

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](#) & sponsored by [Camerideri.com](#) and organised by [VeloRefined Rule 5](#)

Sunday 30th August 2026

Course Q10/42 Event start time 9am for circuit use (closes 11am) (first rider off 9:01am)

Main HQ: Track-side Building at Betteshanger Country Park

Sign-in / number collection near Betteshanger car park and covered area between main buildings

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 immediately re-join the circuit. Follow the direction of the marshals back to the HQ (Trackside building) or if safe to do so rejoin the circuit taking care to avoid disrupting other competitors and keeping off the racing line until at the HQ. Extra caution on the bend opposite the start area where you entered the course as this is on the racing line at a fast point.** You must then leave the course until all riders finish.

Event Secretary:

Mark Hill: VeloRefined Rule5 (Cycling Team) 25 Hales Drive, Canterbury, Kent. CT2 7AB
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Timekeepers: Andy 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. The circuit is raced anti-clockwise.
3. **Warm up on the circuit must be clockwise only as there is a risk that members of the public could be on the course before the race starts.** No rider is to still be on the circuit warming up after 8:55am. Failure to comply will result in disqualification.
4. There is plenty of room for turbo trainers on the concrete ramp adjacent to the start area or carpark.
5. Take care when crossing the circuit moving to the start area and keep to the right when passing through the start area when racing.
6. Take care when passing slower riders avoiding passes on the inside of bends (a verbal warning helps).
7. The circuit is just over 2 miles to the lap. **On the final lap turn left into the slip road to the finish.**
8. Numbers will be issued near the carpark / main buildings underpass area (if wet) but returned to the Main HQ track side hut area post event.
9. All riders are required to sign-on before collecting their number and sign-out after finishing. Failure to sign-out and return your number will result in disqualification.
10. **All youth / junior riders must present a completed and signed CTT parental consent form** (available from the CTT site).

11. 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.
12. Front and rear lights are technically required for circuit events. These should be used as per open road events.
13. 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.
14. 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.
15. Please use the Park in accordance with its rules (this includes any parking fees that may apply during your time at the Park). There are machines situated near the main building's underpass area.
16. Please do stay for awards and prizes at the end of the event. We hope to be able to use CTT live depending on wifi signal. <https://www.cyclingtimetrials.org.uk/live/42071-kent-ca-closed-circuit-10>

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

Under 18 Competitors

We have a small number of young riders including Youth and Junior riders. Please be mindful of them both during and after the race to ensure their safety and wellbeing.

For Youth and Junior riders to compete on the day, the required current parental consent form available via the CTT's site must be signed. **NO FORM – NO RIDE.**

If this is not provided, they cannot race. Parents / Guardians remain responsible for their rider(s) throughout the totality of the event. The organiser accepts no responsibility for their safety or well-being beyond the reasonable expectations of the CTT's safeguarding guidelines and insurances.

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

**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.**

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: **£20 | £15 | £10**
Road bikes | Top 3 male & female riders: **£20 | £15 | £10**
Fastest Male & Female Veteran on ATT: **£10**

Camerideri Special Awards

To receive a Camerideri special award you must affiliate to www.camerideri.com

Overall Fastest Female Rider (TT Bike) – Camerideri Women's Champ Trophy
Overall Fastest Female Rider (Road Bike) – Camerideri Women's Champ Trophy
Overall Fastest Female Veteran Rider on scratch time (TT Bike) – VeloRefined Medal
Overall Fastest Female Veteran Rider on scratch time (Road Bike) – VeloRefined Medal
Overall Fastest Youth / Juvenile Female Rider (TT or Road Bike) – VeloRefined Medal

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.**

CTT Live QR Code

