



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

10 Mile Time Trial

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

VTTA Kent Group Championships

Course Q10/1

Ham Street – Cloverleaf – Johnsons Corner (A2070)

Sunday 29 July 2023 at 07.00

START SHEET

Timekeepers:

Start: Christine Burrows Thanet RC

Finish: Andy McCall Thanet RC

VTTA Awards - Veteran Riders

1 st on age adjusted time	£30
2 nd on age adjusted time	£20
3 rd on age adjusted time	£10

Fastest Male Vet on actual time	£15
Fastest Female Vet on actual time	£15

1st Club Team of two on Age Standard £10 each

VTTA Awards - Non-Veteran Riders

Fastest Male	£15
Fastest Female	£15

(One award per rider, apart from team award)

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.

VTTA EVENT SECRETARY: Robert Giles, 91 Park Way, Coxheath, Maidstone, Kent. ME17 4EX - VTTA (Kent)

Mobile 07905 086613.

Email – robertggiles@icloud.com

COMPETITORS NOTES

Covid-19 is still around 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 must 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 in the vicinity of the start or at the finish.**
4. The start is about a mile from the event HQ, allow yourself at least 10 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

Post Code - TN26 2JH What3Words – misfits.headset.vacancies

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. Changing facilities and toilets are available.

Turbo warmups are permitted.

HQ TO THE START - Turn left out of the HQ car park onto The Street, Hamstreet. Ride straight on up the hill past Hamstreet Railway Station, after reaching the road bridge turn right into the link road, you will then see 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**.

Refreshments will be available

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 DETAILS

Ham Street – Cloverleaf – Johnsons Corner (A2070)

Start opposite the manhole cover approx 75 yards west of Junction between link road from Ashford Road (north of Hamstreet Village) and the A2070.

Proceed eastwards and turn left (M) onto A2070 and proceed North over Bridgefield RAB to Cloverleaf RAB, turn (M) and retrace south on A2070 to Johnson's Corner where left (M) onto old A2070 towards Hamstreet village to finish approx 50 yards before bridge over Royal Military Canal. (distance 10.05 miles)

START SHEET

	Name		Gen	Cat	Club	Vet Std	Start
1							07:01
2							07:02
3							07:03
4							07:04
5							07:05
6	Vernon	Thomas	M	V79	Greenwich Tritons Tri Club	00:31:22	07:06
7	Andy	Burrows	M	V80	Thanet RC	00:31:39	07:07
8	Aiga	Kolosova	F	S37	Medway Velo Club	-	07:08
9	Christopher	Meakin	M	S31	Thanet RC	-	07:09
10	Ida	Smith	F	V44	Onyx RT	00:28:52	07:10
11	Andy	MacPherson	M	V56	VC Deal	00:27:24	07:11
12	Tom	Richardson	M	V64	San Fairy Ann CC	00:28:22	07:12
13	No	Rider				-	07:13
14	Michael	Coulter	M	V75	Gravesend CC	00:30:20	07:14
15	Michael	Stanley	M	V51	Medway Velo Club	00:26:56	07:15
16	Shay	Giles	M	V78	Thanet RC	00:31:05	07:16
17	Natasha	Jarman	F	V42	Southboro' & Dist. Whs	00:28:42	07:17
18	Alex	Milne	M	V42	Ashford Tri Club	00:26:14	07:18
19	Chris	Bax	M	V71	Thanet RC	00:29:30	07:19
20	Jennifer	George	F	V40	HUUB WattShop	00:28:33	07:20
21	Pete	Elms	M	V56	VC Deal	00:27:24	07:21
22	Mathew	Lister	M	V42	Thanet RC	00:26:14	07:22
23	Nick	Wilson	M	V60	Rye & District Whs CC	00:27:51	07:23
24	Rebecca	Wilson	F	V58	Rye & District Whs CC	00:30:15	07:24
25	Paul	Burrows	M	V46	Thanet RC	00:26:32	07:25
26	Richard	Birtwhistle	M	V67	Sydenham Whs	00:28:49	07:26
27	Andrew	MacPherson	M	V43	Rye & District Whs CC	00:26:19	07:27
28	Sam	Hodge	M	Esp19	Thanet RC	-	07:28
29	Martin	Simmons	M	C357	CC Breckland	00:27:30	07:29
30	Matthew	Smith	M	V43	Colour Tech RT	00:26:19	07:30
31	Mark	Hill	M	V56	VeloRefined Rule 5	00:27:24	07:31
32	Steve	Gooch	M	V57	Rye & District Whs CC	00:27:30	07:32
33	Christian	Yates	M	V60	East Grinstead CC	00:27:51	07:33
34	Debbie	Percival	F	V61	Kent Velo Girls/Boys	00:30:39	07:34
35	Andrew	Meilak	M	V57	VeloRefined Rule 5	00:27:30	07:35
36	Huseyin	Vardal	M	V50	Gemini BC	00:26:51	07:36
37	Simon	Henderson	M	V60	Thanet RC	00:27:51	07:37
38	Mark	Thomas	M	V60	Bigfoot CC	00:27:51	07:38
39	Sam	Day	M	V49	CS Grupetto	00:26:46	07:39
40	Nicholas	Fennell	M	S30	Thanet RC	-	07:40