

Kent Cycling Association



President: Mrs. Pat Hill

10 Mile Time Trial

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

Sunday 21 April 2019

Course: Q10/1 Ham Street Cloverleaf Johnsons Corner

Start: 7.31 am

Event Secretary: Graeme Moir (Gravesend CC)
tel 07747675540
gkmoir@gmail.com

Timekeepers: David Abbotts (Gravesend CC)
Ernie Mackey (Medway Velo)

Awards

Scratch

1st Gilt plated medal
2nd Silver plated medal
3rd Bronze medal

Veteran on Age Standard

1st Gilt plated medal
2nd Silver plated medal
3rd Bronze medal

Best improvement on 3 year PB

1st Gilt plated medal
2nd Silver plated medal
3rd Bronze medal

Ladies

1st Gilt plated medal
2nd Silver plated medal
3rd Bronze medal

Fastest Club Team of 3 riders

Bronze medals

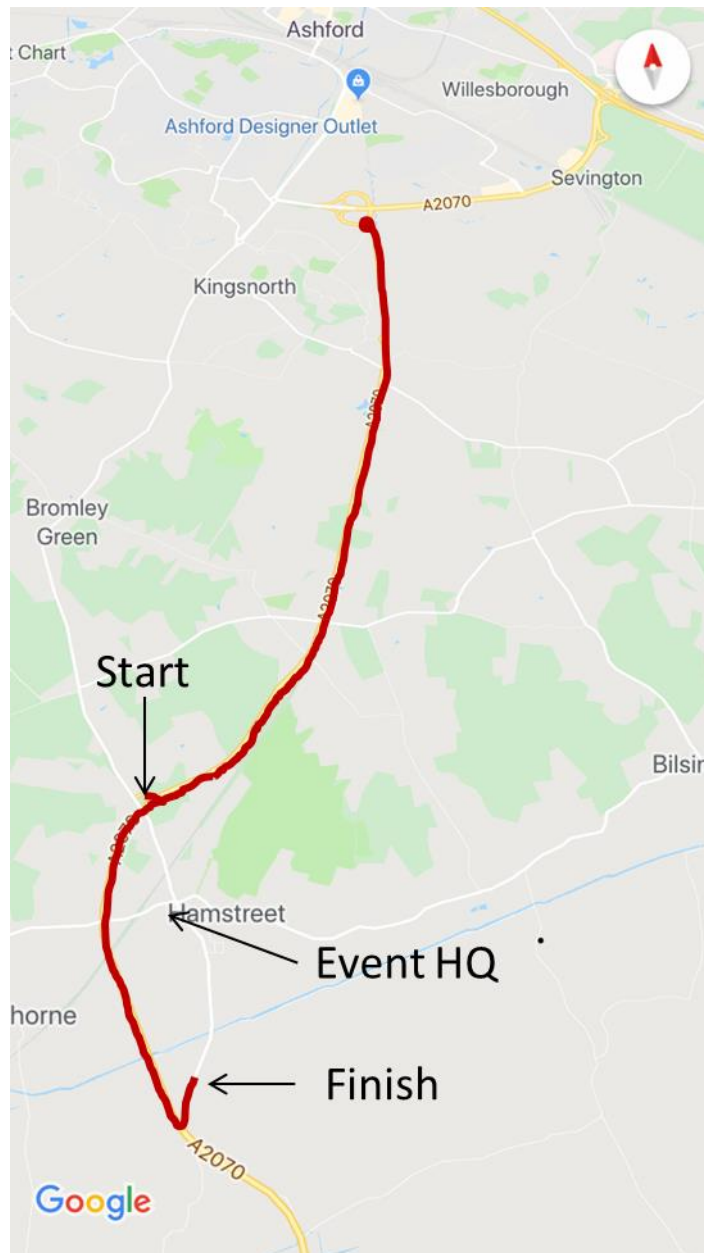
Junior

1st Gilt plated medal

Course Details Q10/1

Start at manhole cover approx 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 approx 50 yards before bridge over Royal Military Canal. (distance 10.05 miles)

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



Notes:

- 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 (and not the start) and may be exchanged for a drink after. 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.
- In the interests of safety CTT advise that all riders should wear recognised standard protective headgear that meets an internationally accepted safety standard. **CTT regulations state that all Junior and Juvenile riders MUST wear such headgear.**
- It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active when the machine is in use.
- 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. Riders must also ensure that their helpers conform to the Regulations relating to vehicles.