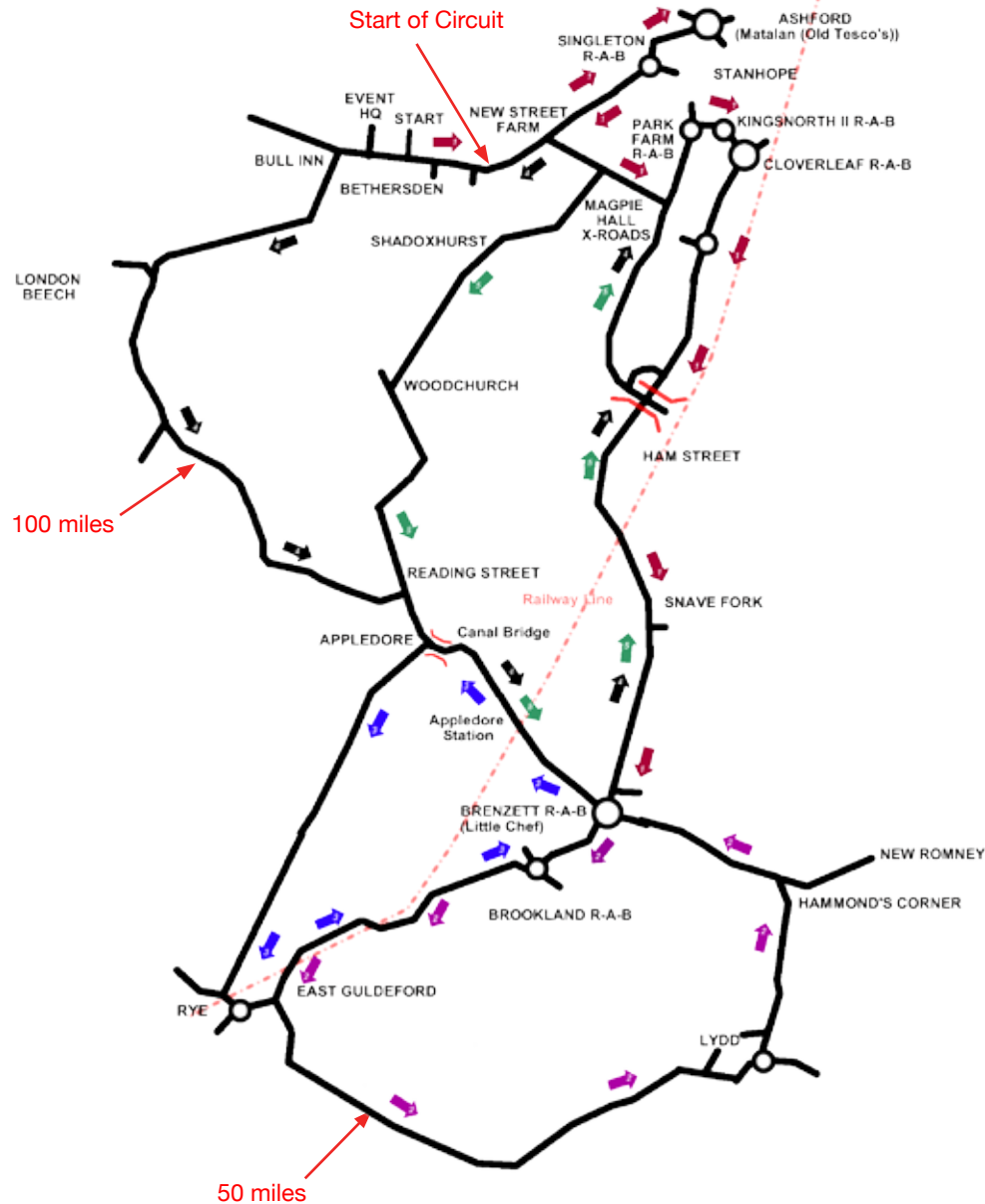


Q12/4 (2010)



