

Kent Cycling Association



President: Mrs. Pat Hill

Open 25 Mile Time Trial

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

Sunday 18th April 2021

Course: Q25/8

Start: 07.00

Timekeepers: Paul Mepham (V.C.Elan) and Christine Burrows (Thanet RC)

Event HQ: Chilham Village Hall, Chilham Castle Estate, Chilham, Canterbury CT4 8DB
Small Hall

HQ open from 6 am.

Event Secretary: Pip Jenkins, 44 Friezlands Road, Tunbridge Wells, Kent TN4 8LJ.
Tel: 07938558894 Email: pip.jenkins88@gmail.com

**PLEASE TAKE NOTE OF THE FOLLOWING COVID 19 GUIDANCE.
SOCIAL DISTANCE RULES APPLY TO ALL RIDERS, HELPERS, MARSHALS
AND TIME KEEPERS.**

PLEASE BE RESPECTFUL AND KEEP US ALL-SAFE.

**PLEASE DO NOT ATTEND THE EVENT IF YOU OR ANY MEMBER OF YOUR
SUPPORT CREW OR FAMILY SHOWS SYSTEMS OF COVID 19 OR FEEL
UNWELL.**

Course: Challock – Canterbury – Ashford – Chilham

Start on A.252 east of Molash at corner post of Northdown House at entrance to Shottenden Lane. (TR 032522). Proceed east on A.252 and A.28 to Milton Manor RAB Thanington (6.726 miles). Turn and retrace (M) on A.28 via Chilham fork where bear left (M) (Extreme Care) to A2070 Willesborough Rd. RAB (17.126 miles). (M) Retrace to Chilham fork where left (M) to re-join A252. Proceed westwards to finish approx. 290 yards past Chilham Castle Keep entrance (TQ 063535).

Course GPS - <https://www.strava.com/routes/2415812?hl=en-GB>

Live Results - <https://resultsheet.co.uk/s/c09ee514>

Course Records M: Chris Fennell - 50.05 W: Emma Lewis – 53:53: Male (Junior) Lance Childs 55:03

Awards

TT Scratch

1st	Gilt Plated Medal
2nd	Silver Plated Medal
3rd	Bronze Medal

Best improvement on previous 3 year PB

1st	Gilt Plated Medal
2nd	Silver Plated Medal
3rd	Bronze Medal

Veteran on Standard

1st	Gilt Plated Medal
2nd	Silver Plated Medal
3rd	Bronze Medal

Women

1st	Gilt Plated Medal
2nd	Silver Plated Medal
3rd	Bronze Medal

Junior

1st	Gilt Plated Medal
2nd	Silver Plated Medal

Fastest Club Team of 3 Riders

Bronze Medals

Road Bike

1st	£15 Aerocoach voucher + Gilt Plated Medal
2nd	Silver Plated Medal
3rd	Bronze Medal

Women

1 st	£15 Aerocoach voucher + Gilt Plated Medal
2 nd	Silver Plated Medal
3rd	Bronze Medal

Junior

1st	Gilt Plated Medal
2nd	Silver Plated Medal

INFORMATION FOR COMPETITORS

The **Headquarters** is at Chilham Village Hall, Chilham Castle Estate, Chilham, Canterbury CT4 8DB (Small Hall)

Numbers and signing on/out sheet will be at the HQ (NOT at the start). Signing on will be done outside. Please bring your own pen for signing and your own safety pins if needed. Please use provided sanitiser. After finishing and signing off please place your number in the bucket of disinfectant provided.

Masks to be worn when at HQ and no spectators allowed.

Competitors must personally sign on and out at the HQ or they will not be allowed to race. Signing-on and out sheets and race numbers will be at the HQ. Failure to do will result in the competitor being recorded as DNF.

Toilets – We will have the use of two toilets – The toilet is located in the passageway to the left of the kitchen. we will operate a one- way system please queue outside following social distancing measures. PLEASE come dressed ready to compete – do not use the toilet as a changing facility.

Please keep the noise to a minimum to avoid unnecessary disturbance to the local residents.

There will be No results or prizes at the HQ, Please do not cognate after your race, and once signed out please head home.

Provisional results will be published live follow link - <https://resultsheet.co.uk/s/c09ee514> and once timekeeper has approved will be uploaded to CTT.

No rider to use a turbo trainer or rollers in the HQ parking area or adjacent roads that are within 50 metres of a domestic property. Anyone failing to comply with this restriction risks disqualification.

Competitors or their helpers must not park in the vicinity of the start or finish. Under no circumstances should competitors approach the timekeeper.

REAR LIGHTS No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Covering the Course The onus of keeping to the course rests with each rider.

