
WELCOME

SDW CLUB TIME TRIAL SERIES – 2023

Hello – you are warmly invited to join our **Southborough & District Wheelers** Club Time Trial Series

The TT series is open to all local club riders who are keen to try a different discipline, have some fun and meet some other local cyclists. You can ride any bike you like, go as fast and safely as you can or just use as another training opportunity.

There are a few different competitions running this year, with some nice prizes up for grabs. All the events have UK Cycling Time Trial district approval and police notices confirmed, all you need to do is enter an event, pin on a rider number, turn your front and rear light on and join in.

We'll provide full guidance and support – have a look at the schedule and information in this SDW Club TT Roadbook.

Any questions, please drop me a message!

Julian Fussell, SDW Time Trial Secretary

timetrials@southborough-wheelers.co.uk





SDW CLUB TIME TRIAL SERIES – 2023

Road Book

Contact: Julian Fussell, SDW Time Trial Secretary
timetrials@southborough-wheelers.co.uk



Promoted by SDW for
and on behalf of
Cycling Time Trials
(CTT) under their Rules
& Regulations

The **SDW Club TT Series** is a calendar of weekly time trial events that take place on local roads and can be enjoyed by **all SDW members** and **riders from local Cycling Time Trials (CTT) affiliated clubs**. The course distances vary between 10 to 21 miles and feature a mix of flatter and more hilly routes. **You can ride SDW Club TT events on whatever bike you like – a road bike, a time trial bike, or your hybrid bike**. Most events take place on a Thursday evening through late spring and the summer months and are very relaxed, usually followed by a very social debrief.



A personal best, competitions, or 'come & try' fun?

There are several prestigious **SDW TT awards and trophies** that riders can compete for, these include the **SDW TT & Road Bike trophies**, a **SDW TT handicap competition**, a **2UP (team) TT competition** and we are introducing a **SDW Club TT League ladder** in 2023 to ensure all riders can enjoy some friendly competition and fun. In addition, we are planning an **interclub competition** with our friends at **Tunbridge Wells Tri Club**.

It is also perfectly OK to dip in and out or simply come and try a few events – pinning a number on and trying to beat your personal best time/speed is very much encouraged!

How to get involved?

To secure your place use the email below and we'll add you to the weekly start list. It is also OK to sign-up on the evening, but please do arrive early so we can get your number allocated. **Each SDW TT event costs £5** (£3 goes to CTT, £2 to the rider prize pots!)

timetrials@southborough-wheelers.com

We do need your help to run the events...

We can only host a **safe and fun SDW Club TT Series** because of our wonderful volunteers – we have CTT registered timekeepers and time trial leads to organise us during the event. **We also desperately need marshals** who are positioned around the course as per the course risk assessment – we'll even supply you with a hi-vis and guidance.

Now we've got your interest you'll want to know more about the SDW Club TT Series calendar, competitions and how you can help support by marshalling or perhaps leading a SDW TT evening. More details on this below.

1. SDW Club TT Series Calendar (important dates for the diary)
2. Competition Details (from shiny trophies, recognition awards, to club bragging rights or just for fun)
3. How to marshal a SDW TT event (it's super simple with photography and cheering very much encouraged)
4. SDW TT Lead – running a SDW TT event (during the evening or morning – we need your help)
5. SDW TT Series Courses (you know many of these roads, you just get to ride them a bit quicker!)
6. Getting ready for your first SDW TT & time trialling benefits!

1. SDW Club TT Series Calendar (important dates for the diary!)

The **SDW Club TT Series** events are listed below and approved on the club page of the CTT website: [Cycling Time Trials: District: SDW](#)

The calendar is subject to change – unforeseen roadworks and lack of volunteer marshals are usually the reason. We will use the SDW social channels and email to inform of any amends. All events are registered with CTT Districts (London South & South-East) and police notifications have been approved.



