



KENT CYCLING ASSOCIATION

Honorary President for 2023: Mr Bob Giles

10 Mile Time Trial

Promoted by VC Deal / Southborough & District Wheelers 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 16 April 2023

Course: Q10/50

Start: 7.00 am

Event Secretary:

Peter Elms – VC Deal
peter.elms@yahoo.com / 07890 027 388

Natasha Jarman – Southborough & District Wheelers
kentca.secretary@gmail.com / 07815 158 131

Start Timekeeper:

Mrs Christine Burrows – Thanet RC

Finish Timekeeper:

Mr Doug Finch – Southborough & District Wheelers

Recorder:

Mr Peter Elms – VC Deal

Event Headquarters: Hamstreet Sports Pavilion, Hamstreet, Ashford, TN26 2JH.

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

Directions To HQ

From Ashford direction, & travelling on the Ashford Road, go past the railway station, past the Dukes Head pub and the pavilion will be found on the right on the edge of the recreation ground at the back of the public car park.

From Rye direction turn off the A2070 (Johnson's Corner) towards Hamstreet, over the canal bridge, past the garden centre on the right and the pavilion is on the left just past the Cock Lane junction on the right.

Course Details Q10/50

Hamstreet – Brenzett – Brookland (A259) – Brenzett – Johnsons Corner (A2070)

START (TR 00373 32756) Start on minor road out from Hamstreet towards the A2070 (Johnson's Corner) at a point 93 yards (85 metres) north of High Voltage power lines crossing the road at paint mark on road. Proceed to Johnsons Corner to join A2070 (0.66miles) (M) and turn left towards Brenzett RAB.

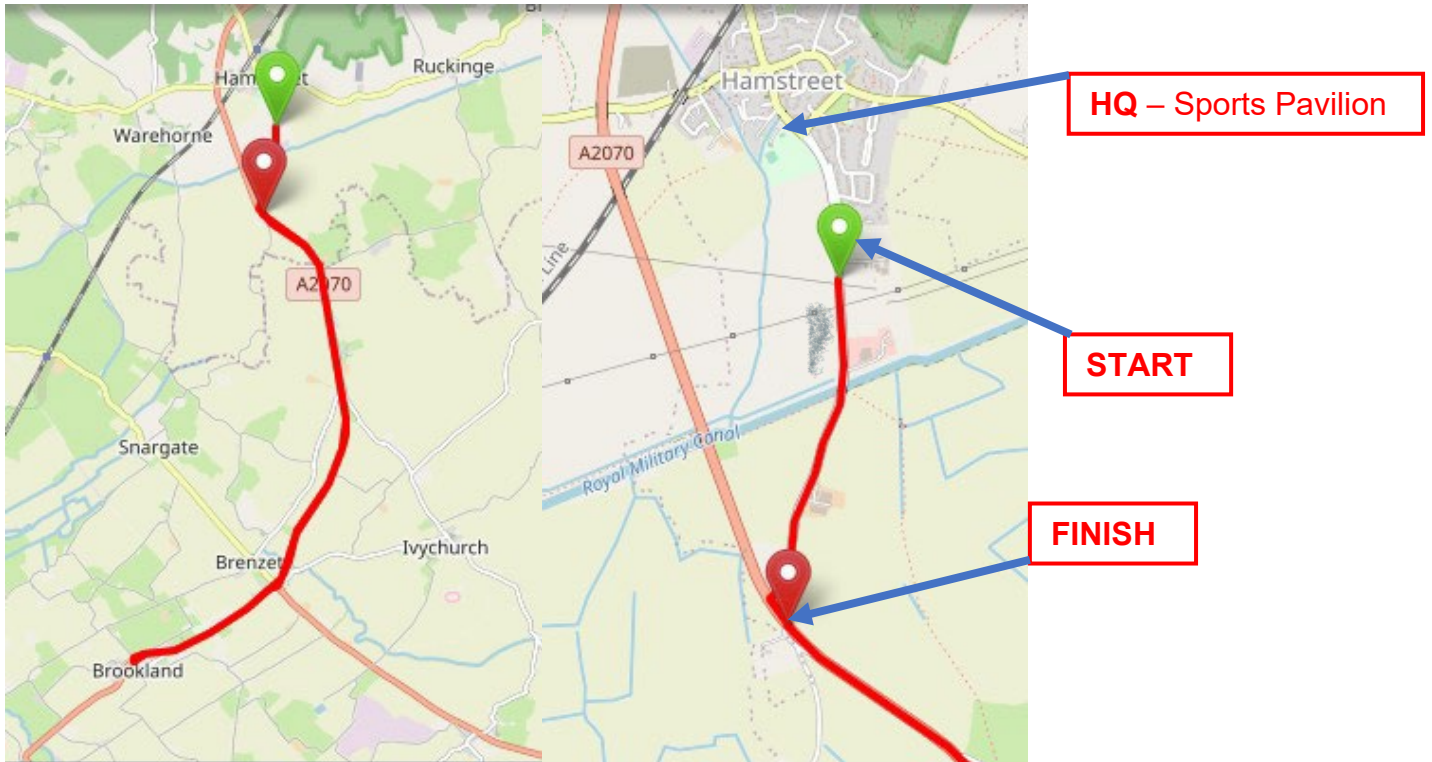
STRAIGHT OVER at the Brenzett RAB(3xM) (4.03 mls) by taking the 2nd exit on to the A259 to **BROOKLAND ROUNABOUT.**

TURN and retrace northwards on the A259 towards **Brenzett RAB.**

STRAIGHT OVER (2ND exit), towards Johnson's Corner.

FINISH opposite GIVE WAY signpost in Ham Mill Lane south of Johnsons Corner on the A2070. (TR 00243 31667) (10 miles) **Take care when turning right at Johnson's Corner when returning to the HQ.**

Course Map



Information For Competitors

Please take some time to read through the notes below, especially those relating to lights and helmets.

BE AWARE OF THE ROAD SURFACE AND OTHER HAZARDS AT THE FOLLOWING AREAS:

- From start to first junction: the road is in poor condition with very uneven road surface and holes.
- Brenzett RAB (Shell Garage): the road is deeply grooved and holed. Take care when crossing.
- There is a level crossing between Brenzett and Brookland RAB's. Take care when crossing.
- Brenzett Boot Fair (between RAB's): beware of vehicles turning into and out of field.

If you are competing as part of the 'Road Bike' events please also read through the KCA rules for such events.

General

- Clothing – CTT Regulations require that the team must all ride in kit of a similar design and colour. You will not be allowed to start if this is not complied with.
- 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 out 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 working (either flashing or constantly illuminated) when the rider starts 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.

In summary:

- 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)

Prizes

One prize per rider

TT Catagory			ROAD BIKE Catagory	
MALE	FEMALE	VET	MALE	FEMALE
1 ST £30	1 ST £30	-	1 ST £15	No Entrants
2 ND £20	2 ND £20	-		
3 RD £15		-		
		40-50 £15		
		51-60 £15		
		61-70 £15		
		71-80 £15		

KCA 2022 Season Prize Giving

Please join us post event for tea,coffee, cake and 2022 season prize giving!