Awareness of Surroundings - Competitors must not use ANY audio equipment except prescribed hearing aids. Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing. N.B. A competitor in breach of this regulation shall be disqualified. N.B. Competitors must not use a mobile phone while mounted on their machine.

Do not perform U-turns in the Start and Finishing area of the busy A252.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors MUST wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

Riders please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.

Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:

20. Observance of the Law All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- . (a) not ride in a manner that is unsafe either to themselves or to other road users;
- . (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- . (c) conform to all traffic signs, signals and direction indicators;
- . (d) in making any turn before, during or after the event, ensure that it is safe to do so.

Road Bike Regulations

The aim of this series is to be as inclusive as possible, and so have as few restrictions on bikes as we can.

In general, we have found the following to be a good guide

- 1. No aerobars, clip on aerobars or aero extensions can be used**
- 2. Hands must be holding the handlebars at all times whilst racing (i.e. not with forearms resting on the handlebar)**
- 3. Legs must only be covered to mid shin**
- 4. Wheels may have no more than 90mm rim depth and must have at least 12 spokes**
- 5. Helmets must have no visor**
- 6. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted No aero TT helmets)**

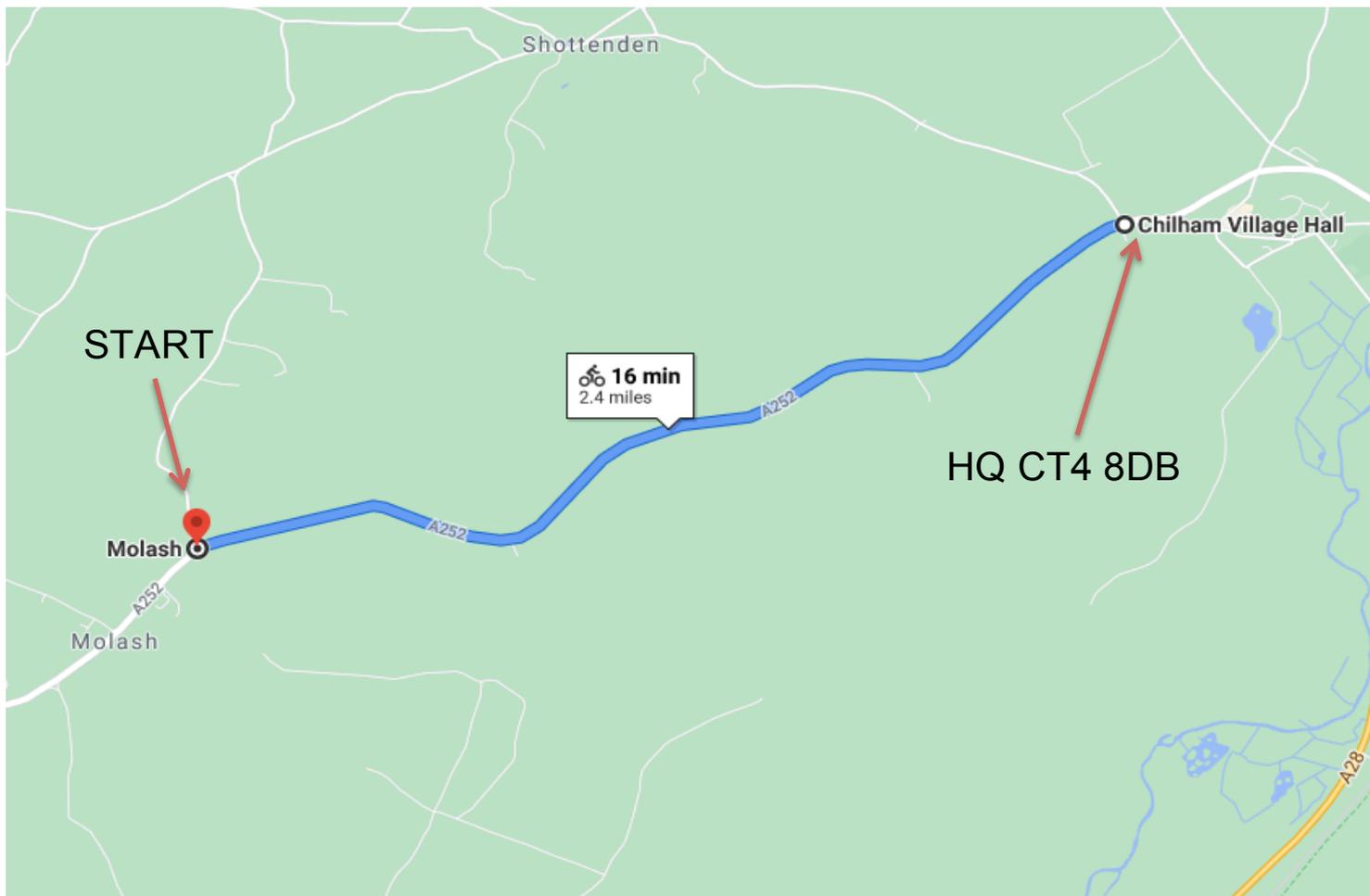
RIDERS BE AWARE:

