

THE MVC 10 MILE

TIME TRIAL

2-UP TTT AND TANDEM COMPETITION

SATURDAY, 21 MAY 2016 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

ROB KENNISON

16 Pintail Drive, Iwade, Kent ME9 8QW
07759 319225 | rob.kennison@me.com

TIME KEEPERS

A huge thank you to our time keepers
Ernie Mackey (MVC), Vic Williams (MVC)
and Dave Mackey

Sponsored by:

Commercial
Procurement
Consultancy Ltd



THE SUFFERFEST

Designed by:

UNICA
CREATIVE

WWW.UNICA-CREATIVE.CO.UK

Photograph by:

dh
Dave Hayward.com
PHOTOGRAPHY

THE COURSE - Q10/24

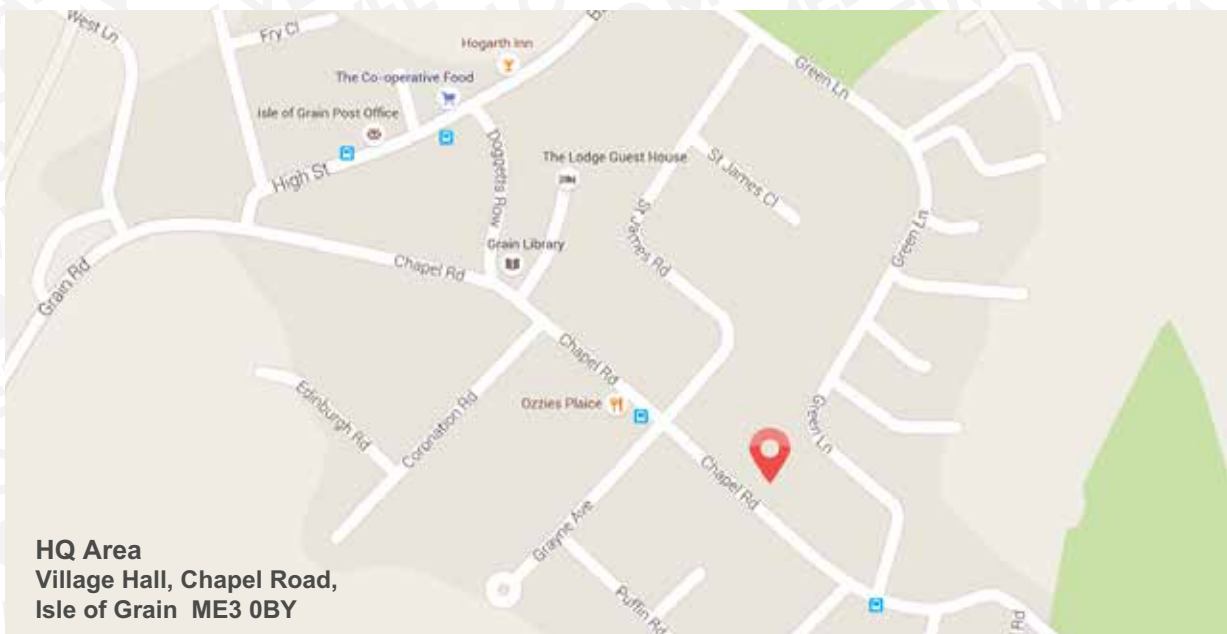
Grain – Fenn Corner RAB – Grain

www.strava.com/segments/7255704

HQ Area: Start on A.228 west of Grain village 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). Retrace on A.228 to finish directly opposite the lamppost GFY19 (situated on Strood bound carriageway) (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 SOLO EVENT

| | Men | Women | Veteran on age standard | Junior | Juvenile | Team of 3 |
|---|--------|--------|-------------------------|--------|----------|-----------|
| 1 | £50.00 | £50.00 | £30.00 | £15.00 | £15.00 | £30.00 |
| 2 | £25.00 | £25.00 | £20.00 | £10.00 | £10.00 | |
| 3 | £20.00 | £20.00 | £10.00 | | | |
| 4 | £15.00 | £15.00 | | | | |
| 5 | £10.00 | £10.00 | | | | |
| 6 | £5.00 | £5.00 | | | | |

TEAM TIME TRIAL (2-UP)

| | Men | Women | Mixed |
|---|--------|--------|--------|
| 1 | £30.00 | £30.00 | £30.00 |
| 2 | £20.00 | £16.00 | £16.00 |
| 3 | £10.00 | | |

TANDEM

| | |
|---|--------|
| 1 | £20.00 |
|---|--------|

FREE/ CHARITY EVENT MESSAGE

See Bob 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 – London Air Ambulance.

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

SPONSORED CLUBS

4T+ VELO CLUB

ABELLIO - SFA RACING TEAM

PMR@TOACHIM HOUSE

VELOREFINED AEROSMITHS

ADALTA CC

VC ELAN

A3RG

SPECIAL THANKS

The organiser would like to thank all of the marshals, timekeepers and helpers for the part they have played in making this such a successful event.

