



10 Mile Time Trial Incorporating National Youth Championship District Heat.

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations by
[The Kent Cycling Association](#) & organised by [VeloRefined Rule 5](#)

Saturday 2nd July 2022
Course Q10/42 Start time 3pm
HQ: Track-side Building at Betteshanger Country Park.

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.

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:

Mark Hill: VeloRefined Rule 5 (Cycling Team) - 25 Hales Drive, Canterbury, Kent> CT2 7AB
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Timekeepers: Andrew McCall: Thanet RC & Ian Ferrell: VC Deal

General Notes:

- 1. THERE WILL BE NO WARMING UP ON THE CIRCUIT AFTER THE EVENT HAS STARTED.**
2. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area.
3. Take care when moving to the start area and keep to the right when passing through the start area.
4. Take care when passing slower riders avoiding passes on the inside of bends (a verbal warning helps).
5. The circuit is just over 2 miles to the lap. On the final lap turn left into the slip road to the finish.
6. Numbers will be at the HQ (track side building and not the start area).
7. All riders are required to sign on before collecting their number and sign out after finishing.
8. 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.
9. Whilst lights are not required for this circuit based event a rear light is still recommended.
10. Riders risk disqualification if they use the start or finish areas as a public toilet.
11. The new facilities have toilets and changing areas which you can use.
12. **ALL RIDERS ARE REQUIRED TO WEAR A HARD-SHELL HELMET THAT MEETS AN INTERNATIONAL ACCEPTED STANDARD NO HELMET NO RIDE.**
13. Do not forget to pay for parking before leaving the Park or on-line in accordance with parking rules.
14. Please do stay for awards and prizes at the end of the event.
15. Photography is planned to be in place via [Dave Haywood Photography](#).



Road Bike Regulations Only applies to KCA Road Bike Event

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (i.e. not with forearms resting on the handlebar)
3. Legs must only be covered to mid-shin
4. Wheels may have no more than 90mm rim depth and must have at least 12 spokes
5. Helmets must have no visor
6. Ears must not be covered by the helmet (no aero TT helmets).

Covid 19 Advice

PLEASE DO NOT ATTEND THE EVENT IF YOU OR ANY MEMBER OF YOUR SUPPORT CREW OR FAMILY SHOWS SYSTEMS OF COVID 19 OR FEEL UNWELL.

EVENT AWARDS

Awards – GHS Youth Event.

Top 3 male & female riders | age group winners
All riders to receive CTT National Youth Medals & Certificates

KCA Awards

TT bikes | Top 3 male & female riders on scratch (overall): £20 | £15 | £10
TT bikes | Top 3 male & female riders on age standard: £20 | £15 | £10
Road bikes | First placed male & female riders: £10
Team Award – TT Bikes | overall team of 3 riders: £5ea

KCA Additional Sponsored Prize

Fastest Junior & Juvenile | Full Strip-down Rebuild Precision Service (worth £175) for both overall winners from www.aeightbikeco.com

VeloRefined Rule 5 Special Awards

VeloRefined Rule 5 Banda Azul (T-shirt) for the main TT winner
VeloRefined Rule 5 Event Medals for all signed-on entrants
VeloRefined Rule 5 Spot Prizes – Determined on the day by the organiser

Fastest Junior & Juvenile | Full Strip-down Rebuild Precision Service (worth £175) for both overall winners from www.aeightbikeco.com

Acknowledgment: Thank you to all the marshals, timekeepers and others that supported the organisation and undertaking of the event.