



Promoted for and on behalf of Cycling Time Trials under their rules and regulations

KENT CYCLING ASSOCIATION

President Pat Hill

OPEN 12 HOUR TIME TRIAL

To be held on the Q12 hour (2019) course

For Bicycles, Tandems and Tricycles Incorporating the Kent VTTA Group Championships

Sunday 8th September 2019

START SHEET

**Event Organiser & P.I.C. on the Day :- Paul Mepham,
6 Sirdar Strand, Gravesend, Kent, DA12 4LP**

**Note: IF YOU NEED INFORMATION OR CONTACT US AFTER WEDNESDAY 4TH SEPTEMBER
PLEASE CONTACT PAUL MEPHAM TELEPHONE 01474 351884.**

EMERGENCY NUMBER ON THE DAY 07762 893230

*Event Secretary (Entries, Start & Result Sheets) - Bob Burden 1 Mayhew Close, Ashford, Kent TN23 7QH
Tel: 07540 053742*



Event H.Q. - Brenzett Village Hall, King St, Brenzett, Romney Marsh, TN29 9UF
There are toilet facilities and ample parking.

PLEASE BE QUIET AT THE HALL IN THE MORNING

No rider to use a turbo trainer or rollers in the HQ parking area or adjacent roads that are within 50 metres of a domestic property. Anyone failing to comply with this restriction risks disqualification.

SIGNING ON SHEET, AND BODY NUMBERS WILL BE AT EVENT H.Q.

TIMEKEEPERS

Paul Mephram (VC Elan – Harry Perry Cycles)
Ernie Mackey
Dave Mackey
Andy McCall
Vic Williams
John Longbottom

ROVING MARSHAL

Mick Morris

COURSE CONTROL

Paul Mephram

MAIN CHECKERS

Val & Tony Peachey

No Parking near the start except for timekeepers.

Riders should not arrive at the start any more than 5 minutes before their allotted start time.

CTT advise that you wear recognised protective headgear. CTT Regulations state that all juniors and juvenile riders must wear such headgear.

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.

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.

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.

It is a legal requirement (Road Vehicles Lighting Regulations 1989) to use appropriately fitted pedal reflectors and also a rear reflector (which may be incorporated into a rear light) as well as front and rear lights when riding in the dark (ie between sunset and sunrise). The onus is upon the rider to obey the law.

Riders will be expected to fit appropriate front and rear lights.

Please note that C.T.T. Regulation 16 states that the number shall be centrally positioned below the waist so as to be clearly visible from the rear when in his normal riding position. Position number as shown
Please note that any rider whose number is not positioned correctly will not be allowed to start.

You must observe C.T.T. Regulation No 21.

Forms can be downloaded at <https://www.cyclingtimetrials.org.uk/documents/index/riders> or at the sign in table so that you can register your support vehicle. The K.C.A. Committee will disqualify any rider guilty of infringing C.T.T. Regulation No 22. Attention is drawn specifically to paragraph (c) which states:

Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event.

Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

Please read this and ensure that your driver understands the restrictions of this regulation.

Support Vehicles on the circuit should take extreme care to avoid obstructing riders as there are sections of the circuit that are very narrow. No individual helpers are to park or operate within 300 yards of any circuit timekeeper.

When you finish make sure your helpers do not obscure the Timekeeper's view or impede other riders. Please note that NO Riders or Vehicles are to stop at the Timekeepers, but they must continue to a safe and convenient stopping point.

Please ensure you are conversant with C.T.T. Regulation 25.

You should note that there will not be marshals at every junction, but it is intended to place arrows around the course. However, You are responsible for ensuring that you follow the course correctly. Take Extra CARE at the RIGHT TURNS.

To reach the start from the H.Q. turn left from Brenzett Village Hall toward the B2080 and take the third exit to join the B2080 to the Brenzett roundabout. Take the third exit A259 (signposted Hastings). The start is approximately 150 metres from the roundabout.

Riders should be aware that they risk disqualification for obstructing other riders at the start or on the finishing circuit or using these areas as a public toilet. Toilet facilities are available at the Event H.Q.

A result board will be at the event H.Q. which will show provisional distances. Do not bother the Timekeepers. Information regarding non finishers will be welcomed.

The K.C.A. wishes all competitors a safe and enjoyable ride.

FEEDING ARRANGEMENTS

There will be no feed during the event. Riders may hand in their own food and bottles, labelled with their name, and it will be taken to Brookland round-a-bout. Please make sure that you leave clearly marked containers at the vehicle with the Feeding Sign at the Event HQ.