There are rough sections of road just after the start, on the descent of Molash Hill, also on the return leg on the A28 as you enter Chilham. Also there are potholes approximately 1 mile on the approach to the Canterbury turn and again approximately 2miles on the approach to the Ashford turn. The course is generally in good order but these areas need special care and riders should keep their heads up at all times to view the road ahead.

HEADS UP AND RIDE SAFE.

Directions to the start: Turn left from the HQ car park onto the A251 towards Head west for 2.4 miles on A252 towards Soles hill Rd. Follow road to the entrance to Shottenden Lane the start is on your right.

Allow at least 15 -20 minutes to ride to the start point it is 2.4 miles up hill. Please remember to social distance at the start. Queuing 2 meters apart and not congregating.



KCA 25 Mile Time Trial Q25/8 Sunday 18th April 2021

Road Bike Event

No	Start Time	Firstname	Lastname	Club	Gender	Category
1	07:01	Duncan	Fuller	Lewes Wanderers CC	Male	Veteran
2	07:02	Adrian	Stead	Thanet RC	Male	Veteran
3	07:03	Alex	Balfour	Rye & District Wheelers CC	Male	Veteran
4	07:04	Pritesh	Patel	San Fairy Ann CC Ltd	Male	Senior
5	07:05	Josh	Wakeling	TWB - On Time Race Team	Male	Senior
6	07:06	Mick	Claydon	Ashford Whs	Male	Veteran
7	07:07	George	Finch	GS Invicta - Eye Level Optical- Herbert Cycles	Male	Espoir
8	07:08	Peter	Uyl	Folkestone Velo Club	Male	Veteran
9	07:09	Thomas	Simmons	Royal Navy & Royal Marines CA	Male	Senior
10	07:10	Oliver	Robinson	Thanet RC	Male	Espoir
11	07:11	Neil	Gerrard	Folkestone Velo Club	Male	Veteran
12	07:12	Carolyn	Swan	1904RT	Female	Veteran
13	07:13	Georgia	MacKenzie	Hythe Cycling Club	Female	Senior
14	07:14	Nicola	Spensley	Kent Velo Girls/Boys	Female	Veteran
15	07:15	Luke	Alexandre	Abellio - SFA Racing Team	Male	Senior
16	07:16	Rebecca	Kearney	Will Houghton Racing Team (WHRT)	Female	Senior
17	07:17	Philip	Murrell	Finsbury Park CC	Male	Veteran
18	07:18	Grace	Dent	Project 51	Female	Senior
19	07:19	Keith	Ramsey	Kent Velo Girls/Boys	Male	Veteran
20	07:20	Ian	Bray	Addiscombe CC	Male	Senior

TT Event

No	Start Time	Firstname	Lastname	Club	Gender	Category
21	07:21	Kate	Bosley	Abellio - SFA Racing Team	Female	Veteran
22	07:21	John	Bosley	Abellio - SFA Racing Team	Male	Veteran
23	07:23	Samuel	Robinson	Ashford Whs	Male	Senior
24	07:24	Simon	Henderson	Thanet RC	Male	Veteran
25	07:25	Tom	Rowing	Abellio - SFA Racing Team	Male	Senior
26	07:26	Pip	Jenkins	Southborough & Dist. Whs	Female	Senior
27	07:27	Casey	Humber-Kelly	VC Deal	Male	Juvenile
28	07:28	David	O'Meara	Kent Velo Girls/Boys	Male	Veteran
29	07:29	Glenda	Goscomb	7Oaks Tri Club	Female	Veteran
30	07:30	Lewis	Tompsett	Thanet RC	Male	Senior
31	07:31	Owen	Pottle	Kent Velo Girls/Boys	Male	Veteran
32	07:32	Colin	Newton	Thanet RC	Male	Senior
33	07:33	David	Bagge	Southborough & Dist. Whs	Male	Veteran
34	07:34	David	Greenwood	Rye & District Wheelers CC	Male	Veteran
35	07:35	Mark	Perryman	London Clarion	Male	Veteran
36	07:36	Christopher	Bax	Thanet RC	Male	Veteran
37	07:37	Glenn	Hutchison	Sheppey Velo	Male	Veteran
38	07:38	Jane	Wiley	7Oaks Tri Club	Female	Veteran
39	07:39	Mike	Perry	Thanet RC	Male	Veteran
40	07:40	Neil	Harrigan	Gemini BC	Male	Veteran