The Tandem Event

| Bib | Start Time | Firstname | Lastname | Club | Gender | Category |
|-----|------------|-------------|----------|------------|--------|----------|
| 1 | 15:02:00 | Paul | Buckley | Wigmore CC | Male | Tandem |
| 2 | | Christopher | Hyde | Wigmore CC | Male | Tandem |

Two Up Event

| Bib | Start Time | Firstname | Lastname | Club | Gender | Category |
|-----|------------|-----------|----------|----------------------|--------|----------|
| 3 | 15:04:00 | Mark | Barton | Medway Velo Club | Male | |
| 4 | | Paul | Daniel | Medway Velo Club | Male | |
| 5 | 15:06:00 | Vincent | Povey | Sheppey Velo | Male | |
| 6 | | Chris | Smith | Sheppey Velo | Male | |
| 7 | 15:08:00 | Danny | Frost | Folkestone Velo Club | Male | |
| 8 | | Colin | Newton | Folkestone Velo Club | Male | |
| 9 | 15:10:00 | Murray | Spencer | CC Bexley | Male | Mixed |
| 10 | | Angela | Spencer | CC Bexley | Female | Mixed |
| 11 | 15:12:00 | Andrew | Buckley | Adalta Cycling Club | Male | |
| 12 | | Dan | Martin | Thanet RC | Male | |
| 13 | 15:14:00 | Michael | Morris | CC Bexley | Male | Mixed |
| 14 | | Jo | Hovenden | CC Bexley | Female | Mixed |
| 15 | 15:16:00 | Sally | Smith | Medway Velo Club | Female | Female |
| 16 | | Carla | Button | Medway Velo Club | Female | Female |
| 17 | 15:18:00 | Grace | Dent | Woolwich CC | Female | Mixed |
| 18 | | Coilin | Webster | Woolwich CC | Male | Mixed |
| 19 | 15:20:00 | Helen | McKay | Les Filles | Female | Female |
| 20 | | Nicole | Oh | Les Filles | Female | Female |

The Solo Event

| Bib | Start Time | Firstname | Lastname | Club | Gender | Category | Age | Age standard |
|-----|------------|-----------|-----------|--------------------------|--------|----------|-----|--------------|
| 28 | 15:28:00 | Matt | Nunn | Medway Velo Club | Male | Senior | 28 | |
| 29 | 15:29:00 | Martin | Russell | Thanet RC | Male | Veteran | 49 | 00:26:41 |
| 30 | 15:30:00 | Ian | Hodge | Southborough & Dist. Whs | Male | Veteran | 57 | 00:27:20 |
| 31 | 15:31:00 | Phil | Booth | Medway Velo Club | Male | Veteran | 43 | 00:26:13 |
| 32 | 15:32:00 | Mark | Vowells | CC Bexley | Male | Veteran | 63 | 00:27:59 |
| 33 | 15:33:00 | Debbie | Percival | 34 Nomads CC | Female | Veteran | 54 | 00:29:14 |
| 34 | 15:34:00 | David | Barnes | Gravesend CC | Male | Veteran | 59 | 00:27:32 |
| 35 | 15:35:00 | Gary | Grayland | CC Bexley | Male | Veteran | 51 | 00:26:50 |
| Bib | Start Time | Firstname | Lastname | Club | Gender | Category | Age | Age standard |
| 36 | 15:36:00 | Matt | Saywell | Medway Velo Club | Male | Senior | 36 | |
| 37 | 15:37:00 | Jeremy | Saynor | PMR @ Toachim House | Male | Veteran | 52 | 00:26:54 |
| 38 | 15:38:00 | Colin | Record | West London CA | Male | Veteran | 71 | 00:29:14 |
| 39 | 15:39:00 | Toby | Anderton | VC Deal | Male | Juvenile | 15 | |
| 40 | 15:40:00 | Jerome | Watts | Team Bottrill | Male | Veteran | 45 | 00:26:23 |
| 41 | 15:41:00 | Andrew | Gibson | Gravesend CC | Male | Veteran | 47 | 00:26:32 |
| 42 | 15:42:00 | Robert | Giles | PMR @ Toachim House | Male | Veteran | 69 | 00:28:52 |
| 43 | 15:43:00 | Robert | Sapp | Medway Velo Club | Male | Veteran | 40 | 00:25:59 |
| 44 | 15:44:00 | Robert | Philbrook | Wigmore CC | Male | Veteran | 58 | 00:27:26 |
| 45 | 15:45:00 | Keith | Brown | VO2 Maximum RT | Male | Veteran | 44 | 00:26:18 |
| 46 | 15:46:00 | Michael | Saadat | Southborough & Dist. Whs | Male | Veteran | 56 | 00:27:14 |