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

For Bicycles and Tricycles

Including the
South East Tricycle Association
Open 12 Hour Time Trial

Sunday 5th September 2010

START SHEET



	Intermed' Dist	Cum Total	Slower Riders
Left to 'T' junction with Shadoxhurst Road (M)	0.518	197.496	176.076
Left via Shadoxhurst Road, Woodchurch Road and Tally Ho Road to Stubbs Cross (M)	3.267	200.763	179.343
Left into Magpie Hall Lane to New Street Farm A28 'T' junction (M)	1.446	202.209	180.789
Left on A28 to complete one finishing circuit at Gable Hook Farm	1.429	203.638	182.218
Continue end of second circuit	9.920	213.558	192.138
Continue end of third circuit	9.920	223.478	202.058
Continue end of fourth circuit	9.920	233.398	211.978
Continue end of fifth circuit	9.920	243.318	221.898
Continue end of sixth circuit	9.920	253.238	231.818

CIRCUIT FOR EMERGENCY USE ONLY

<i>TK (1) Gable Hook Farm</i>		<i>193.718</i>	<i>172.298</i>
<i>Brissenden Corner</i>	<i>0.808</i>	<i>194.526</i>	<i>173.106</i>
<i>TK (2) verge after Martins</i>	<i>1.017</i>	<i>195.543</i>	<i>174.123</i>
<i>High Halden left turn (M)</i>	<i>0.981</i>	<i>196.524</i>	<i>175.104</i>
<i>TK (3) after stream (GR 907371)</i>	<i>0.690</i>	<i>197.214</i>	<i>175.794</i>
<i>Great Engeham cross roads (give way) (M)</i>	<i>2.207</i>	<i>199.421</i>	<i>178.001</i>
<i>TK (4) adjacent bridge after Harlakenden</i>	<i>0.699</i>	<i>200.120</i>	<i>178.700</i>
<i>Left at Coleman Green junction (M)</i>	<i>0.362</i>	<i>200.482</i>	<i>179.062</i>
<i>TK (5) South of Shadoxhurst</i>	<i>0.491</i>	<i>200.973</i>	<i>179.553</i>
<i>Stubbs cross (M) left</i>	<i>1.485</i>	<i>202.458</i>	<i>181.038</i>
<i>TK (6) (Bartlett) Left at New Street Farm</i>	<i>1.446</i>	<i>203.904</i>	<i>182.484</i>
<i>Gable Hook TK (1)</i>	<i>1.429</i>	<i>205.333</i>	<i>183.913</i>
<i>Continue end of second circuit</i>	<i>13.314</i>	<i>218.647</i>	<i>197.227</i>
<i>Continue end of third circuit</i>	<i>13.314</i>	<i>231.961</i>	<i>210.541</i>
<i>Continue end of fourth circuit</i>	<i>13.314</i>	<i>245.275</i>	<i>223.855</i>

Event Secretary:

Esther Carpenter,
10 Maplehurst Road,
Baldslow,
St.Leonards-on-sea,
East Sussex, TN37 7NA
☎(01424) 751581
Mobile: ☎07929 797386

Timekeepers:

Peter Stone
Paul Mephem
Warwick Dunford
Pat Hill
David Watson
Ian & Clarice Masterson

Last Man Marshal:

Roger Bunnett

Roving Marshal:

Tim Carpenter
Mobile: ☎07542 107927

Event H.Q. - Bethersden Village Hall. There are toilet facilities and ample parking.

PLEASE BE QUIET AT THE HALL IN THE MORNING

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

Prize Presentation

All awards will be presented at the Lunch at Smarden Village Hall

7 November 2010

Guest of Honour Keith Butler Norwood Paragon

Bar opens 12 o'clock - Lunch 1 o'clock

Tickets £17.50

More details from:

Ann Burden 2 Hillview, Ashford, TN24 8QB ☎01233 640456

NOTES

RIDERS

In the interests of your own safety, the C.T.T. and the event promoters strongly advise the use of a hard shell helmet that meets an internationally accepted safety standard.