Click here for the latest **SDW Club TT Series Calendar and Marshal Rota**

Southborough & District Wheelers - Club Time Trial Timetable 2023

Event	Day	Date	Month	Course	Code	Start time	Miles	Alt	Interclub	Type
1	Thurs	20th	April	Sleeches > Mark Cross > Wadhurst	GS879	18:30	9.80	GS878		
2	Thurs	27th	April	Ladies Mile	GS868	18:45	11.72		TWTC	C&T
3	Thurs	4th	May	Sleeches > Mayfield	GS878	19:00	11.50	GS879		
4	Thurs	11th	May	Ashdown Forest	GS898	19:00	12.31		TWTC	
5	Thurs	18th	May	Sleeches > Mayfield	GS878	19:00	11.50	GS879		2 UP
6	Thurs	25th	May	Ladies Mile	GS868	19:00	11.72			C&T
7	Thurs	1st	June	Hartfield > Wych Cross > Groombridge	GS899	19:00	21.69		TWTC	
8	Thurs	8th	June	Ashdown Forest	GS898	19:00	12.31			RB Comp
9	Thurs	15th	June	Sleeches > Mark Cross > Wadhurst	GS879	19:00	9.80	GS878		
10	Thurs	22nd	June	Ladies Mile	GS868	19:00	11.72		TWTC	C&T
11	Tues	27th	June	Winchet Hill	Q10 / 41	19:00	10.00			2 UP
12	Thurs	6th	July	Sleeches > Mayfield	GS878	19:00	11.50	GS879		
13	Sun	9th	July	Tonbridge A21	Q10 / 19	07:15	10.00			Club Only
14	Thurs	13th	July	Sleeches > Mark Cross > Wadhurst	GS879	19:00	9.80	GS878		2 UP
15	Thurs	20th	July	Ashdown Forest	GS898	19:00	12.31			
16	Sun	30th	July	Tonbridge A21	Q10 / 19	07:15	10.00			Club Only
17	Tues	1st	Aug	Winchet Hill	Q10 / 41	19:00	10.00			Fixed Wheel
18	Thurs	10th	Aug	Ladies Mile	GS868	19:00	11.72		TWTC	C&T
19	Thurs	17th	Aug	Sleeches > Mayfield	GS878	19:00	11.50	GS879		
20	Thurs	24th	Aug	Sleeches > Mark Cross > Wadhurst	GS879	18:45	9.80	GS878		
21	Sun	10th	Sept	Kidds Hill	GH81	10:00	1611yds			HC

Marshal & TT Lead Rota – there are now SDW Club TT League points available for helping!