| Bib | Start Time | Firstname | Lastname | Club | Gender | Category | Age | Age standard |
|-----|------------|-----------|------------|----------------------------|--------|----------|-----|--------------|
| 47 | 15:47:00 | Paul | Kelk | Thanet RC | Male | Veteran | 49 | 00:26:41 |
| 48 | 15:48:00 | Matthew | Norris | Sittingbourne Striders Tri | Male | Veteran | 42 | 00:26:09 |
| 49 | 15:49:00 | Stephanie | Waters | San Fairy Ann CC | Female | Senior | 25 | |
| 50 | 15:50:00 | Daniel | Tolhurst | PMR @ Toachim House | Male | Senior | 32 | |
| 51 | 15:51:00 | Sam | Day | CS Grupetto | Male | Veteran | 42 | 00:26:09 |
| 52 | 15:52:00 | Alex | Woolley | PMR @ Toachim House | Male | Senior | 39 | |
| 53 | 15:53:00 | Dean | Painter | MedwayTri | Male | Veteran | 50 | 00:26:45 |
| 54 | 15:54:00 | Jimmy | Mccormack | Woolwich CC | Male | Veteran | 44 | 00:26:18 |
| 55 | 15:55:00 | Mark | Hill | VeloRefined.com Aerosmiths | Male | Veteran | 48 | 00:26:36 |
| 56 | 15:56:00 | Robert | Smart | Adalta Cycling Club | Male | Senior | 37 | |
| 57 | 15:57:00 | William | Broadfield | Chelmer CC | Male | Veteran | 75 | 00:30:07 |
| 58 | 15:58:00 | Gary | Ricks | Woolwich CC | Male | Veteran | 58 | 00:27:26 |
| 59 | 15:59:00 | Hamish | Reilly | Thanet RC | Male | Juvenile | 13 | |
| 60 | 16:00:00 | Jonathan | Coulson | Sydenham Whs | Male | Senior | 22 | |
| 61 | 16:01:00 | Steve | Jezzard | PMR @ Toachim House | Male | Veteran | 53 | 00:26:59 |
| 62 | 16:02:00 | James | Amey | Medway Velo Club | Male | Veteran | | |
| 63 | 16:03:00 | Nicola | Goodban | Thanet RC | Female | Veteran | 44 | 00:28:24 |
| 64 | 16:04:00 | Adam | Bale | Rapha Cycling Club | Male | Senior | 34 | |
| 65 | 16:05:00 | Tony | Day | Bigfoot CC | Male | Veteran | 45 | 00:26:23 |
| 66 | 16:06:00 | Kelly | Wyld | 4 T+ Velo Club | Male | Veteran | 45 | 00:26:23 |
| 67 | 16:07:00 | Alan | Rowe | De Laune CC | Male | Veteran | 77 | 00:30:40 |
| 68 | 16:08:00 | Colin | Inett | Thanet RC | Male | Veteran | 75 | 00:30:07 |
| 69 | 16:09:00 | Steve | Tinnams | CC Bexley | Male | Veteran | 42 | 00:26:09 |
| 70 | 16:10:00 | Gary | Record | West Kent RC | Male | Senior | 33 | |
| 71 | 16:11:00 | Dominic | Campbell | Medway Velo Club | Male | Senior | 25 | |
| 72 | 16:12:00 | Nolan | Heather | Worthing Excelsior CC | Male | Veteran | 40 | 00:25:59 |
| 73 | 16:13:00 | Grant | Cousins | Adalta Cycling Club | Male | Senior | 35 | |
| 74 | 16:14:00 | Lee | Kingston | Medway Velo Club | Male | Veteran | 41 | 00:26:04 |
| 75 | 16:15:00 | Steven | Smith | Medway Velo Club | Male | Senior | 39 | |
| 76 | 16:16:00 | Colin | Robinson | Thanet RC | Male | Veteran | 49 | 00:26:41 |
| 77 | 16:17:00 | Mark | Wright | VTTA (Kent) | Male | Veteran | 47 | 00:26:32 |
| 78 | 16:18:00 | Samuel | Painter | MedwayTri | Male | Juvenile | 15 | |
| 79 | 16:19:00 | Heidi | Hammond | Hythe Cycling Club | Female | Veteran | 47 | 00:28:39 |
| 80 | 16:20:00 | Andrew | Meilak | VeloRefined.com Aerosmiths | Male | Veteran | 49 | 00:26:41 |
| 81 | 16:21:00 | andrew | Buckley | Adalta Cycling Club | Male | Senior | 39 | |
| 82 | 16:22:00 | ian | stephens | PMR @ Toachim House | Male | Veteran | 50 | 00:26:45 |
| 83 | 16:23:00 | Andy | Macpherson | VC Deal | Male | Veteran | 49 | 00:26:41 |
| 84 | 16:24:00 | David | Smith | VC de Londres | Male | Senior | 33 | |
| 85 | 16:25:00 | Rory | Hopcraft | MedwayTri | Male | Senior | 25 | |
| 86 | 16:26:00 | Louise | Mason | Medway Velo Club | Female | Senior | 37 | |
| 87 | 16:27:00 | Simon | Wix | VTTA S.Wales | Male | Veteran | 54 | 00:27:04 |
| 88 | 16:28:00 | Carla | Button | Medway Velo Club | Female | Senior | 25 | |
| 89 | 16:29:00 | Sally | Smith | Medway Velo Club | Female | Senior | 36 | |
| 90 | 16:30:00 | James | Mapley | Blazing Saddles | Male | Espoir | 20 | |