

10 Mile Time Trial KENT CYCLING ASSOCIATION

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

Sunday 1st September 2024

Course Q10/42 Event start time 9am for circuit use (closes 11am) (first rider off 9:10am)

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** (Trackside Building).

Event Secretary:

Mark Hill: VeloRefined Rule5 (Cycling Team) 25 Hales Drive, Canterbury, Kent. CT2 7AB
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Timekeepers: Dave Mastin: Thanet RC & Ian Ferrell: VC Deal

General Notes:

1. THERE WILL BE NO WARMING UP ON THE CIRCUIT AFTER THE EVENT HAS STARTED. Warm up on the circuit must be clockwise only. No rider is to still be on the circuit warming up after 9:05am.
2. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area or carpark.
3. Take care when crossing the circuit moving to the start area and keep to the right when passing through the start area when racing.
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 issued in the carpark area but returned to the HQ area post event.
7. All riders are required to sign on before collecting their number and sign out after finishing. Failure to sign-out and return your number may result in disqualification.
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. Front and rear lights are required for circuit events. These should be used as per open road events.
10. Riders risk disqualification if they use the start or finish areas as a public toilet. The new facilities have toilets and changing areas which you can use.
11. All competitors must wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.
12. Please use the Park in accordance with its rules (this includes any parking fees).
13. Please do stay for awards and prizes at the end of the event.

Race Photography:

Photography is planned to be via [Dave Haywood Photography](#).

Road Bike Regulations as apply to KCA Road Bike participants

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 be a road not a TT specific helmet and must not have a visor
6. Ears must not be covered by the helmet

**Please be aware that this event is an association event.
To be eligible for prizes your club must be affiliated to the Kent Cycling Association.**

One prize per rider.

In the event a rider technically wins two event awards they will receive the higher value prize.

EVENT AWARDS

KCA Awards

TT bikes | Top 3 male & female riders: **£15 | £10 | £5**

TT bikes | Fastest male & female riders on age standard: **£15**

Road bikes | Top 3 male & female riders: **£15 | £10 | £5**

Team Award – TT Bikes or Road Bikes | overall team of 3 riders: **£5 each**

VeloRefined Rule 5 Special Awards

VeloRefined Rule5 Prize – Determined on the day by the organiser!

(Most stylish rider – totally subjective)

START SHEET

Separate Document via CTT Download

Acknowledgment

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

Thank you also to everyone that raced for helping make this event happen.

Event results will be compiled and announced as soon as possible after the overall event, so please stay for the awards.