate, or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case. Any competitor where the above is relevant should obtain a lateral flow test. Competitors are encouraged to undertake a lateral flow test prior to attending the event.

Any Positive Tests - The competitor should not attend the event.

Spectators and officials are encouraged to undertake a lateral flow test before attending the event.

1. **ALL** riders wear recognised protective headgear that meets an internationally accepted safety standard.
2. **WORKING** front and rear lights, either flashing or constant, **MUST** be fitted to the machine at the start.
3. Parking is **not permitted within 25 metres of the start** or at the finish.
4. The start is about 400 metres from the event HQ, allow yourself at least 5 minutes to ride there.
5. Riders must not warm up on the course after the start.
6. It would be appreciated if riders do not wear shoe plates in the HQ.
7. Numbers will be at the HQ and issued at signing on.
8. Numbers should be centrally positioned below the waist so as 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.

EVENT HQ – Ham Street Sports Pavilion, Ham Street, Ashford, Kent TN26 2JH.

SIGNING ON

Parking spaces are not allocated - please park as quickly and quietly as possible. Once parked, go to the pavilion, sign on and collect your race number, know your number and bring your own pen.

Changing facilities and toilets are available.

Turbo warmups are permitted as long as you can respect current social distancing rules.

HQ TO THE START - Turn right out of the car park and continue for 400 metres to reach the start.

AT THE END OF THE RACE

Remember you must return to the event HQ as soon as possible, even if DNF, to sign out, return your number and check to see if you are required for **DOPING CONTROL**. Failure to sign out **WILL result in DNF**.

RESULTS

Do not approach the timekeeper after finishing.

Results will be available on the day and will be published as soon as possible.

You are encouraged to stay for the prize giving.

Course Q50/11 - Start on Marsh Road at Ham Street (TR004327) under high power lines south of Mountain Farm entrance, proceed to Johnsons Corner to join A2070 (0.6miles). Proceed south on A2070 to Brenzett RAB (3.95miles). Take second exit at Brenzett RAB junction of A259/A2070/B2080 on to A259 and follow via Brookland RAB to East Guldeford where turn left via Camber to Lydd, skirting the town. Straight on at Lydd RAB to join the B2075 at 'T' junction where turn right (CARE) and proceed to Hammonds Corner where left onto A.259 to Brenzett RAB (25.34 miles) Take first exit to Brookland RAB and complete a second circuit via Camber and Lydd to Brenzett RAB (46.73 miles)

Take 3rd exit (CARE) onto A2070 to finish 12 metres north of lamppost No. UAT 005 at north end of lay-by, approx 100m south of Johnsons Corner. (50 miles)