41	07:41	Nathan	Russell	trainSharp	Male	Senior
42	07:42	Andy	Robinson	Ashford Whs	Male	Veteran
43	07:43	Shaun	Williams	Abellio - SFA Racing Team	Male	Veteran
44	07:44	Timothy	Wells	7Oaks Tri Club	Male	Senior
45	07:45	Peter	Merritt	TBW23 Stuart Hall Cycling P/b Trainsharp	Male	Senior
46	07:46	Jeremy	Parker	Metropolitan Police Cycle Club	Male	Veteran
47	07:47	Tracy	Wilkinson-Begg	TWB - On Time Race Team	Female	Veteran
48	07:48	Keith	Brown	Southborough & Dist. Whs	Male	Veteran
49	07:49	Tallulah	Butcher	Thanet RC	Female	Junior
50	07:50	Simon	Skinner	Paceline RT	Male	Senior
51	07:51	Paul	Burrows	Thanet RC	Male	Veteran
52	07:52	Nick	Elson	Woolwich CC	Male	Senior
53	07:53	Alex	Milne	Ashford Tri Club	Male	Veteran
54	07:54	Paul	Simmons	Abellio - SFA Racing Team	Male	C5
55	07:55	Jonathan	Pontin	Addiscombe CC	Male	Senior
56	07:56	Shay	Giles	VC Elan - Harry Perry Cycles	Male	Veteran
57	07:57	Matt	Nunn	Medway Velo Club	Male	Senior
58	07:58	Colin	Robinson	Thanet RC	Male	Veteran
59	07:59	Valerie	Place	7Oaks Tri Club	Female	Veteran
60	08:00	Alex	Clay	The Independent Pedaler - NopinZ	Female	Senior
61	08:01	Lance	Childs	trainSharp Development Team	Male	Junior
62	08:02	Marek	Siwicki	Addiscombe CC	Male	Veteran
63	08:03	Mathew	Lister	Folkestone Velo Club	Male	Veteran
64	08:04	James	Hawkins	Gemini BC	Male	Veteran
65	08:05	Stephen	Wilkinson	TWB - On Time Race Team	Male	Veteran
66	08:06	James	Amy	Casp Cycling Club	Male	Veteran
67	08:07	Alex	Davison	7Oaks Tri Club	Male	Senior
68	08:08	David	Prom	San Fairy Ann CC Ltd	Male	Veteran
69	08:09	Susan	Walbrook	Thanet RC	Female	Veteran
70	08:10	Sam	Hodge	trainSharp Development Team	Male	Junior
71	08:11	Alex	Pearson	Woolwich CC	Male	Veteran
72	08:12	Sam	Day	CS Grupetto	Male	Veteran
73	08:13	Martin	Brown	7Oaks Tri Club	Male	Veteran
74	08:14	Mark	Vowells (Tricycle)	San Fairy Ann CC Ltd	Male	Veteran
75	08:15	Mark	Hill	VeloRefined Rule 5	Male	Veteran
76	08:16	Stefan	Stone	7Oaks Tri Club	Male	Veteran
77	08:17	Harry	Ives	trainSharp Development Team	Male	Junior
78	08:18	Rebecca	Wilson	Rye & District Wheelers CC	Female	Veteran
79	08:19	Andy	Burrows	Thanet RC	Male	Veteran
80	08:20	Nicholas	Fennell	Thanet RC	Male	Senior
81	08:21	Martin	Kober	Abellio - SFA Racing Team	Male	Senior
82	08:22	Dylan	Humberkelly	VC Deal	Male	Junior
83	08:23	Rob	Milnes	Thanet RC	Male	Veteran
84	08:24	Colin	Ashcroft	West Kent RC	Male	Veteran
85	08:25	Samuel	Painter	TBW23 Stuart Hall Cycling P/b Trainsharp	Male	Espoir
86	08:26	Carl	Chapman	GS Invicta - Eye Level Optical- Herbert Cycles	Male	Veteran
87	08:27	Sam	Bennett	7Oaks Tri Club	Male	Veteran
88	08:28	Bruce	English	Eastbourne Rovers CC	Male	Veteran
89	08:29	Andrew	Evans	7Oaks Tri Club	Male	Veteran
90	08:30	Andrew	Meilak	VeloRefined Rule 5	Male	Veteran
91	08:31	Christopher	Fennell	The Independent Pedaler - NopinZ	Male	Senior