Kent Cycling Association



10 Mile Time Trial. Incorporating GHS District Heat.

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

Saturday 6 July 2019 Course Q10/42 Start time 15-00 hrs

Event Headquarters is Betteshanger Country park Open from 8 am 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.

Awards GHS Event.

All Finishers will receive a GHS Medallion.

Awards KCA Event

Scratch		Veteran on Age Standard		
1st	Gilt Plated Medal	1st	Gilt Plated Medal	
2nd	Silver Plated Medal	2nd	Silver Plated Medal	
3rd	Bronze Medal	3rd	Bronze Medal	

Best improvement on previous 3 year PB at distance

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

Fastest Cli	ib Team of 3 Riders	Lady
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1st	Bronze Medals	1st	Gilt Plated Medal
		2nd	Silver Plated Medal
		3 rd	Bronze Medal

Juvenile

1st Silver Plated Medal

Junior

1st Silver Plated Medal

KCA Prizes will be presented at the KCA Lunch in November.

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:

Chris Bax. PMR Telephone: 01843 223146

23 Garrard Avenue Margate Kent Mobile: 07741 405471

Time Keepers: Terry Fearn Thanet RC

Ian Ferrell VC Deal

General Notes

- THERE WILL BE NO WARMING UP ON THE CIRCUIT AFTER THE EVENT HAS STARTED. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area.
- Take care and keep to the right when passing through the start area.
- Take care when passing slower riders (a verbal warning helps).
- The circuit is just over 2 miles to the lap. On the final lap turn left into the slip road to the finish.
- Numbers will be at the HQ (Track side building and not the start)
- All riders are required to sign on before collecting their number and sign out after finishing.
- Riders who use an inhaler for medical reasons (asthma etc.) should register the fact with British Cycling to satisfy UCI, CTT and BC antidoping regulations.
- Riders risk disqualification if they use the start or finish areas as a public toilet.
- DUE TO PARK RULES ALL RIDERS ARE REQUIRED TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONAL ACCEPTED STANDARD NO HELMET NO RIDE.

Mens Course Record Chris Fennell 19-41 Ladies Course Record Emma Lewis 23-24

Acknowledgements to Sponsors of clubs (as shown on some entry forms):

VeloRefined.com/Rule 5 solutions/Secret training.

PMR Schwalbe, RM Cycles

GHS & Kent Cycling Association 10 Mile TT

No	Name	Club	Cat	Age	Line 1	Start Time	Result
		GHS EVENT					
0.4	T 0	100		40	00.00	0.04	
	Toby Clayson	VC Deal	Juv	13	32-02	3-21	
	Max Robinson	Thanet Road Club	Juv	12	28-15	3-22	
23	Catherine Morrell	Thanet Road Club	FJun	16	25-50	3-23	

		KENT C A EVENT					
		REINI CA EVENI					
No	Name	Club	Cat	AS	Line 1	Start Time	
140	Name	Olub	Oat	7.0	LIIIC	Otart Time	
31	Sue Shields	Thanet Road Club	LV 66	28-21		03-31	Tandem
32	Andy McCall	Thanet Road Club	V65			03-32	
33	Kate Bosley	Abelio SFA Race Team	LV57	27-22	22-37	03-33	Tandem
34	John Bosley	Abelio SFA Race Team	V57			03-34	
35	Stephanie Hopcraft	San Fairy Ann CC	L		33-33	03-35	
36	Jennifer Fearn	Thanet Road Club	LV69	31-18	30-19	03-36	
37	Caroline Rigby	VC Deal	LV55	29-32	31-06	03-37	
38	Mike Perry	Thanet Road Club	V74	29-45			
39	Faye Faiers	Thanet Road Club	LV44	28-36			
40	Tim Miles	Hastings & St Leonards CC	V72	29-20	27-49	03-40	
41	David Smith	VC De Londres	Sen		27-45	03-41	
42	Malcolm Adams	De Laune	V80	31-22	26-56	03-42	
43	Natasha Jarman	Southboro & Dist Wheelers	L		24-16	03-43	
44	Colin Inett	Thanet Road Club	V78	30-45	26-07	03-44	
45	Paul Simon Griffiths	Thanet Road Club	V44	26-22	26-05	03-45	
46	Peter Huckstep	Thanet Road Club	V68	28-39	25-14	03-46	
47	Dave Mastin	Thanet Road Club	V66	28-21	25-14	03-47	
48	Eva Nyirenda	A3crg	L		24-04	03-48	
49	Paul Kirkness	Thanet Road Club	V65	28-13	23-45	03-49	
50	Charmain Pullen	Folkestone Velo Club	LV49	29-01	23-38	03-50	
51	Robert Giles	PMR	V72	29-20	23-27	03-51	
52	Danny Frost	Folkestone Velo Club	V55	27-12	22-47	03-52	
53	Colin Robinson	Thanet Road Club	V51	26-50	22-45	03-53	
54	Gary Pullen	Folkestone Velo Club	V49	26-45	22-23	03-54	
55	Rob Milnes	Thanet Road Club	Sen		22-08	03-55	
56	Tom Morton	PMR	V64	28-06	21-47	03-56	
57	Pete Elms	Colour Tech RT	V52	26-58	20-41	03-57	
58	Adrian Hawkins	Thanet Road Club	V50	26-49	21-07	03-58	
59	Shawn Manning	Thanet Road Club	V47	26-36	21-03	03-59	
60	Mark Hill	Velo Refined.com Aerosmith	V51	26-54	21-01	04-00	
61	Anthony Bee	Wigmore CC	V55	27-12	20-35	04-01	
62	Fabien Large	NOPINZ	Jun 17		20-15	04-02	
63	Kevin Tye	Velo Refined.com Aerosmith	V57	27-22	18-44	04-03	