



**Present a 10 Mile Time Trial on
Course Q10/30 (A299 Thanet Way)
(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)**

Sunday 23rd July 2023 at 07:00

Timekeepers: (Start) Dave Mastin – Thanet RC
(Finish) Andrew McCall – Thanet RC

Awards

Men & Women Fastest TT on Scratch

1st £20
2nd £15
3rd £10

Fastest on Age Std.

1st £20
2nd £15
3rd £10

Fastest Junior

1st £20

Men & Women Fastest Road Bike

1st £20

Fastest Team of 2

£10 each

One prize per rider

COMPETITORS NOTES

Covid-19 is still present and the CTT 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.

1. In the interest of safety, CTT Regulations state that 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 of the event.
3. **WITHOUT** lights or helmet you will **NOT BE PERMITTED** to start

4. Parking is **not permitted within 25 metres of the start** or at the finish.
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 available 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/SIGN ON/OFF – St. Bartholomew's Church Hall, King Edward Ave, Herne Bay, CT6 6EB, on street parking ONLY. Open from 6:00.

HQ TO THE START – The Head quarters are 1.5 miles to the start. Turn left out of King Edward Ave onto Mickleburgh Hill, follow the road until it takes you across Blacksole bridge onto Margate Rd, this will lead you to the roundabout to gain access to the Thanet Way. Continue on Thanet way for about 0.5 miles then take the slip road for Reculver and turn left onto Sweechbridge Road where you will find 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 finish timekeeper after finishing.

Results should be available on the day, so we should hopefully have a prize presentation 😊

Q10/30 COURSE DETAILS - Start at eastern end of 1st drain in May Street, just before entrance to Southern Water Services Depot (TR208673). Proceed via service road to join A299, continue on A299 to St Nicholas at Wade RAB, take 3rd exit to Monkton RAB (5.472 miles). Turn and retrace A299 to finish west of the Roman Galley PH on slip road to Chislet, 4 yards before last LP FUV010 before turning left on slip road (TR225676).

EVENT SECRETARY: Michael Friend, 11 Quex View Road, Birchington, Kent, CT7 0DZ M: 07921 491658, E: michael.john.friend@hotmail.com

START SHEET

No.	Start Time	Name	Machine	Club	Gender	Category
1	07:01	Jennifer Fearn	TT Bike	Thanet RC	Female	Veteran
2	07:02	Eryka Smith	Road Bike	VC Deal	Female	Veteran
3	07:03	Colin Inett	TT Bike	Thanet RC	Male	Veteran
4	07:04	Shay Giles	TT Bike	Thanet RC	Male	Veteran
5	07:06	Martin Kober	TT Bike	Abellio - SFA Racing Team	Male	Veteran
6	07:06	Peter Huckstep	TT Bike	Thanet RC	Male	Veteran
7	07:07	Robert Giles	TT Bike	VTTA (Kent)	Male	Veteran
8	07:08	Andy Robinson	TT Bike	Ashford Whs	Male	Veteran
9	07:09	Debbie Percival	TT Bike	Kent Velo Girls/Boys	Female	Veteran
10	07:10	Mathew Lister	TT Bike	Thanet RC	Male	Veteran
11	07:11	Andy MacPherson	TT Bike	VC Deal	Male	Veteran
12	07:12	Douglas Tulett	TT Bike	Thanet RC	Male	Juvenile
13	07:13	Lance Childs	TT Bike	TAAP Endura	Male	Senior
14	07:14	Christopher Bax	TT Bike	Thanet RC	Male	Veteran
15	07:15	Mark Hill	TT Bike	VeloRefined Rule 5	Male	Veteran
16	07:16	Andy Burrows	TT Bike	Thanet RC	Male	Veteran
17	07:17	Tim Kingston	Road Bike	GS Invicta	Male	Veteran
18	07:18	Michael Philpot	TT Bike	Royal Navy & Royal Marines CA	Male	Veteran
19	07:19	Colin Jarman	TT Bike	Southborough & Dist. Whs	Male	Veteran
20	07:20	Anthony Westwood	TT Bike	Gravesend CC	Male	Veteran
21	07:21	Natasha Jarman	TT Bike	Southborough & Dist. Whs	Female	Veteran
22	07:22	Mick Claydon	TT Bike	Ashford Whs	Male	Veteran
23	07:24	Dave Richards	TT Bike	San Fairy Ann CC	Male	Veteran
24	07:24	Pete Elms	TT Bike	VC Deal	Male	Veteran
25	07:25	Paul Burrows	Road Bike	Thanet RC	Male	Veteran
26	07:27	Jonathan Smith	Road Bike	Onyx RT	Male	Veteran
27	07:27	Jeremy Roth	TT Bike	San Fairy Ann CC	Male	Veteran
28	07:27	David Smith	TT Bike	VC de Londres	Male	Veteran
29	07:29	Simon Henderson	TT Bike	Thanet RC	Male	Veteran
30	07:30	Kevin Tye	TT Bike	VeloRefined Rule 5	Male	Veteran
31	07:31	Michael Coulter	TT Bike	Gravesend CC	Male	Veteran
32	07:32	Nigel Fry	Road Bike	Southborough & Dist. Whs	Male	Veteran
33	07:33	Mark Cain	Road Bike	Abellio - SFA Racing Team	Male	Veteran
34	07:34	Matt Lacey	TT Bike	San Fairy Ann CC	Male	Veteran
35	07:35	Paul Smith	TT Bike	VeloRefined Rule 5	Male	Veteran
36	07:36	James Harrison	TT Bike	Hythe Cycling Club	Male	Veteran
37	07:37	Tom Rowing	Road Bike	Abellio - SFA Racing Team	Male	Senior
38	07:38	Gary Grayland	TT Bike	CC Bexley	Male	Veteran
39	07:39	Reuban Davey	TT Bike	Abellio - SFA Racing Team	Male	Senior
40	07:40	Nicholas Fennell	TT Bike	Thanet RC	Male	Senior