

THE MVC 10 MILE

TIME TRIAL

2-UP TTT AND TANDEM COMPETITION

SATURDAY, 23 MAY 2015 AT 3PM



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

EVENT HEADQUARTERS

Village Hall, Chapel Road,
Isle of Grain ME3 0BY,
where there is plentiful parking.
Hall will be open from 2pm

SCAN FOR DIRECTIONS:



EVENT SECRETARY

#PinkGold (MVC)
77 Sterling Road, Sittingbourne, Kent ME10 1SN
07830 776 587 | sallyrsmith@hotmail.co.uk

TIME KEEPERS

A huge thank you to our time keepers
Ernie Mackey (MVC) &
Vic Williams (MVC)

Sponsored by:

Commercial
Procurement
Consultancy Ltd



THE SUFFERFEST

Designed by:

unica
creative

Photograph by:

dh
Dave Hayward.com
PHOTOGRAPHY

THE COURSE - Q10/24

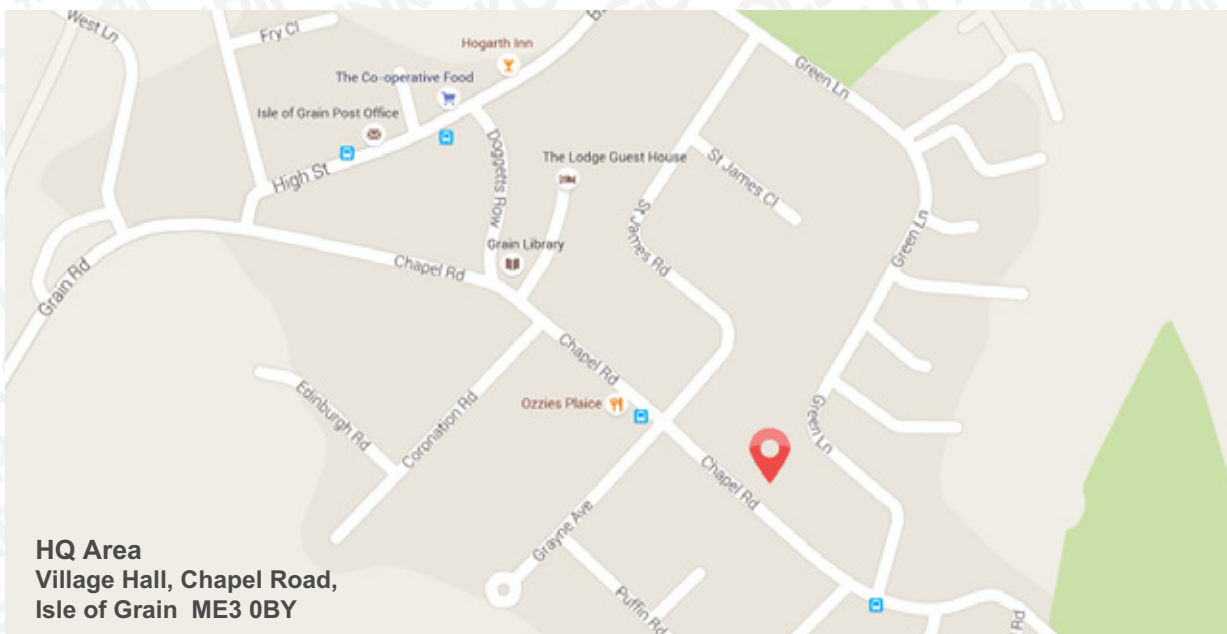
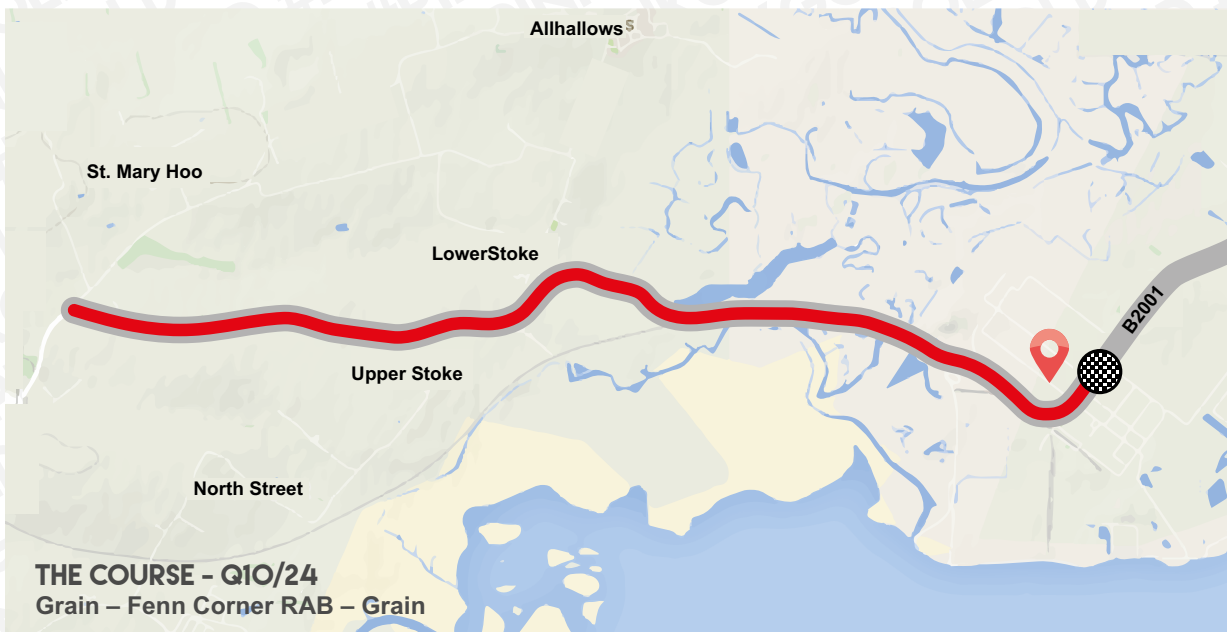
Grain – Fenn Corner RAB – Grain

