

Cycle Club Bexley

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

The Dave Ashdown Memorial Open 10 Miles Time Trial
(incorporating a Tricycle Association (South Eastern Region) '10')
To be held at 15.00hrs on Saturday 7 May 2016
Course Q10/24 – Grain

Event Secretaries:

CC Bexley:	Richard Boxall 9 Wessex Walk Dartford Kent Tel. 07831 866838	TA:	Mark Vowells and Handicapper Alandale Foxendown Lane Meopham, Kent Tel. 01474 392302
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Timekeepers: Dave Abbotts, Gravesend CC and Bob Aves, CC Bexley Recorder: Tom Wakefield

CC Bexley Awards

1 st , 2 nd , 3 rd , 4 th on scratch	£20, £15, £10, and £5
1 st in each vets' category vets' A, B, C, D A40-49, B50-59, C60-69, D70+	£10
1 st Lady, 2 nd Lady, 3 rd Lady	£15, £10, £5
1 st team of three	£10 each
1 st Junior	£15

TA Awards

1st on scratch TA Gilt Medal 1st handicap TA Gilt Medal

Event headquarters: Village Hall, Chapel Road, Isle of Grain, Rochester ME3 0BY (changed from last year)

Course: Q10/24 – Grain – Fenn Corner Roundabout – Grain

Start on A228 west of Grain Village 14 metres north of the lamppost GFY26 on Strood bound carriageway by a minor access road to the National Grid site, where the continuous white road edge line starts. Proceed west on the A228 to turn at Fenn Corner roundabout (5.07 miles). Retrace on the A228 to finish directly opposite the lamppost GFY19 (situated on Strood bound carriageway) (10 miles)

Notes to riders

- It is approximately 2 miles from the HQ to the start – please allow enough time for this, and be aware that other riders may be racing on the course.
- No warming up on the course once the event has started.
- **Numbers** will be at the HQ and will be issued to riders after signing on.
- Riders should refer to regulation 16 – which states that **'the number should be centrally positioned below the waist so as to be clearly visible from the rear when in the normal riding position'**.
- Numbers may be exchanged for a drink on completion of the ride
- Please remove racing shoes before entering the hall.
- Please do not perform U turns in the start or finish area or use these areas as a public toilet as offenders risk disqualification.
- In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard. Juniors and juveniles **MUST** wear such headgear.
- Whilst competing riders must ensure they adhere to the Highway Regulations and CTT Rules and Regulations, disciplinary action may result from any breaches in these regulations. Riders must also ensure their helpers conform to the Regulation 22 relating to the use of vehicles during events.
- 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 while the machine is in use.
- Rider feedback forms will be available in the HQ by the signing on desk, and can be used by riders and marshals to offer comments that could significantly improve safety.
- Have a safe and enjoyable ride.

No.	Name	Club	Hcp/Cat	Start
TA Event				
1	Mark Vowells	C C Bexley	Scr	15.00
2	Richard Bailey	Redhill CC	6.30	15.01
3	Adrian Hills	Lewes Wanderers C C	9.15	15.02
4	Trevor Oliver	San Fairy Ann C C	13.30	15.03
5	Chris Hutchinson	Redbridge C C	1.00	15.04
CC Bexley Event				
9	Paul Bailey	C C Bexley	B	15.09
10	Mark Foulds	Thanet RC	A	15.10
11	Michael Saadat	Southborough & Dist. Whs	B	15.11
12	Rachael Haley	Bigfoot CC	L/B	15.12
13	Michael Morris	CC Bexley	D	15.13
14	Stephanie Waters	San Fairy Ann CC	L	15.14
15	Mark Baker	VO2 Maximum RT	A	15.15
16	Laurence Toombs	West Kent RC	B	15.16
17	Nicholas Fennell	Thanet RC		15.17
18	Michael Daniels	Southborough & Dist. Whs	D	15.18
19	Cameron Abbotts	Gravesend CC	J	15.19
20	Lee Russell	VC Elan - Harry Perry Cycles	A	15.20
21	Toby Hammond	Thanet RC	J	15.21
22	Andy Macpherson	VC Deal	A	15.22
23	Andrew Elford	CC Bexley	A	15.23
24	Darren Culverwell	Team Sidcup Cycles	A	15.24
25	Andrew Macpherson	Kingsnorth International Whs		15.25
26	Kelly Wyld	4 T+ Velo Club	A	15.26
27	Dave Mastin	Thanet RC	C	15.27
28	David Barnes	Gravesend CC	B	15.28
29	Gary Bull	Bigfoot CC	B	15.29
30	Paul Smith	VeloRefined.com Aerosmiths	A	15.30
31	Louise Mason	Medway Velo Club	L	15.31
32	Colin Inett	Thanet RC	D	15.32
33	Garry Dunn	CC Bexley	B	15.33
34	Laurie Broad	San Fairy Ann CC	D	15.34
35	Keith Brown	VO2 Maximum RT	A	15.35
36	Oliver Dickson	Thanet RC	J	15.36
37	Michael Bebbington	CC Bexley	A	15.37
38	Andrew McCall	Thanet RC	C	15.38
39	Jo Hitchen	CC Bexley	L/A	15.39
40	Daniel Tolhurst	PMR @ Toachim House		15.40
41	Lawrence Martin	Thanet RC	B	15.41
42	Alex Woolley	PMR @ Toachim House		15.42
43	Simon Adams	In-Gear Quickvit Trainsharp RT	B	15.43
44	Angela Spenceer	CC Bexley	L/B	15.44
45	David Churchill	Bigfoot CC	B	15.45
46	Sam Day	CS Grupetto	A	15.46
47	Paul Kelk	Thanet RC	A	15.47
48	Malcolm Adams	De Laune CC	D	15.48
49	Jo Hovenden	CC Bexley	L	15.49
50	Simon Henderson	Thanet RC	B	15.50
51	Gary Grayland	CC Bexley	B	15.51

52	Martin Russell	Thanet RC	A	15.52
53	Jonathan Gough	Old Portlians CC		15.53
54	Christopher Hovenden	Arctic Tacx RT		15.54
55	Richard Williams	Bigfoot CC	B	15.55
56	Dan Martin	Thanet R C	J	15.55
57	Jeremy Benson	VC Elan - Harry Perry Cycles		15.57
58	Michael Greenshields	London Dynamo		15.58
59	Murray Spencer	CC Bexley	B	15.59
60	Christopher Fennell	Thanet RC		16.00
61	Christopher Bax	PMR @ Toachim House	C	16.01
62	Nigel Perry	San Fairy Ann CC	B	16.02
63	Phil Kitto	7 Oaks Triathlon Club	B	16.03
64	Heidi Hammond	Hythe Cycling Club	L/A	16.04
65	Rory Hopcraft	Medway Tri		16.05
66	Martin Foord	Abellio- SFA Racing Team	B	16.06
67	Jon Hollidge	7 Oaks Triathlon Club	A	16.07
68	Nicola Goodban	Thanet R C	L/A	16.08
69	Gary Ricks	Woolwich C C	B	16.09
70	Jonathan Parker	Team Bottrill	A	16.10
71	Colin Newton	Folkestone Velo Club		16.11
72	Matt Saywell	Medway Velo Club		16.12