Southborough & District Wheelers - Club Time Trial Timetable 2023

Event												Our SDW club TT series only works if everyone gives back some time to marshal 1-2 events each season					
Event	Day	Date	Month	Course	Code	Start time	Miles	Alt	Interclub	Type	TT Lead	Timekeepers	Marshal 1	Marshal 2	Marshal 3	Marshal 4	Marshal 5
1	Thurs	20th	April	Sleeches > Mark Cross > Wadhurst	GS879	18:30	9.80	GS878			Julian	Doug F & John W	1	2	3	4	
2	Thurs	27th	April	Ladies Mile	GS868	18:45	11.72		TWTC	C&T	Julian	Doug F & John W	Mark Gidney	2	3		
3	Thurs	4th	May	Sleeches > Mayfield	GS878	19:00	11.50	GS879			Julian	Doug F & John W	1				
4	Thurs	11th	May	Ashdown Forest	GS898	19:00	12.31		TWTC		Julian	Doug F & John W	1	2			
5	Thurs	18th	May	Sleeches > Mayfield	GS878	19:00	11.50	GS879		2 UP	James Davies	Doug F & John W	1				
6	Thurs	25th	May	Ladies Mile	GS868	19:00	11.72			C&T	Julian	Doug F & John W	Mark Gidney	2	3		
7	Thurs	1st	June	Hartfield > Wych Cross > Groombridge	GS899	19:00	21.69		TWTC		Martin Derham	Doug F & John W	Mike Saadat	2	3	4	5
8	Thurs	8th	June	Ashdown Forest	GS898	19:00	12.31			RB Comp	TBC	Doug F & John W	1	2			
9	Thurs	15th	June	Sleeches > Mark Cross > Wadhurst	GS879	19:00	9.80	GS878			Julian	Doug F & John W	1	2	3	4	
10	Thurs	22nd	June	Ladies Mile	GS868	19:00	11.72		TWTC	C&T	TBC	Doug F & John W	Mark Gidney	2	3		
11	Tues	27th	June	Winchet Hill	Q10 / 41	19:00	10.00			2 UP	TBC	Doug F & John W	1	2	3	4	5
12	Thurs	6th	July	Sleeches > Mayfield	GS878	19:00	11.50	GS879			TBC	Doug F & John W	1				
13	Sun	9th	July	Tonbridge A21	Q10 / 19	07:15	10.00			Club Only	TBC	Doug F & John W	Simon Baker	2	3	4	5
14	Thurs	13th	July	Sleeches > Mark Cross > Wadhurst	GS879	19:00	9.80	GS878		2 UP	Julian	Doug F & John W	1	2	3	4	
15	Thurs	20th	July	Ashdown Forest	GS898	19:00	12.31				Martin Derham	Doug F & John W	1	2			
16	Sun	30th	July	Tonbridge A21	Q10 / 19	07:15	10.00			Club Only	TBC	Doug F & John W	Simon Baker	2	3	4	5
17	Tues	1st	Aug	Winchet Hill	Q10 / 41	19:00	10.00			Fixed Champ	TBC	Doug F & John W	1	2	3	4	5
18	Thurs	10th	Aug	Ladies Mile	GS868	19:00	11.72			C&T	TBC	Doug F & John W	Mark Gidney	2	3		
19	Thurs	17th	Aug	Sleeches > Mayfield	GS878	19:00	11.50	GS879			Julian	Doug F & John W	1				
20	Thurs	24th	Aug	Sleeches > Mark Cross > Wadhurst	GS879	18:45	9.80	GS878			Julian	Doug F & John W	1	2	3	4	
21	Sun	10th	Sept	Kidds Hill	GH81	10:00	1611yds			HC	Mark Gidney	Doug F & John W					

If you're riding events, please make sure you offer to marshal by emailing Jo Watson

timetrials@southborough-wheelers.co.uk



2. Competition Details (shiny trophies, recognition awards, club bragging rights or just for fun)

There are numerous **SDW TT Trophies** that **1st claim SDW members** can target – **which will you go for?**

SDW 10 Mile Trophy Fastest 10-mile TT time	L. Horsefield Senior BAR (Best All Rounder) Trophy (1957) Fastest time in 25, 50, 100 & usually 12-hour TT events
10 Mile Championship (Val Peachey 1982) Winner of SDW 10-mile TT Championship	SDW Veterans Trophy (2001) Improvement on Age Standard over 10, 25, 50 & 100 miles
SDW 25-mile Trophy Fastest 25-mile TT time	The Presidents Cup (1932) Juniors (16-18yrs) the Club President merit award for achievement
Alan Bathurst Memorial Trophy (1974) Winner of the SDW Open 25-mile TT	Don Robb Trophy (1971) Juveniles (12-15yrs) fastest overall average speed 3x 9 to 12-mile TTs
25 Mile Championship (G. Abraham 1982) Winner of SDW 25-mile TT Championship	W. Jay Ladies 10-mile Trophy Fastest time in x2 10-mile TTs
Bryan Jubilee 50-mile Trophy Fastest 50-mile TT time	Ladies 25-mile Trophy (1973) Fastest 25-mile TT
B. Leyland 100-mile Trophy (1956) Fastest 100-mile TT time	Ladies BAR (Best All Rounder) Championship Shield (1952) Fastest time in 2x 10-mile & 2x 25-mile TTs
G. Cheeseman 12-hour Trophy (1961) Furthest distance in a 12-hour TT	Hythe Cup (2002) Scratch points winner on a TT bike in SDW Club TT Series
Hill Climb Championship Trophy (1958) Fastest time in SDW HC & Catford HC events	SDW Road Bike Trophy (2019) Scratch points winner on a Road Bike in SDW Club TT Series
The Warwick Dunford Fixed Wheel Trophy Winner of SDW fixed wheel championship	SDW Handicap Plate (2011) Handicap points winner in SDW Club TT series