It is the responsibility of each competitor who will be riding on the public highway before sunrise (06:16) and finishing after sunset (19:34) to ensure they have the appropriate lighting. Detailed information is available from the CTC website at <http://www.ctc.org.uk/DesktopDefault.aspx?TabID=4071>.

The K.C.A committee recommend All riders carry LED rear lights for use in the wooded areas of the course

Please take great care when navigating round-a-bouts.

The circuit for this year is Gable Hook - Brissenden Green - Shirkoak - May Farm - Shadoxhurst - Stubbs Cross - New Street farm - Gable Hook

An alternative circuit has been prepared **for emergency use only**. Gable Hook - Bethersden - High Halden - Great Engham, Cross Roads - Coleham Green - Shadoxhurst - Stubbs Cross - New Street farm - Gable Hook.

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 right from Bethersden Village Hall toward the A28 and then left on the A28 toward Ashford. Kiln Lane is the first turning on the left.

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.

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

Forms are enclosed 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

	Intermed' Dist	Cum Total	Slower Riders
and proceed to Appledore junction with B2080 (M) where riders continue through village to Canal Bridge. Turn immediately hard left (M) after bridge staying on B2080 and proceed via Appledore station and Snargate straight over Brenzett mini RAB to Brenzett RAB (Little Chef)	8.176	160.326	138.906
Take 1st exit onto A2070 to top of Ham Street Hill turn left (M)	5.050	165.376	143.956
WOODCHURCH CIRCUIT 2			
up slip road to 'T' junction turn right (M) onto old A2070	0.111	165.487	144.067
Continue through Sugarloaf, Bromley Green to Magpie Hall Lane crossroads turn left (M) through Stubbs Cross	3.016	168.503	147.083
where turn left (M) through Shadoxhurst and Hengherst on major lane to Woodchurch. EXTREME CARE at 'T' junction Lower Road and Front Road in Woodchurch village, bear left at oblique angle (M). Continue to 'T' junction of B2067 turn left (M)	5.037	173.540	152.120
and proceed to Appledore junction with B2080 (M) where riders continue through village to Canal Bridge. Turn immediately hard left (M) after bridge staying on B2080 and proceed via Appledore station and Snargate straight over Brenzett mini RAB to Brenzett RAB (Little Chef)	8.176	181.717	160.297
Take 1st exit onto A2070 to top of Ham Street Hill turn left (M)	5.050	186.767	165.347
up slip road to 'T' junction turn right (M) onto old A2070	0.111	186.878	165.458
Continue through Sugarloaf, Bromley Green to Magpie Hall Lane crossroads turn left (M) through Stubbs Cross	3.016	189.894	168.474
to 'T' junction with A28 at New Street Farm	2.396	192.290	170.870
Turn left (M) (care) to join the finishing circuit at Gable Hook Farm, junction of Bethersden Road to Shadoxhurst (M)	1.428	193.718	172.298
FINISHING CIRCUIT			
Continue on A28 to Brissenden Oak (M)	0.808	194.526	173.106
Left to Great Engham cross roads (M)	1.278	195.804	174.384
Straight on to Shireoak cross roads (M)	1.174	196.978	175.558