MARSHALS

Indicate the direction to be followed in a positive manner but Do Not Hold Up the Traffic. Please wear a marshal's jacket. There will be jackets at the event H.Q. at Brenzett Village Hall. If you borrow a jacket please either hand it to your relief or return it to the hall. Please return marshal's check sheets to the Event Organizer or the Roving Marshal.

TIMEKEEPERS

Timekeepers should report to Brenzett Village Hall at 2.30 p.m. to synchronise watches and be allocated Time Keeper stations.

REFRESHMENTS

Light refreshments will be available at the hall from 5.30p.m. onwards.

MASSAGE

We are lucky that Jackie has brought her massage table to the 12 Hour for several years and she'll be there again this year. It's a popular feature of the event and we'd like to suggest that you donate a minimum of £5 to her to cover the cost of her oils, etc.

ADDITIONAL SAFETY NOTES FOR RIDERS

Level Crossings.

There are three level crossings on the course and finishing circuit, these may be monitored throughout the event, failure to obey the traffic signals could lead to riders being disqualified.

Brenzett Garage

When exiting the Brenzett roundabout onto the A259 be aware that motorists are likely to turn into the garage with late or no indication.

Would all riders please note :-

There are proposed road works at East Guldeford Level Crossing which may require an alteration to the early part of the course.

Please Check when signing on

Q12-2019A Course Details

Start on A259 Straight Lane, Brenzett, approximately 175 yards southwest of Brenzett RAB level with the school boundary (TR 00458 26871).	0.00	0.00
At Brenzett RAB take 2 nd exit (A2070)	0.091	0.091
At Bridgefield RAB take 2 nd exit to Cloverleaf RAB		
At Cloverleaf RAB take 4 th exit to Brenzett RAB and retrace passing through Bridgefield RAB	9.104	9.105
Brenzett RAB	9.030	18.135
Rye Circuit (1)		
At Brenzett RAB take 3 rd exit onto B2080 to Brenzett mini RAB, Snargate, Appledore Station level crossing over Royal Military Canal Bridge Appledore and turn immediately left on Military Road to Rye	3.967	22.102
At Rye, junction with the A.268, turn left (CARE) to	5.754	27.856
RAB junction A.259	0.145	28.001
At RAB take first exit A.259 through East Guldeford to	6.333	34.334
Brookland RAB Continue straight on to Brenzett RAB – 1 st exit.	1.298	35.632
Rye Circuit (2)	17.497	53.129
Rye and Camber Circuit (1)		
At Brenzett RAB take 1 st exit onto B2080 to Brenzett mini RAB, Snargate, Appledore Station level crossing over Royal Military Canal Bridge Appledore and turn immediately left on Military Road to Rye	3.967	57.096
At Rye, junction with the A.268, turn left (CARE) to	5.754	62.850
RAB junction A.259	0.145	62.995
At RAB take first exit A.259 through East Guldeford to	6.333	69.328
Brookland RAB		
At Brookland RAB take 5 th exit and retrace to East Guldeford where turn left onto Camber Road	5.356	74.684
Continue through Camber (CARE pedestrian lights) to Lydd by-pass, straight ahead at small RAB to 'T' junction at north end of Lydd, turn right onto B2075 and continue to Hammonds Corner, 'T' junction with A.259 (CARE) turn left to	11.484	86.168
Brenzett RAB	3.282	89.450
Camber Circuit (1)		
At Brenzett RAB take 1 st exit on A.259 to Brookland RAB	1.298	90.748
At Brookland RAB take 2 nd exit to East Guldeford where turn left onto Camber Road	5.356	96.104
Continue through Camber (CARE pedestrian lights) to Lydd by-pass, straight ahead at small RAB to 'T' junction at north end of Lydd, turn right onto B2075 and continue to Hammonds Corner, 'T' junction with A.259 (CARE) turn left to	11.484	107.588
Brenzett RAB	3.282	110.870
Camber Circuit (2)	21.420	132.290
Camber Circuit (3)	21.420	153.710
Camber Circuit (4)	21.420	175.130
Camber Circuit (5)	21.420	196.550
Camber Circuit (6)	21.420	217.970
Camber Circuit (7) to Brenzett RAB and start of finishing circuit	21.540	239.510
At Brenzett RAB take 2 nd exit onto B2080 to Brenzett mini RAB, Snargate, Appledore Station level crossing and turn left, IMMEDIATELY before crossing over Royal Military Canal Bridge, onto Fairfield Road (Beckett Road on Google maps).		
Riders continue on B2080 to Timekeeper 1	0.000	0.000
Riders continue on B2080 to Timekeeper 2	1.800	1.800
Riders continue onto Fairfield Road to Timekeeper 3	2.070	3.870
Riders continue on Fairfield Road to Timekeeper 4	2.120	5.990
Riders continue onto A259 to Timekeeper 5	1.890	7.880
Riders continue onto B2080 to Timekeeper 1	2.260	10.140
Riders continue on finishing circuit as many times as necessary to complete 12 hours.		