www.strava.com/segments/7255704

HQ Area: Start on A.228 west of Grain village at the 'Slow Lorries Turning' sign approximately 350 yards east of Brit Ned/Bam Nuttall sign. Proceed west on A228 to turn at Fenn Corner roundabout (5.27 miles). Retrace on A.228 to finish at the triple National Grid sign approximately 100 yards west of Gate F. (10 miles).

The men's course record is held by **Jonathan Parker – 20.43**

The ladies course record is held by our very own **Mrs Louise Mason in 23.23**



PRIZE LIST

The prizes, kindly donated by **Commercial Procurement Consultancy Ltd**

The start sheet has your category selected, if this is incorrect or changes please inform the event secretary

THE SOLO EVENT

1st on scratch (Men) £50

1st on scratch (Women) £50

TT bike category (Men) 1st £25, 2nd £15, 3rd £10, 4th £5, 5th £5

TT bike category (Women) 1st £25, 2nd £15, 3rd £10, 4th £5, 5th £5

Road bike category* (Men) 1st £25, 2nd £15, 3rd £10, 4th £5, 5th £5

Road bike category* (Women) 1st £25, 2nd £15, 3rd £10, 4th £5, 5th £5

Veteran on standard (Men) 1st £15, 2nd £10, 3rd £5, 4th £5, 5th £5

Veteran on standard (Women) 1st £15, 2nd £10, 3rd £5, 4th £5, 5th £5

Juvenile (under 16) 1st £15, 2nd £10, 3rd £5

Junior (16 to 18) 1st £15, 2nd £10

Team of 3 1st £30 (£10 each)

Fixed gear 1st £25, 2nd £15

Highest placed MVC

On TT bike (Men) £10

On TT bike (Woman) £10

On road bike £10

South East Women's TT Series Category winners will receive prizes

Highest placed KPRA Member to receive a prize

*Qualifying road bikes must have wheels less than 50mm deep and no aero extensions (TT bars).

TEAM TIME TRIAL (2-UP)

Scratch 1st £40 (£20 each) 2nd £30 (£15 each) 3rd £20 (£10 each)

Mixed 1st £40 (£20 Each)

Female 1st £40

Highest Placed MVC 1st £20 (£10 each)

Highest place KPRA Prize

TANDEM

Scratch 1st £40 (£20 each)

Scratch 2nd £30 (£15 Each)

Highest Placed MVC Prizes

FREE/ CHARITY EVENT MASSAGE

See Jo and Adrian in race HQ for your massage, if you are really happy with this service you are welcome to leave a small donation for the Medway Velo's chosen charity for this event – The Pilgrims Hospice.

As part of your pre-ride preparation, benefit from a short warm up leg massage. Helps to minimise injury and maximise performance. Enhance your post ride recovery with a massage and stretch routine. Helps to reduce muscular discomfort.

Ask them about maintenance and remedial work that will help to keep you competing to your highest level.

NUMBERS

Numbers will be in the event headquarters hall and will be personally issued to each rider after they have signed on. Riders should refer to Regulation 16 - which states that 'the number should be centrally positioned below the waist so as to be clearly visible from the rear when in the normal riding position'. Numbers can be exchanged for a drink on completion of their ride.

Kindly note – gluing/sticking of our numbers is not permitted, riders who ruin the numbers this way will have any prize money withheld.

Please shout your number when finishing to assist the timekeepers.

RULES AND RECOMMENDATIONS

Remember no drafting is allowed, this is your race, keep it that way or risk a DQ

Please remove shoes with cleats before entering the hall.