	Intermed' Dist	Cum Total	Slower Riders
right (M) through Appledore to canal bridge turn left after bridge (M)	6.015	105.513	84.093
Continue on B2080 via Appledore station and Snargate, straight over Brenzett mini RAB to Brenzett RAB (Little Chef) junction A2070/A259B2080 (M)	3.967	109.480	88.060
TENTERDEN CIRCUIT 2			
Take 1st exit onto A2070 to top of Ham Street Hill turn left (M)	5.050	114.530	93.110
up slip road to 'T' junction turn right (M) onto old A2070	0.111	114.641	93.221
Continue through Sugarloaf, Bromley Green to Magpie Hall Lane crossroads turn left (M) through Stubbs Cross	3.016	117.657	96.237
to 'T' junction with A28 at New Street Farm	2.396	120.053	98.633
Turn left (M) follow A28 through Bethersden, High Halden (care traffic calming islands), London Beach, St Michaels to junction of B2080 at Tenterden	8.901	128.954	107.534
Turn left (M) on B2080 proceed south east through Leigh Green, Reading Street to 'T' junction at Appledore. Turn right (M) through Appledore to canal bridge turn left after bridge (M)	6.015	134.969	113.549
Continue on B2080 via Appledore station and Snargate, straight over Brenzett mini RAB to Brenzett RAB (Little Chef) junction A2070/A259B2080 (M)	3.967	138.936	117.516
WOODCHURCH CIRCUIT 1			
Take 1st exit onto A2070 to top of Ham Street Hill turn left (M)	5.050	143.986	122.566
up slip road to 'T' junction turn right (M) onto old A2070	0.111	144.097	122.677
Continue through Sugarloaf, Bromley Green to Magpie Hall Lane crossroads turn left (M) through Stubbs Cross	3.016	147.113	125.693
where turn left (M) through Shadoxhurst and Hengherst on major lane to Woodchurch. EXTREME CARE at 'T' junction Lower Road and Front Road in Woodchurch village, bear left at oblique angle (M). Continue to 'T' junction of B2067 turn left (M)	5.037	152.150	130.730

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 are reminded all riders currently using an inhaler for medical reasons should register this fact with British Cycling to satisfy U.C.I., C.T.T. and B.C. anti-doping regulations

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.

CUT OUT LEGS

Riders predicted to cover less than 204 miles (nos 38 onwards) will only complete one circuit of Brenzett - East Guldeford - Camber - Lydd - Hammonds Corner - Brenzett

The Woodchurch circuit will close at Stubbs Cross at 3.30 p.m.

FEEDING ARRANGEMENTS

C.C. Bexley will provide a feed on the A259 between the Philippine Craft Village and Brookland round-a-bout.

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 Bethersden 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 the Gable Hook at 3.30 p.m. to synchronise watches and be allocated Time Keeper stations.

MESSAGE

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.

WEB SITE

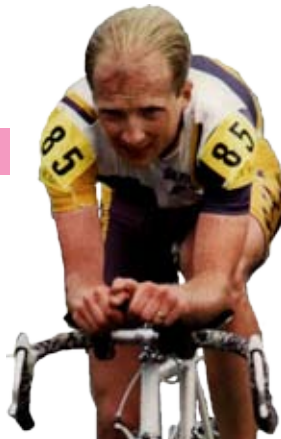
More details about the course, riders and the event can be found on the K.C.A 12 Hour web site at <http://www.kca12hour.org.uk>. The site also has an extensive archive of K.C.A 12 Hour events. The provisional result will be posted on the web site as soon as it is available.

REFRESHMENTS

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

EVENT RECORD

The Event Record is held by Ian Silvester who rode 273 miles 570 yards, an average speed of 22.7 miles an hour, in 1995.



	Intermed' Dist	Cum Total	Slower Riders
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Hammonds Corner junction of A259/B2075 where left (M)	11.484	37.825	37.825
to Brenzett RAB (Little Chef) (M)	3.282	41.107	41.107

CAMBER CIRCUIT 2

Follow A259 over Brookland RAB (M) to East Guldeford turn left into Camber Road (M)	6.654	47.761	
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Continue through Camber and round Lydd by pass, straight over small RAB (M) to join B2075 at 'T' junction at north end of town, turn right (M) continue on B2075 to Hammonds Corner junction of A259/B2075 where left (M)	11.484	59.245	
to Brenzett RAB (Little Chef) (M)	3.282	62.527	

