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## 10 Mile Time Trial Incorporating National Youth Championship District Heat.

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations by  
[The Kent Cycling Association](#) & organised by [VeloRefined Rule 5](#)

Saturday 24<sup>th</sup> June 2023  
Course Q10/42 Start time 9am – Circuit Use Closes 11am  
HQ: Track-side Building at Betteshanger Country Park.

To find the park, take the A258 between Deal and Sandwich to the Fowlmead access roundabout, where the Park is clearly signposted. Do not follow signs from the A258 to Betteshanger village and Community Park.

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### Course Details – Q10/42

**START** at edge of track in coned area ride 5 laps in an anticlockwise direction. On the fifth and final lap do not continue on to the start area but take the signed slip road to **FINISH** in the slip road. On finishing **do not re-join the circuit but follow the direction of the marshals back to the HQ** (Trackside Building).

### Event Secretary:

Mark Hill: VeloRefined Rule 5 (Cycling Team) - 25 Hales Drive, Canterbury, Kent> CT2 7AB  
E: [markvelorefined@gmail.com](mailto:markvelorefined@gmail.com) M: 07795 244216

**Timekeepers:** Andrew McCall: Thanet RC & Ian Ferrell: VC Deal

### General Notes:

- 1. THERE WILL BE NO WARMING UP ON THE CIRCUIT AFTER THE EVENT HAS STARTED.**
2. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area.
3. Take care when moving to the start area and keep to the right when passing through the start area.
4. Take care when passing slower riders avoiding passes on the inside of bends (a verbal warning helps).
5. The circuit is just over 2 miles to the lap. On the final lap turn left into the slip road to the finish.
6. Numbers will be issued in the carpark area but returned to the HQ area post event.
7. All riders are required to sign on before collecting their number and sign out after finishing.
8. 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.
9. Lights are still apparently required for circuit-based events.
10. Riders risk disqualification if they use the start or finish areas as a public toilet.
11. The new facilities have toilets and changing areas which you can use.
12. **ALL RIDERS ARE REQUIRED TO WEAR A HARD-SHELL HELMET THAT MEETS AN INTERNATIONAL ACCEPTED STANDARD NO HELMET NO RIDE.**
13. Please use the Park in accordance with parking rules (this includes any parking fees if they apply).
14. Please do stay for awards and prizes at the end of the event.
15. Photography is planned to be in place via [Dave Haywood Photography](#).
16. For youth riders a designated responsible adult must attend to ensure their safeguarding is maintained whilst at the Park engaged in this event.



## Road Bike Regulations Only applies to KCA Road Bike Event

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 not have a visor
6. Ears must not be covered by the helmet (no aero TT helmets).

## Covid 19 Advice

**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.**

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## EVENT AWARDS

### Awards – GHS Youth Event.

**Top 3 male & female riders | age group winners**  
**All riders to receive CTT National Youth Medals & Certificates**

### KCA Awards

**TT bikes | Top 3 male & female riders on scratch (overall): £20 | £15 | £10**  
**TT bikes | Fastest male & female riders on age standard: £20**  
**Road bikes | First placed male & female riders: £20**  
**Team Award – TT Bikes | overall team of 3 riders: £10 each**

### VeloRefined Rule 5 Special Awards

**VeloRefined Rule 5 Spot Prizes – Determined on the day by the organiser**

### Acknowledgment

Thank you to all the marshals, timekeepers and others that supported the organisation and undertaking of the event.



## START SHEETS

### Youth Event

YOUTH EVENT					
No#	Name	Club	Cat	Age	Start Time
1	Lawson Bax	Thanet RC	Juv	15	09:05
2	Nina Reid	Thanet RC	Juv	14	09:06
3	Sebastian Mugford	VC Deal	Juv	12	09:07
4	Douglas Tulett	Thanet RC	Juv	14	09:08
5	Augustus Harris	Southborough & Dist. Whs	Juv	15	09:09

### Road Bike Event

ROAD BIKES					
No#	Name	Club	Cat	Age	Start Time
10	Christopher Meakin	Thanet RC	Senior	31	09:30
11	Owen Fletcher	Ashford Whs	Senior	31	09:31
12	Terry Fearn	Thanet RC	Veteran (Trike)	75	09:32
13	Russ Cook	Southborough & Dist. Whs	Veteran	40	09:33
14	Eryka Smith	VC Deal	Veteran (F)	48	09:34
15	Colin Marshall	34 Nomads CC	Veteran	66	09:35
16	Ryan Mitchell	VC Deal	Senior	36	09:36
17	Sam Hodge	Thanet RC	Espoir	18	09:37



# Kent Cycling Association



## TT Bike Event

KCA EVENT - TT BIKES					
No#	Name	Club	Cat	Age	Start Time
20	Jennifer Fearn	Thanet RC	Veteran (F)	72	09:40
21	Colin Inett	Thanet RC	Veteran	82	09:41
22	Faye Faiers	Thanet RC	Veteran (F)	48	09:42
23	Debbie Percival	Kent Velo Girls/Boys	Veteran (F)	61	09:43
24	John Simpson	VC Deal	Veteran	60	09:44
25	Robert Giles	VTTA (Kent)	Veteran	76	09:45
26	David Wastall	Wigmore CC	Veteran	44	09:46
27	David Smith	VC de Londres	Veteran	40	09:47
28	Oliver Stevens	Southborough & Dist. Whs	Veteran	49	09:48
29	Natasha Jarman	Southborough & Dist. Whs	Veteran (F)	42	09:49
30	Matt Nunn	Medway Velo Club	Senior	35	09:50
31	James Harrison	Hythe Cycling Club	Veteran	40	09:51
32	Alex Milne	Ashford Tri Club	Veteran	42	09:52
33	Pete Elms	VC Deal	Veteran	55	09:53
34	Julian Fussell	Southborough & Dist. Whs	Veteran	49	09:54
35	David Prom	San Fairy Ann CC	Veteran	53	09:55
36	Simon Henderson	Thanet RC	Veteran	60	09:56
37	Mathew Lister	Thanet RC	Veteran	42	09:57
38	Neil Gerrard	Thanet RC	Veteran	42	09:58
39	Myles Davidson	Bigfoot CC	Veteran	51	09:59
40	Nicholas Fennell	Thanet RC	Senior	30	10:00

Please note these start sheets are in addition to the official start sheets issued by CTT.

Event results will be compiled and announced as soon as possible after the overall event, so please stay for the awards if you can! If possible the youth awards will be completed earlier, but in any event the medals and certificates will be issued on return of numbers and sign-out after their event (subject to availability).