Start is approximately 1 mile from the headquarters, allow sufficient time to get to the start so as to avoid late starts. Please avoid warming up past the finishing point once the event has started.

All riders under the age of 18 years **MUST** wear recognised standard protective headgear.

MVC strongly support the wearing of helmets in the event, so put a lid on it.

In the interests of safety it is recommended that all riders should wear a hard shell helmet that meets an internationally accepted safety standard.

Remember – heads up accidents down, look where you're going, these are the simple rules that keep us alive!

HAVE A SAFE RIDE - SUFFER AND ENJOY!

SPONSORED CLUBS

4T+ VELO CLUB

ABELLIO - SFA RACING TEAM

PMR@TOACHIM HOUSE

VELOREFINED AEROSMITHS

ADALTA CC

VC ELAN

A3RG

OFFICIAL PHOTOGRAPHY

Southern Edge Cycling

Official photos will be available to purchase from Southern Edge Cycling

www.facebook.com/SEdgeCycling

or

www.southernedgecycling.smugmug.com

No	Time	Name	Club	Category	LTS	VET STD
1 2	15.01	Neil Lewis Anthony Bell	North Road CC San Fairy Ann CC	Tandem (47) Tandem (46)		
3 4	15.03	Paul Buckley Christopher Hyde	Wigmore CC Wigmore CC	Tandem (50) Tandem (16)		
5 6	15.05	Steve Smith Nicola Smith	Medway Velo CC Medway Velo CC	Tandem (38) Tandem (39)		
7 8 RES	15.07	Victoria Strila Susan Freeburn Sally Smith	PMR@Toachim House PMR@Toachim House Medway Velo CC	WS WV40 WV40 WS		
9 10	15.09	David Bellinger Matt Fearn	Medway Velo CC Medway Velo CC	MV42 MS MS		
11 12	15.11	Colin Newton Michael French	Folkestone Velo Club Folkestone Velo Club	MS MV47		
13 14	15.13	Lee Pilcher Alex Woolley	Medway Velo CC Medway Velo CC	MS MS		
15 16	15.15	Eva Nyirenda Patrick Brennan	A3rg A3rg	WS MS		
17 18	15.17	Spencer Wood Richard McEvoy	Adalta CC Adalta CC	MS MV50		
19 20	15.19	Nigel Wharton Neil Ord	Medway Velo CC Medway Velo CC	MV58 MV58		
21 22	15.21	Matthew Marsden Andrew Buckley	Adalta CC Adalta CC	MV47 MS		
23 24	15.23	David Smith Josh Haasz	VC De Londes VC De Londes	MS MS		
25 26	15.25	Michael Fowler Julian Hutchings	Old Portlians CC Old Portlians CC	MV55 MV59		
27 28	15.27	Tom Rowing Martin Foord	Abellio SFA RT Abellio SFA RT	MS MV52		
29 30	15.29	Richard Bayfield Wayne Van Ry	London Pheonix Big Foot CC	MV46 MS		
31	15.31	Matt Nunn	Medway Velo CC	MS Road	25.42	
32	15.32	Ian Stephens	Medway Velo CC	MV49 TT	23.52	26.41
33	15.33	Colin Record	West Kent CC	MV70 TT	26.07	29.02
34	15.34	Jo Sloman	Dulwich Paragon	WS Road		
35	15.35	Dominic Campbell	Medway Velo CC	MS Road	Fixed 22.11	
36	15.36	Michael Saadat	Southborough Wheelers	MV55 TT	23.20	27.09
37	15.37	Dave Mastin	Thanet RC	MS TT	24.55	
38	15.38	Ross Pilcher	Sittingbourne Striders Tri	MS TT	28.04	
39	15.39	Katie Crowe	Dulwich Paragon	WS TT		
40	15.40	Phil Bull	Velorefined Aerosmiths	MV59 TT	20.23	27.32
41	15.41	Ryan Kuwertz	Southborough Wheelers	MS38 TT	22.47	
42	15.42	Nigel John Perry	Abellio SFA RT	MV51 TT	23.50	26.50
43	15.43	Colin Innett	Thanet RC	MV74 TT	25.44	29.53
44	15.44	Mathilde Pauls	Fusion RT	WS TT		
45	15.45	Daniel Tolhurst	Medway Velo CC	MS TT	22.05	
46	15.46	Oliver Dickson	Thanet RC	MJn16 TT	23.19	
47	15.47	Andy Burrows	Thanet RC	MV72 TT	24.50	29.26
48	15.48	Andrew McCall	Thanet RC	MV60 TT	27.19	27.48
49	15.49	James Brincat	Sittingbourne Striders Tri	MS Road		
50	15.50	Anthony Westwood	Gravesend CC	MV49 TT	20.13	26.41
51	15.51	Paul Vine	Wigmore CC	MV41 TT	22.42	26.04
52	15.52	Nolan Heather	Worthing Excelsior CC	MS TT	23.42	
53	15.53	Matthew Friday	4T+ Velo	MJv TT	25.40	
54	15.54	Jennifer Crouch	Team Velosport	WS Road		
55	15.55	Michael Gore	Medway Velo CC	MS TT	21.54	