SDW TT Recognition Awards are available for riders achieving personal best times and delivering extraordinary personal efforts throughout the series – **we thank our SDW Club TT Series sponsors for their generous prizes.**

SDW & TWTC Interclub Competition will offer riders from both clubs an extra incentive to enter events in 2023. Riders will score points for finishing closest to their pre-event predicted finishing time. The competition will be administered by Julian (SDW) & Richard (TWTC) to ensure the highest standards of friendly competition, with an end of season forfeit challenge for the losing administrator (or their delegate) – watch this space! The **SDW & TWTC Interclub Competition** event dates are on the calendar, with bragging rights celebrated at social events.

SDW 2UP Competition there is an award for the fastest x2 riders who complete two of the three 2UP (team) events in 2023. Will anyone be able to catch Rory & Keith? Has anyone seen that Volvo? So many questions!

SDW Club TT League Ladder is a new competition being trialled in 2023 that is designed to encourage more riders to take part in SDW TT events. The league ladder format will have clearly defined start and end points, which will result in periodic movement of riders between divisions depending on points won in SDW Club TTs.

Riders will be placed into divisions where they will race against equally talented riders. The initial placing of riders will use Spindata (www.spindata.co.uk) rankings and/or past performances. The SDW TT Secretary will have the final say on which division riders are initially placed, with new riders able to join at any time.

Points will be scored by all riders/marshals taking part in the event, these points are then used to determine positions within the **SDW Club TT League Ladder**. Completing marshal duties will also earn league points – so sign up early to avoid disappointment! All points will be carried through the 2023 season, with division positions updated after each event. There will be prizes and awards available at the end of the season.

Division Scoring: 1st = 5 pts; 2nd = 4 pts; 3rd = 3 pts; 4th + = 2 pts; marshal duty = 1 pt.

Time Trialling for fun is also absolutely encouraged – **simply come and try an event and get involved.** Remember you can ride any bike, just make sure you wear a helmet and have a working front and rear light in place.

Events to help you win the SDW Best All Rounder (BAR) & Other Trophies

The following events provide an opportunity to win the trophies listed above – all can be found and entered on the CTT website: [Cycling Time Trials: The national governing body for cycling time trials](#)

Southborough & District Open Club events – we need volunteer marshals for these please 😊

