



---

## 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 2nd July 2022**  
**Course Q10/42 Start time 3pm**  
**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.

---

### 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.**

### 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 at the HQ (track side building and not the start area).
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. Whilst lights are not required for this circuit based event a rear light is still recommended.
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. Do not forget to pay for parking before leaving the Park or on-line in accordance with parking rules.
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](#).



## 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 have no 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.

---

## 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 | Top 3 male & female riders on age standard: £20 | £15 | £10  
Road bikes | First placed male & female riders: £10  
Team Award – TT Bikes | overall team of 3 riders: £5ea

### KCA Additional Sponsored Prize

Fastest Junior & Juvenile | Full Strip-down Rebuild Precision Service (worth £175) for both overall winners from [www.aeightbikeco.com](http://www.aeightbikeco.com)

### VeloRefined Rule 5 Special Awards

VeloRefined Rule 5 Banda Azul (T-shirt) for the main TT winner  
VeloRefined Rule 5 Event Medals for all signed-on entrants  
VeloRefined Rule 5 Spot Prizes – Determined on the day by the organiser

Fastest Junior & Juvenile | Full Strip-down Rebuild Precision Service (worth £175) for both overall winners from [www.aeightbikeco.com](http://www.aeightbikeco.com)

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



# Kent Cycling Association



## START SHEETS

### Youth Event

YOUTH EVENT								
No#	Name	Club	Cat	Age		L1/PB	Start Time	Result
1	Lawson Bax	Thanet RC	Juvenile	14		36:57	03:01	
2	Charlotte Clayson	VC Deal	F Juvenile	14		34:15	03:02	
3	Sebastian Mugford	VC Deal	Juvenile	11		29:30	03:03	
4	Nina Reid	Thanet RC	F Juvenile	13		29:03	03:04	
5	Augustus Harris	Southborough & Dist Whs	Juvenile	14		27:42	03:05	
6	Toby Clayson	VC Deal	Junior	16		26:29	03:06	
7	Ferne Peirce	Thanet RC	F Juvenile	15		26:11	03:07	
8	Douglas Tulett	Thanet RC	Juvenile	13		25:40	03:08	

### KCA Road Bike

KCA EVENT - ROAD BIKES								
No#	Name	Club	Cat	Age		L1/PB	Start Time	Result
15	Gillian Selman	Old Portlians CC	F Veteran	49		NT	03:15	
16	Joshua Rosenheim	VC Deal	Senior	26		NT	03:16	
17	Chris Parker	Hastings & St. Leonards CC	Veteran	66		00:28:00	03:17	
18	Cameron Carthew	Wigmore CC	Senior	30		00:24:44	03:18	
19	Tanya Scott-Nason	Thanet RC	F Veteran	51		00:24:31	03:19	
20	Paul Flaherty	VC Deal	Veteran	56		00:24:24	03:20	
21	Alexander Bellinger	Dulwich Paragon CC	Senior	32		00:23:57	03:21	
22	Simon Stone	Dulwich Paragon CC	Veteran	48		00:23:54	03:22	
23	Dave Richards	San Fairy Ann CC	Veteran	42		00:23:31	03:23	
24	Paul Burrows	Thanet RC	Veteran	45		00:20:31	03:24	

### KCA Tandem

KCA EVENT - TANDEM								
No#	Name	Club	Cat	Age Std		L1/PB	Start Time	Result
25	John Bosley	Abellio - SFA Racing Team	Veteran	60		00:24:06	03:25	
25	Kate Bosley	Abellio - SFA Racing Team	F Veteran	60		00:24:06	03:25	



# Kent Cycling Association



## KCA TT Bike

KCA EVENT - TT BIKES								
No#	Name	Club	Cat	Age Std	Age Std	L1/PB	Start Time	Result
27	Malcom Adams	De Laune CC	Veteran	83	32:28	00:32:20	03:27	
28	Belinda Chapman	Hastings & St. Leonards CC	F Veteran	50	29:23	00:32:48	03:28	
29	Brian Hood	Thanet RC	Veteran	70	29:19	NT	03:29	
30	Caroline Rigby	VC Deal	F Veteran	58	30:15	00:28:48	03:30	
31	Mike Perry	Thanet RC	Veteran	77	30:49	00:29:08	03:31	
32	Colin Marshall	34 Nomads CC	Veteran	65	28:30	00:28:25	03:32	
33	Faye Faiers	Thanet RC	F Veteran	47	29:07	00:27:50	03:33	
34	Fiona Howarth	VC Deal	F Veteran	53	29:41	00:27:21	03:34	
35	Tim Miles	Hastings & St. Leonards CC	Veteran	75	30:20	00:27:15	03:35	
36	Colin Inett	Thanet RC	Veteran	81	31:58	00:27:11	03:36	
37	George Lynch	University of Warwick	Espoir	21		00:27:02	03:37	
38	Natasha B53Jarman	Southborough & Dist. Whs	F Veteran	41	28:38	00:26:47	03:38	
39	David Smith	VC de Londres	Veteran	40	26:06	00:25:56	03:39	
40	Chris Bax	Thanet RC	Veteran	70	29:19	00:23:27	03:40	
41	John Simpson	VC Deal	Veteran	59	27:44	00:25:34	03:41	
42	Peter Huckstep	Thanet RC	Veteran	71	29:30	00:25:26	03:42	
43	Robert Giles	PMR	Veteran	75	30:20	00:24:45	03:43	
44								
45	Jamie Harris	Wigmore CC	Senior	35		00:24:26	03:45	
46	Matt Bristow	VC Deal	Veteran	51	26:56	00:24:24	03:46	
47	Gareth Purves	Hastings & St. Leonards CC	Veteran	42	26:14	00:23:57	03:47	
48	David Bishop	Wigmore CC	Veteran	52	27:01	00:23:48	03:48	
49	Glen Whittington	Southborough & Dist. Whs	Senior	38		00:23:54	03:49	
50	Philip Appleby	Wigmore CC	Senior	38		00:23:33	03:50	
51	Pip Jenkins	1904RT	F Senior	34		00:21:43	03:51	
52	Mark Whittaker	GS Invicta - Eye Level Optic	Veteran	51	26:56	NT	03:52	
53	Alex Milne	Ashford Tri Club	Veteran	41	27:07	00:22:35	03:53	
54	Adrian Stead	VC Deal	Veteran	54	27:12	00:22:33	03:54	
55	Simon Henderson	Thanet RC	Veteran	59	27:44	00:21:49	03:55	
56	Rob Kennison	Medway Velo Club	Veteran	58	27:37	00:22:25	03:56	
57	Mathew Lister	Thanet RC	Veteran	41	26:10	00:20:35	03:57	
58	Pete Elms	VC Deal	Veteran	54	27:12	00:21:12	03:58	
59	Bill Hawkes	Thanet RC	Veteran	54	27:12	00:20:55	03:59	
60	Martin Jones	Colour Tech RT	Veteran	51	26:56	00:20:03	04:00	
61	Nic Fennell	Thanet RC	Senior	29		00:18:57	04:01	

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.