RYE CIRCUIT

Take 2nd exit onto B2080 (M) through Brenzett mini RAB; Snargate, Appledore station level crossing to turn right (M) over Appledore Bridge (Royal Military Canal) and immediately left (M) to Military Road	3.967	66.494	45.074
to junction with A.268 Rye (M) (50.828 mls)	5.754	72.248	50.828
Left on A268 to mini RAB junction with A259	0.145	72.393	50.973
Turn left (M) and follow A259 through East Guldeford to Brooklands RAB to Brenzett RAB (Little Chef) (M)	7.631	80.024	58.604

TENTERDEN CIRCUIT 1

Take 2nd exit onto A2070 to top of Ham Street Hill turn left (M)	5.050	85.074	63.654
up slip road to 'T' junction turn right (M) onto old A2070	0.111	85.185	63.765
Continue through Sugarloaf, Bromley Green to Magpie Hall Lane crossroads turn left (M) through Stubbs Cross	3.016	88.201	66.781
to 'T' junction with A28 at New Street Farm	2.396	90.597	69.177
Turn left (M) follow A28 through Bethersden, High Halden (care traffic calming islands), London Beach, St Michaels to junction of B2080 at Tenterden	8.901	99.498	78.078
Turn left (M) on B2080 proceed south east through Leigh Green, Reading Street to 'T' junction at Appledore. Turn			

COURSE Q12/4 (2008)

Riders are advised to exercise caution through High Halden, Appledore and Woodchurch due to parked vehicles and street furniture hazards, and on the drops north and south of Woodchurch. In addition you are advised that an hourly train service may delay you at Appledore level crossing.

The KCA committee recommend Riders to carry LED rear lights for use in the wooded areas of the course.

Please take great care when navigating round-a-bouts.

	Intermed' Dist	Cum Total	Slower Riders
Start in Kiln Lane, Bethersden at a field gate north of the junction with A28. Proceed to A.28 where (M).	0.181	0.181	0.181
Follow A.28 in an easterly direction to Singleton RAB where take first exit (M)	4.459	4.640	4.640
Continue on A.28 to Ashford RAB (Matalan) at end of Great Chart By Pass (M) junction of A.28/B2229 where turn and retrace to Singleton where take 2nd exit to junction with Magpie Hall Lane at New Street Farm (M) turn left	1.710	6.350	6.350
Follow through Stubbs Cross to Magpie Hall cross road turn left (M) onto Ashford Road (old A2070).	2.395	8.745	8.745
Follow Ashford Road to Park Farm RAB (M) where take 2nd exit to Kingsnorth 2 RAB (M) where take 3rd exit onto A2040, fork left within 500 yards (M) to Cloverleaf junction (M) A2070 (Ham Street by pass)	2.036	10.781	10.781
Take 1st exit to follow A.2070 over Bridgefield RAB (M) to Brenzett RAB (Little Chef) junction of A259/A2070/B2080 (M)	8.906	19.687	19.687
CAMBER CIRCUIT 1			
Follow A259 over Brookland RAB (M) to East Guldeford turn left into Camber Road (M)	6.654	26.341	26.341
Continue through Camber and round Lydd by pass, straight over small RAB (M) to join B2075 at 'T' junction at north end of town, turn right (M) continue on B2075 to			

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 Three	The Bray Shield (for one year) Plus Gilt Medals
2nd Team of Three	Silver Plated Medals

Lady

1st	Glad Mills Plaque
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Veteran on Age Standard

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

Greatest improvement on distance in last three years

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

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

TRICYCLE ASSOCIATION 12 HOUR

Fastest

1st	Tricycle Association Gilt Medal
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RIDERS