No	Time	Name	Club	Category	LTS	VET STD
56	15.56	Louise Mason	Medway Velo CC	WS TT	23.17	
57	15.57	Alan Rowe	De Laune CC	MV76 TT	24.48	30.23
58	15.59	Chris Alcott	Medway Velo CC	MS36 TT	27.00	
59	16.00	David Forman	Sittingbourne Striders Tri	MS TT		
60	16.01	Andrew Meilak	Velorefined Aerosmiths	MV48 TT	20.07	26.36
61	16.02	James Amy	Medway Velo CC	MV44 TT	22.29	26.18
62	16.03	Paul Fairman	Abellio SFA RT	MV60 TT	23.39	27.48
63	16.04	Nicola Goodban	Thanet RC	WV43 TT	25.32	28.19
64	16.05	Doug Fince	Southborough Wheelers	MV64 TT	33.52	28.06
65	16.06	Simon Henderson	Thanet RC	MV52 TT	21.22	26.54
66	16.07	Toby Hammond	Thanet RC	MJv15 TT	23.07	
67	16.08	Tony West	Sittingbourne Striders Tri	MS TT	24.44	
68	16.09	Cameron Piper	San Fairy Ann CC	MJv15 TT	26.56	
69	16.10	Matthew Norris	Sittingbourne Striders Tri	MV41 Road		26.04
70	16.11	Ben Wimpory	PMR@Toachim House	MS TT	19.55	
71	16.12	Lee Russell	VC Elan	MS49 TT	22.22	26.41
72	16.13	James Dickson	Thanet RC	MV50 TT	23.33	26.45
73	16.14	Malcolm Adams	De Laune CC	MV76 TT	25.15	30.23
74	16.15	Stephanie Waters	San Fairy Ann CC	WS TT	33.46	
75	16.16	Gary Record	West Kent RC	MS TT	21.07	
76	16.17	Kelly Wyld	4T+ Velo	MV43 TT	23.03	26.13
77	16.18	Phil Booth	Medway Velo CC	MV42 TT	24.02	26.09
78	16.19	Michael Daniels	Southborough Wheelers	MV80 TT	26.43	31.37
79	16.20	Rod Waters	VC Londres	MV48 TT		26.36
80	16.21	Keith Lea	Paceline RT	MV45 TT	19.45	26.23
81	16.22	Lawrence Martin	Thanet RC	MV56 TT	22.17	27.14
82	16.23	Gary Harrison	Thanet RC	MV68 TT	23.21	28.48
83	16.24	Steve Airey	Catford CC	MV52 Fixed TT	25.02	26.54
84	16.25	Martina Ben-Shaul	Dulwich Paragon	WV51 Road	32.00	28.58
85	16.26	Mike Piper	Abellio SFA RT	MS TT	20.36	
86	16.27	Michael Coulter	Gravesend CC	MV67 TT	22.50	28.32
87	16.28	Doug Bentall	Southborough Wheelers	MV49 TT	23.56	26.41
88	16.29	Kristy Howells	Ashford Wheelers	WS34 TT	26.20	
89	16.30	Steve Smith	Medway Velo CC	MS TT	21.40	
90	16.31	Kevin Tye	Velorefined Aerosmiths	MV53 TT	19.04	26.59
91	16.32	Rory Hopcraft	Medway Tri	MS TT	22.12	
92	16.33	Danny Frost	Folkestone Velo	MV51 TT	23.21	26.50
93	16.34	Matt Saywell	Medway Velo CC	MS Road	25.00	
94	16.35	Heidi Hammond	Hythe Cycling Club	WV46 TT	28.22	30.19
95	16.36	Dan Martin	Thanet RT	MJN16 TT	22.12	
96	16.37	Tessa Goddard	Kingston Wheelers	WV51 TT	24.11	28.58
97	16.38	Mark Wright	West Kent RC	MV46 TT	23.56	26.27
98	16.39	Andrew Buckley	Aldata CC	MS TT		
99	16.40	Steven Melia-Chamberlain	Quick Release CC	MS TT		
100	16.41	Gemma Hayes	East Grinstead CC	WSTT	29.33	
101	16.42	Matthew Fearn	Medway Velo CC	WS MS		
102	16.43	Sarah Allewell	Kent Velo Girls	WV46 Road	27.23	30.19
103	16.44	Sheila Woolam	Kent Velo Girls	WV52	29.31	29.03
104	16.45	Sam Hening	Catford CC	MJN16 TT	20.44	