

# Kent Cycling Association



President: Mr Mick Morris

## 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 3<sup>rd</sup> April 2022**

**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:** Ham Street Sports Pavilion, Marsh Road, Ham Street, Nr Ashford. Kent  
TN26 2HX

### Directions To Start From HQ

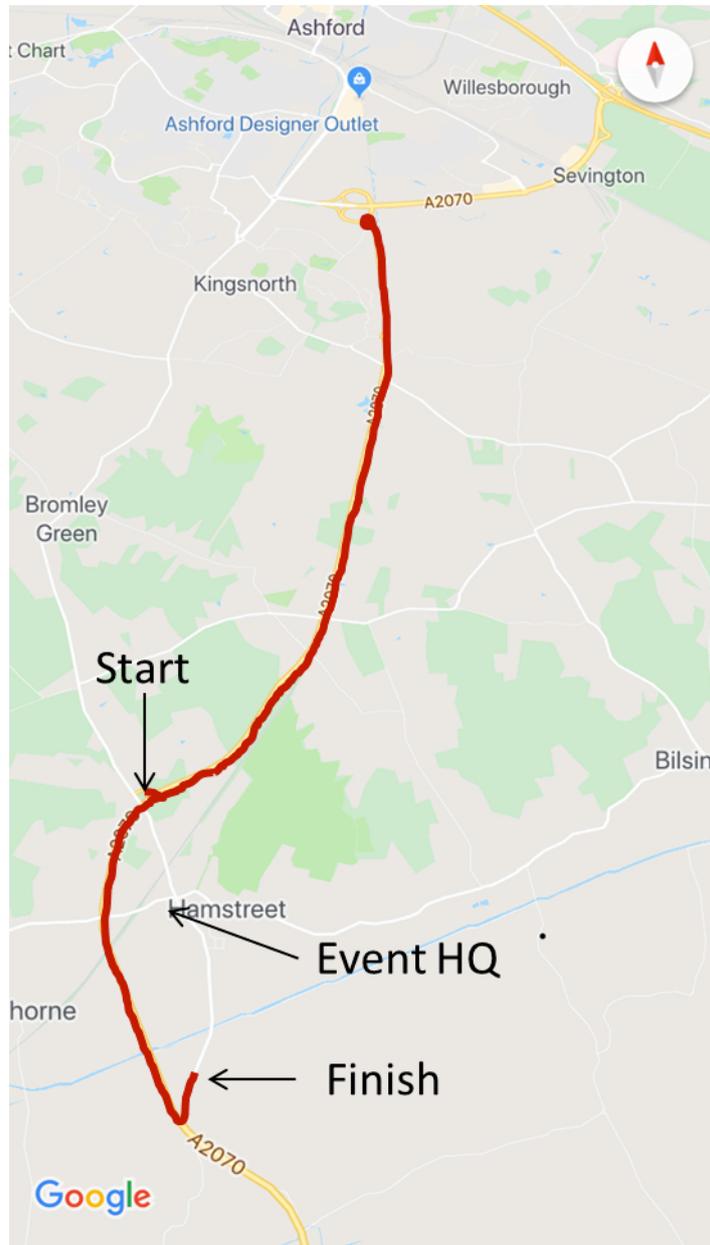
Turn left out of the road from the HQ and proceed south west on Cock Lane to turn right onto The Street, Hamstreet. Ride straight on up the hill past Hamstreet Railway Station, after reaching the road bridge turn right into the link road, you will then see the start on the left.

### 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, helmets and Covid-19. 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 is still very much present and the CTT still have some guidance in place as follows.**

- 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

### TT Event

Male    Female    Juniors

|     |     |     |     |
|-----|-----|-----|-----|
| 1st | £30 | £30 | £10 |
| 2nd | £20 | £20 |     |
| 3rd | £10 | £10 |     |

### Road Bike Event

Male    Female    Juniors

|     |     |     |     |
|-----|-----|-----|-----|
| 1st | £20 | £20 | £10 |
| 2nd | £10 | £10 |     |

## ROAD BIKE EVENT

| No       | Start        | Name                | Club                       | Gender      | Category       |
|----------|--------------|---------------------|----------------------------|-------------|----------------|
| 1        | 07:01        | Ida Smith           | Onyx RT                    | Female      | Veteran        |
| 2        | 07:02        | Paul Turner         | 34 Nomads CC               | Male        | Veteran        |
| 3        | 07:03        | Josh Wakeling       | TWB - On Time Race Team    | Male        | Senior         |
| 4        | 07:04        | Richard Harris      | 34 Nomads CC               | Male        | Veteran        |
| <b>5</b> | <b>07:05</b> | <b>Mark Houlden</b> | <b>34 Nomads CC</b>        | <b>Male</b> | <b>Veteran</b> |
| 6        | 07:06        | Huseyin Vardal      | Gemini BC                  | Male        | Veteran        |
| 7        | 07:07        | Alex Balfour        | Rye & District Wheelers CC | Male        | Veteran        |
| 8        | 07:08        | Martin Slater       | 34 Nomads CC               | Male        | Veteran        |

