



KENT CYCLING ASSOCIATION

Honorary President for 2023: Mr Bob Giles

10 Mile Time Trial

(Promoted by Ashford Wheelers Cycling Club for and on behalf of the KCA and Cycling Time Trials.
The event is promoted under the Rules and Regulations of Cycling Time Trials)

Sunday 20th August 2023

Course: Q10/1

Start: 7.00 am

Event Secretary: Lee Buckman
07973 137398
thebumblebucko@gmail.com

Start Timekeeper: Mrs Christine Burrows
Finish Timekeeper : Mr David Abbotts
Marshals : Ashford Wheelers CC

Event Headquarters: Hamstreet Sports Pavilion, Hamstreet, Nr Ashford. Kent TN26 2HX

Be aware of the height barrier at the entrance to the car park!

Directions To Start From HQ

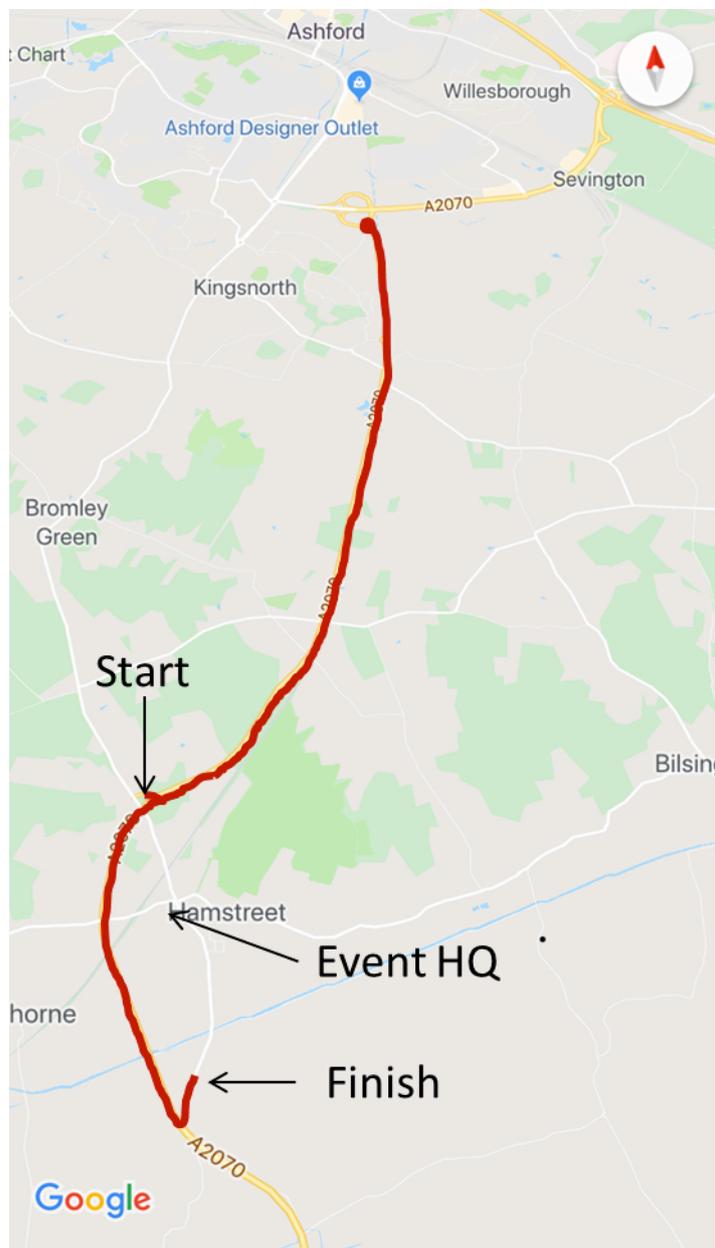
Turn left out of the road from the HQ and ride straight on up the hill past Hamstreet Railway Station, after reaching the road bridge turn right into the link road, you will then see the start on the left.

Course Details Q10/1

Hamstreet - Cloverleaf - Johnsons Corner (A2070).

Start at manhole cover approximately 75 yards west of Junction between link road from Ashford Road (north of Hamstreet Village) and the A2070. Proceed eastwards and turn left onto A2070 and proceed North over Bridgefield RAB to Cloverleaf RAB, turn and retrace south on A2070 to Johnsons Corner where left onto old A2070 towards Hamstreet village to finish approximately 50 yards before bridge over Royal Military Canal. (Distance 10.05 miles)

Course Map



Information For Competitors

Please take some time to read through the notes below, especially those relating to lights and helmets. If you are competing as part of the 'Road Bike' event please also read through the KCA rules for such events.

General

- No rider should use a turbo trainer or rollers in the HQ parking area or adjacent roads within 50 metres of a domestic property. Failure to comply - rider risks disqualification from the event.
- Keep noise to a minimum to avoid unnecessary disturbance of local residents.
- Riders should not arrive at the start any more than 5 minutes before their allotted start time.
- No warming up on the course once the event has started.
- Numbers will be at HQ.
- Riders are required to sign on before collecting their number and also to sign back at the end of the event. **Failure to sign back will result in a DNF on the results.**
- Please ensure that you pin your number on your lower back. If you pin it too high on your back the timekeeper may miss it and you could be shown as DNF on the result.
- Whilst competing, riders must ensure they adhere to the Highway Regulations and CTT Rules and Regulations, disciplinary action may result from breaches to these regulations.

Helmets & Lights

- All competitors 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.
- No competitor shall be permitted to start the event unless they have affixed **BOTH front & rear lights** to their machine. Both lights must be either flashing or constantly illuminated and in a position that is clearly visible to other road users.