AWARDS

K.C.A 12 HOUR CHAMPIONSHIP

FASTEST

- 1st A J Bathurst Trophy (for one year) Plus Gilt Medal**
- 2nd Silver Plated Medal**
- 3rd Bronze Medal**

TEAM

- 1st Team of 3 - The Bray Shield (for one year) Plus Gilt Medals**
- 2nd Team of 3 Silver Plated Medals**

LADY

- 1st Glad Mills Plaque**
- 2nd Silver Plated Medal**
- 3rd Bronze Medal**

VETERAN ON AGE STANDARD

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

All finishers, other than prize winners, will receive a K.C.A. Medal.

V.T.T.A. KENT GROUP CHAMPIONSHIP

- 1st (on standard) Gilt VTTA Medal**
- 1st (on actual) Gilt VTTA Medal**
- 1st Team Two (on standard) Bronze VTTA Medal**

Riders

No	First Name	Surname	Club	Cat	Vet std	Start Time
1	Malcolm	Strickland	Thornton Road Club	V64	182.920	06:01
2	Mark	Gidney	Southborough & Dist. Whs	V57	193.850	06:02
3	Philippa	Johnson	Somer Valley Cycling Club	WV56	173.950	06:03
4	Bob	Loader	Sydenham Whs	V86	117.930	06:04
5	Paul	Kirkness	Thanet RC	V65	181.110	06:05
6	Ian	Mackenzie	Southend Wheelers	V73/T	138.050	06:06
7	Simon	Rounding	VC Elan - Harry Perry Cycles	V43	212.290	06:07
8	Mel	Wasley	Epsom CC	WS39	0.000	06:08
9	Mirza	Beg	Dulwich Paragon CC	S31	0.000	06:09
10	Richard	Claxton	VC Elan - Harry Perry Cycles	V75	158.000	06:10
11	Richard	Bailey	Redhill CC	V61/T	158.870	06:11
12			NO RIDER			06:12
13			NO RIDER			06:13
14			NO RIDER			06:14
15			NO RIDER			06:15
16			NO RIDER			06:16
17			NO RIDER			06:17
18			NO RIDER			06:18
19			NO RIDER			06:19
20			NO RIDER			06:20
21	Steve	Gooch	Rye & District Wheelers CC	V53	199.140	06:21
22	Colin	Woollard	Ashford Whs	V53	199.140	06:22
23	Carl	Chapman	GS Invicta - Eye Level Optical- Herbert Cycles	V48	205.460	06:23
24	Bruce	Dunbar	Redhill CC	V54	197.850	06:24
25	Nick	Wilson	Rye & District Wheelers CC	V56	195.210	06:25
26	Lee	Heron	Banbury Star Cyclists' Club	V42	213.820	06:26
27	Rob	Grunfeld	GS Avanti	V48	205.460	06:27
28	Joshua	Clark	Royal Navy & Royal Marines CA	E21	0.000	06:28
29	Nick	Gritton	Sydenham Whs	V54	197.850	06:29
30	Robert	Bullyment	Catford CC	V46	208.080	06:30
31	David	Greenwood	Rye & District Wheelers CC	V54	197.850	06:31
32	Jon	Fairclough	Woking Cycle Club	V65	181.110	06:32
33	Peter	Baker	Lewes Wanderers CC	V61	187.940	06:33
34	Chris	Dines	GS Avanti	V56	195.210	06:34
35	Rupert	Robinson	Crawley Wheelers	V47	206.750	06:35
36	Lee	Williams	North Hampshire RC	S34	0.000	06:36
37	Gary	Martin	Westerley Cycling Club	V60	189.500	06:37
38	Tony	Reeves	GS Stella	V48	205.460	06:38
39	Rob	Milnes	Thanet RC	S39	0.000	06:39
40	Neil	Lauder	Arctic Aircon RT	S36	0.000	06:40