## TT EVENT

| No        | Start        | Name                    | Club                             | Gender      | Category       |
|-----------|--------------|-------------------------|----------------------------------|-------------|----------------|
| 9         | 07:09        | Augustus Harris         | Southborough & Dist. Whs         | Male        | Juvenile       |
| <b>10</b> | <b>07:10</b> | <b>John Cockrill</b>    | <b>Abellio - SFA Racing Team</b> | <b>Male</b> | <b>Senior</b>  |
| 11        | 07:11        | Steve Gooch             | Rye & District Wheelers CC       | Male        | Veteran        |
| 12        | 07:12        | Matthew Smith           | Colour Tech RT                   | Male        | Veteran        |
| 13        | 07:13        | Hannah Graveney         | AWOL O'Shea Worx                 | Female      | Espoir         |
| 14        | 07:14        | Paul Simon Griffiths    | Thanet RC                        | Male        | Veteran        |
| <b>15</b> | <b>07:15</b> | <b>Paul Burrows</b>     | <b>Thanet RC</b>                 | <b>Male</b> | <b>Veteran</b> |
| 16        | 07:16        | Pip Jenkins             | 1904RT                           | Female      | Senior         |
| 17        | 07:17        | Adrian Stead            | Thanet RC                        | Male        | Veteran        |
| 18        | 07:18        | Tracy Wilkinson-Begg    | TWB - On Time Race Team          | Female      | Veteran        |
| 19        | 07:19        | Mike Perry              | Thanet RC                        | Male        | Veteran        |
| <b>20</b> | <b>07:20</b> | <b>Nicholas Fennell</b> | <b>Thanet RC</b>                 | <b>Male</b> | <b>Senior</b>  |
| 21        | 07:21        | Conall Yates            | Team Solo Vinci                  | Male        | Veteran        |

|           |              |                            |   |             |                |
|-----------|--------------|----------------------------|---|-------------|----------------|
| 22        | 07:22        | Julian Fussell             | Southborough & Dist. Whs                    | Male        | Veteran        |
| 23        | 07:23        | Sam Bennett                | 7Oaks Tri Club                              | Male        | Veteran        |
| 24        | 07:24        | Andy Burrows               | Thanet RC                                   | Male        | Veteran        |
| <b>25</b> | <b>07:25</b> | <b>Stephen Wilkinson</b>   | <b>TWB - On Time Race Team</b>              | <b>Male</b> | <b>Veteran</b> |
| 26        | 07:26        | Martin Kober               | Abellio - SFA Racing Team                   | Male        | Senior         |
| 27        | 07:27        | Andy Robinson              | Ashford Whs                                 | Male        | Veteran        |
| 28        | 07:28        | Gareth Purves              | Hastings & St. Leonards CC                  | Male        | Veteran        |
| 29        | 07:29        | Graham Strugnell           | Kassei CC TeknoFuel                         | Male        | Veteran        |
| <b>30</b> | <b>07:30</b> | <b>Christopher Fennell</b> | <b>The Independent Pedaler -<br/>NopinZ</b> | <b>Male</b> | <b>Senior</b>  |
| 31        | 07:31        | Nathan Russell             | trainSharp                                  | Male        | Senior         |
| 32        | 07:32        | Simon Henderson            | Thanet RC                                   | Male        | Veteran        |
| 33        | 07:33        | David Greenwood            | Rye & District Wheelers CC                  | Male        | Veteran        |
| 34        | 07:34        | Matt Bristow               | VC Deal                                     | Male        | Veteran        |
| <b>35</b> | <b>07:35</b> | <b>Martin Jones</b>        | <b>Colour Tech RT</b>                       | <b>Male</b> | <b>Veteran</b> |
| 36        | 07:36        | Bill Hawkes                | Thanet RC                                   | Male        | Veteran        |
| 37        | 07:37        | Reuban Davey               | Abellio - SFA Racing Team                   | Male        | Espoir         |
| 38        | 07:38        | Glen Whittington           | Southborough & Dist. Whs                    | Male        | Senior         |