No	Name	Club		Best Last 3 Years	Start Time
1	Liz King	Tri Spirit Team	LV44	196.688	6.01
2	Richard Claxton	VC Elan	V66	214.418	6.02
3	Alan Lloyd	Lewes Wanderers	V58	208.88	6.03
4	John Murphy	Gloucester City CC	V70	229.346	6.04
5	Lee Cairns	Sherwood Pines Cycles		256.000	6.05
6	Natalie Bent	San Fairy Ann CC			6.06
7	Mike Perry	San Fairy Ann CC	V65		6.07
8	Alec Mayes	Ashford Wheelers	V65	203.423	6.08
9	Kate Bosley	San Fairy Ann CC	LV48		6.09
10	Paul Holdsworth	Hounslow & District Wheelers	V46	278.040	6.10
11	Peter Hayes	Catford CC	V65		6.11
12	Paul Smith	Catford CC			6.12
13	Andrew Croft	Rye & District Wheelers CC	V49	206.003	6.13
14	Stuart Jago	Worthing Excelsior CC	V44	225.180	6.14
15	Antony Stapleton	Chelmer CC	V44	263.568	6.15
16	Steve Berry	San Fairy Ann CC	V40	245.520	6.16
17	Nick Leech	Ashford Wheelers	V43		6.17
18	Mark Bernhardt	Worthing Excelsior CC	V48		6.18
19	John Laker	Thornton RC	V50		6.19
20	Brian Walker	Team Swift - Allsports		267.290	6.20
21	Mick Fountain	Didcot Phoenix CC	V69	243.098	6.21
22	Nathan Gale	Worthing Excelsior CC			6.22
23	Tony Reeves	GS Stella		245.000	6.23
24	Darren Frostick	Maldon & District CC	V45		6.24
25	Andy Miles	VC Elan	V41	255.757	6.25
26	Andy Payne	GS Stella	V46	262.010	6.26
27	Rob Richardson	Chippenham & District Wheelers	V47		6.27
28	Geoff Smith	Sussex Nomads	V60	227.940	6.28
29	Martin Brown	7OaksTri	V49		6.29

RIDERS

No	Name	Club		Best Last 3 Years	Start Time
30	David Shepherd	GS Stella	V49	267.800	6.30
31	Martin Apps	GS Invicta	V50		6.31
32	Mark Amon	Rye & District Wheelers CC	V45	197.040	6.32
33	Steve Rush	North Norfolk Wheelers	V46	209.030	6.33
34	Mark Abela	Kent Cycles RC	V43		6.34
35	Colin Parkinson	South Western RC	V48	276.500	6.35
36	Michael Pumphrey	Thornton RC	V50	244.653	6.36
37	Peter Moon	Eastbourne Rovers CC	V49	243.497	6.37
38	Dave Wright	VTTA	V80		6.38
39	Bob Harber	Brighton Excelsior CC	V65		6.39
40	Mick Morris	CC Bexley	V67		6.40
41	Grant Pyke	Kingston Phoenix RC	TV74	153.112	6.41
42	Gary Boyd	Lea Valley CC	V42		6.42
43	Carmen Kubisa	Rye & District Wheelers CC	LV40	178.000	6.43
44	Bob Watts	VTTA	V53	196.000	6.44
45	Stephen Airey	Catford CC	V47		6.45
46	Russ Mason	Thornton RC	V61	195.000	6.46
47	Jim Hollands	Rye & District Wheelers CC	V71	198.249	6.47
48	David Steel	Hereford Wheelers	V63		6.48
49	Bob Burden	Tri Spirit Team	V65	196.912	6.49
50	Peter Holland	Lincoln Wheelers CC	TV63	186.644	6.50
51	Clinton Maisey	Wigmore CC	V72	191.024	6.51
52	Simon Yates	Lewes Wanderers	V58	193.740	6.52
53	Steve Maxted	Rye & District Wheelers CC	V67	183.620	6.53
54	Andrew Nye	Ashford Wheelers	TV53	214.472	6.54
Sponsored Clubs:					
Ashford Wheelers C.C. - Chaverey ; VC Elan - Harry Perry Cycles; Kent Cycles R.C. - Look/ Bianchi/Pro/Met/Tekno Fuel; South Western RC - Evans Cycles/Pinnacle; Sherwood Pines Cycles - www.247personalfitness.com/mavic/polaris/scott/sis					