

Kent Cycling Association



10 Mile Time Trial. Incorporating GHS District Heat.

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

Saturday 6 July 2019 Course Q10/42 Start time 15-00 hrs

Event Headquarters is Betteshanger Country park Open from 8 am To find the park, take the A258 between Deal and Sandwich to the Fowlmead access roundabout, where the Park is clearly signposted. Do not follow signs from the A258 to Betteshanger village and Community Park.

Awards GHS Event.

All Finishers will receive a GHS Medallion.

Awards KCA Event

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 previous 3 year PB at distance

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

Fastest Club Team of 3 Riders

1st Bronze Medals

Lady

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

Juvenile

1st Silver Plated Medal

Junior

1st Silver Plated Medal

KCA Prizes will be presented at the KCA Lunch in November.

Course Details – Q10/42

START at edge of track in coned area ride 5 laps in an anticlockwise direction. On the fifth and final lap do not continue on to the start area but take the signed slip road to **FINISH** in the slip road. On finishing **do not re-join the circuit but follow the direction of the marshals back to the HQ.**

Event Secretary:

Chris Bax. PMR Telephone: 01843 223146
23 Garrard Avenue Margate Kent Mobile: 07741 405471

Time Keepers: Terry Fearn Thanet RC
Ian Ferrell VC Deal

General Notes

- **THERE WILL BE NO WARMING UP ON THE CIRCUIT AFTER THE EVENT HAS STARTED. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area.**
- **Take care and keep to the right when passing through the start area.**
- **Take care when passing slower riders (a verbal warning helps).**
- **The circuit is just over 2 miles to the lap. On the final lap turn left into the slip road to the finish.**
- **Numbers will be at the HQ (Track side building and not the start)**
- **All riders are required to sign on before collecting their number and sign out after finishing.**
- **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.**
- **Riders risk disqualification if they use the start or finish areas as a public toilet.**
- **DUE TO PARK RULES ALL RIDERS ARE REQUIRED TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONAL ACCEPTED STANDARD NO HELMET NO RIDE.**

Mens Course Record Chris Fennell 19-41

Ladies Course Record Emma Lewis 23-24

Acknowledgements to Sponsors of clubs (as shown on some entry forms):

[VeloRefined.com/Rule 5 solutions/Secret training.](http://VeloRefined.com/Rule5solutions/Secrettraining)

PMR Schwalbe, RM Cycles