Covid-19

CV19 must be still considered and the CTT have current guidance in place [HERE](#) on their website.

- 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.
- Spectators and support crews are encouraged to undertake a lateral flow test before attending the event.

KCA Road Bike Event Regulations

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

Awards/Prizes

Please be aware that this event is an association event. To be eligible for prizes your club must be affiliated to the KCA.

One prize per rider. In the event a rider is the winner of an event prize and an age category prize they would receive the higher value prize and the age category prize goes to the 2nd fastest in that age category.

	TT Event		Road Bike Event		Age Prizes	
	Male	Female		Male		
1st	£30	£30	1st	£15	40 – 50	£10
2nd	£20	£20	2nd	£10	51 – 60	£10
3rd	£10	£10			61 – 70	£10
					71 – 80	£10
					81 +	£10

ROAD BIKE EVENT

No	Start	Name	Club	Gender	Category
1	07:01	Mark Cain	Abellio - SFA Racing Team	Male	Veteran
2	07:02	Dave Richards	Abellio - SFA Racing Team	Male	Veteran
3	07:03	Mark Amon	Rye & District Wheelers CC	Male	Veteran
4	07:04	Russ Cook	Southborough & Dist. Whs	Male	Veteran
5	07:05	Paul Burrows	Thanet RC	Male	Veteran
6	07:06	Owen Fletcher	Ashford Whs	Male	Senior
7	07:07	Tim Kingston	GS Invicta - Eye Level Optical-Herbert Cycles	Male	Veteran
8	07:08	Jeremy Page	Southborough & Dist. Whs	Male	Veteran

TT EVENT

No	Start	Name	Club	Gender	Category
9	07:09	Michael Coulter	Gravesend CC	Male	Veteran
10	07:10	Nicholas Knight	Hart Performance Coaching	Male	Veteran
11	07:11	Alex Milne	Ashford Tri Club	Male	Veteran
12	07:12	Mark Thomas	Bigfoot CC	Male	Veteran
13	07:13	Michael Philpot	Royal Navy & Royal Marines CA	Male	Veteran
14	07:14	Robert Giles	VTTA (Kent)	Male	Veteran
15	07:15	Mark Newton	Elite Cycling	Male	Veteran
16	07:16	Reuban Davey	Abellio - SFA Racing Team	Male	Espoir
17	07:17	Michael Stanley	Medway Velo Club	Male	Veteran
18	07:18	Andy Burrows	Thanet RC	Male	Veteran
19	07:19	Erica Martin	Eastbourne Rovers CC	Female	Veteran
20	07:20	William Taylor	Go Fast Turn Left	Male	Senior
21	07:21	Huseyin Vardal	Gemini BC	Male	Veteran
22	07:22	Andy Robinson	Ashford Whs	Male	Veteran
23	07:23	Mark Wright	VTTA (Kent)	Male	Veteran
24	07:24	Gary Ricks	Woolwich CC	Male	Veteran
25	07:25	Mathew Lister	Thanet RC	Male	Veteran
26	07:26	Gary Grayland	CC Bexley	Male	Veteran
27	07:27	Laurence Toombs	West Kent RC	Male	Veteran
28	07:28	Hannah Graveney	AWOL O'Shea Worx	Female	Senior
29	07:29	Colin Inett	Thanet RC	Male	Veteran
30	07:30	Joshua Clark	Royal Navy & Royal Marines CA	Male	Senior
31	07:31	Ian Braybrook	Basildon CC	Male	Veteran
32	07:32	James Harrison	Hythe Cycling Club	Male	Veteran
33	07:33	Tim Longley	Clapham Chasers	Male	Senior
34	07:34	Shay Giles	Thanet RC	Male	Veteran
35	07:35	Peter Robertson	Lea Valley CC	Male	Senior
36	07:36	Lincon Rodrigues	Go Fast Turn Left	Male	Veteran
37	07:37	Maria Sparks	Ashford Whs	Female	Senior
38	07:38	Rob Sparks	Ashford Whs	Male	Veteran
39	07:39	Debbie Percival	Kent Velo Girls/Boys	Female	Veteran

40	07:40	Kevin Tye	VeloRefined Rule 5	Male	Veteran
41	07:41	Pete Elms	VC Deal	Male	Veteran
42	07:42	Stewart King	Ashford Whs	Male	Veteran
43	07:43	Mick Claydon	Ashford Whs	Male	Veteran
44	07:44	Tom Richardson	San Fairy Ann CC	Male	Veteran
45	07:45	Mark Hill	VeloRefined Rule 5	Male	Veteran
46	07:46	Tjeerd Mijzen	Hastings & St. Leonards CC	Male	Veteran
47	07:47	Jeremy Roth	Abellio - SFA Racing Team	Male	Veteran
48	07:48	Ron Castelijm	Hastings & St. Leonards CC	Male	Veteran
49	07:49	Alexa Forbes	London Dynamo	Female	Veteran
50	07:50	Nicholas Fennell	Thanet RC	Male	Senior
51	07:51	Marek Sasura	GS Avanti	Male	Veteran
52	07:52	Colin Ashcroft	West Kent RC	Male	Veteran
53	07:53	Jon Hollidge	Ashford Whs	Male	Veteran
54	07:54	Christopher Bax	Thanet RC	Male	Veteran
55	07:55	Andrew Meilak	VeloRefined Rule 5	Male	Veteran
56	07:56	Matt Lacey	San Fairy Ann CC	Male	Veteran