

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

Open 10 mile Time Trial
Saturday 13th May 2023
Start time 15:00
Course Q10/24 (Grain-Fenn Corner-Grain)

HQ: Grain Village Hall, Chapel Rd, Grain, ME3 0BY

(open from approx. 13:45)

Riders are requested to read the start sheet carefully. Failure to adhere the CTT risk assessment could result in disqualification from the event.

Riders are thanked for complying with regulations.

Results will be available at this link:

medwayvelo.org/open10/

Overall MVC Open Prize

For the fastest combined times across this event and our 25mi event:

Open 25 mile Time Trial

Sunday 21st May 2023

Q25/3 (Hamstreet)

Fastest Overall Time: £20

1st Woman Overall Time: £20

2nd Overall: £10

2nd Woman: £10

Prizes for the 10 mile event alone are listed below

Medway Velo Club – Open 10 Mile Time Trial

Start on A.228 west of Grain village 14 metres north of the lamppost GFY26 on the Strood bound carriageway, by a minor access road to the National Grid site, where the continuous white road edge line starts. Proceed west on A228 to turn at Fenn Corner roundabout (5.07 miles). (M) Retrace on A.228 to finish directly opposite the lamppost GFY19 situated on Strood bound carriageway. (10 miles)



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. Riders should not warm-up on the course after the start.
5. It would be appreciated if riders do not wear shoe plates inside the HQ.
6. There will be a pusher off available to all competitors, but please politely decline should you not wish to be pushed off.
7. Numbers should be centrally positioned below the waist, so as to be clearly visible from the rear. If the timekeepers cannot see your number, you may not be given a time.
8. After finishing, you must return your number and 'sign out'. This is for your own safety and failure to sign out may result in disqualification
9. 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.
10. 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
11. Riding with hands and wrists draped over the front of handlebars risks disqualification in line with regulation 20.

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.

Road bike category rules:

- No aero bars
- No disc wheels / wheels deeper than 90mm. Wheels must have minimum 12 spokes each.
- Please indicate when signing on if you are competing in the road bike category.

Course Records

Males: Chris Fennell (19/6/2021)	18:29
Females: Emma Lewis (18/5/2019)	21:19
Junior: Harry Ives (19/6/2021)	20:35
Female Junior: Tallulah Butcher (24/4/2021)	26:47
Tandem: Anthony Whale, Jeremy Parker (22/4/23)	29:22

Awards

1st Fastest £20	1st Woman £20	1st Vet OAS £10
2nd Fastest £15	2nd Woman £15	2nd Vet OAS £5
3rd Fastest £10	3rd Woman £10	
Fastest Road Bike £5	1st Woman Road Bike £5	

Prizes will be presented at the end of the event at Event HQ.

Event Secretary/Promoter

Matt Nunn
175 Edward Vinson Drive, Faversham, Kent, ME13 8FF
07905284777
nunnmatt@gmail.com

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

Marshals/Sign on/Results – Rob Kennison, Rodney Kennison, Kieran Lawlor, Michael Stanley, Rachel Hartridge (all Medway Velo)

Please remember to thank our timekeepers and helpers. They are all volunteers without whom we would not have an event.

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

Event HQ / pre-race routine

Event Headquarters: will be open from 13:45 hrs.

Grain Village Hall,
Chapel Rd,
Grain,
ME3 0BY

Numbers will be issued to you after you have signed on just inside the hall, please bring your own pins.
NOTE: After finishing, you must return your number and 'sign out'. This is for your own safety and failure to sign out may result in disqualification

If possible, please bring a pen to sign in / out. Hand sanitiser will be provided for use of riders before signing in / out.

There is some parking available at the HQ. There is alternative parking, close to the start/finish area, on Power Station Road.

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

There will be toilet facilities and some refreshments provided at the HQ.