Date	Event	Distance	Course
1 st Jan	SDW NYD 10	10 miles	Q10/1
25 th March	VTТА Kent 10	10 miles	Q10/24
8 th April	Catford CC 10	10 miles	Q10/19
10 th April	Thanet RC 2UP	9.5 miles	QS/18
16th April	KCA 25 (Promoters: VC Deal & SDW)	25 miles	Q25/3
22 nd April	West Kent Road Club	10 miles	Q10/24
30 th April	Wigmore CC	25 miles	Q25/8
13 th May	Medway Velo CC	10 miles	Q10/24
14 th May	Gravesend CC	25 miles	Q25/8
21 st May	Medway Velo CC (inc. 2UP)	25 miles	Q25/3
27th May	Southborough & District Wheelers	10 miles	Q10/33
28 th May	KCA 50 (Promoter: TBC – at risk)	50 miles	Q50/11
3 rd June	CC Bexley	10 miles	Q10/24
4 th June	ESCA 50	50 miles	G50/90
11 th June	VTТА Kent 25	25 miles	Q25/8
11 th June	Southern Counties	50 miles	G50/10
18 th June	VTТА Kent 10	10 miles	Q10/30
24 th June	KCA 10 (Promoter: VeloRefined)	10 miles	Q10/42
25 th June	Thanet RC	25 miles	Q25/10
1 st July	National Youth Championships	10 miles	Q10/42
2 nd July	KCA 3UP (Promoter: Woolwich CC)	25 miles	Q25/3
2nd July	Southborough & District Wheelers	25 miles	G25/89
9 th July	VTТА Kent 50	50 miles	Q50/11
16 th July	KCA 50 (Promoter: Thanet RC)	25 miles	Q25/42
16 th July	Southern Counties 100	100 miles	G100/61A
23 rd July	Thanet RC	10 miles	Q10/30
29 th July	VTТА Kent 10	10 miles	Q10/1
30 th July	ESCA 100	100 miles	G100/861
6 th August	West Kent Road Club	25 miles	Q25/8
13 th August	WCTTCA & LTTCA 12 hours	12 hours	D12/1
20 th August	KCA 10 (Promoter: Ashford Wheelers)	10 miles	Q10/1
20 th August	RTTC National (ECCA) 12 hours	12 hours	E2/12HR
3 rd Sept	KCA 100 (Promoter: TBC – at risk)	100 miles	Q100
3 rd Sept	Welsh CA 12 hours	12 hours	R12/16
10 th Sept	VTТА Kent 25	25 miles	Q25/3
24 th Sept	Wigmore CC Hill Climb	HC	QHC/11
8 th Oct	Catford CC HC	HC	GH/32
8 th Oct	Bec CC	HC	GH/31
29 th October	KCA Reliability Trial – The Rootes Trophy	Various	Various

Local CCT Affiliated Clubs will also welcome SDW riders to their weekly events (as we invite to ours!)

Monday	Lewes Wanderers	G10/87 – 10 miles	1 st May to 31 st July
Tuesday	East Grinstead CC	G10/39	2 nd May to 29 th May
Wednesday	San Fairy Ann CC	Various 8 to 25 miles	3 rd May to 9 th August

3. How to marshal a SDW TT event (photography & cheering is very much encouraged!)

The **SDW Club TT Series** is an integral part of the club events calendar and would not happen without the help from **Timekeepers, Starters** and **Marshals**. Our volunteers are greatly appreciated by all who ride the events.

These guidelines have been prepared to assist in clarifying what is required of you to ensure a safe and successful event. If you are new to helping at a TT and unsure of anything you're being asked to do, please ask for more info.

Although these roles carry a lot of responsibility on the night they are rewarding to do and will add to your experience of club activities, so please enjoy the event. **Thank you for making the event possible and safe.**

During a TT, marshals are assigned locations in accordance with the club's risk assessment for that course.

The job of a TT marshal is twofold:

– to alert other road users to the fact that there is a cycle event in progress

which allows them to proceed with appropriate caution; and,

– to inform the riders of the turn/hazard

By law marshals cannot stop a motorist to allow a rider to negotiate a corner or other hazard. Remember that when you are marshalling, you are a representative of the club and sport so always be courteous to other road users, even if they take exception or are abusive to you. Most drivers are courteous in return.

Marshalling may require you to stand out in adverse weather conditions so remember to bring appropriate clothing and (on much fewer occasions) sun block.

If you have volunteered to marshal, then you should:

- Turn up to the start/finish area with reasonable time to allow you to gather your equipment and get to your marshal position before the race starts. Usually, 30 minutes before the race starts is plenty of time.
- Enquire as to which corner you will be marshalling and if anyone will be there with you.
- Collect your hi-vis jacket and 'Caution Cycle Event' signage if required.
- Make your way to your marshal point (with any equipment).
- Once at your position inspect it for loose gravel or objects on the road which may be a hazard to riders and do your best to remove them or be better informed to advise riders of the hazard.
- Put out signs as appropriate.

As the rider's approach

- Indicate with a clear arm signal or flag the direction the rider should take.
- Check for other road users approaching the junction.
- Shout a warning if there are any hazards at the corner that couldn't be removed (eg. potholes) or if there is any traffic which may cause a hazard.
- Keep your shouts short, clear, and loud... an appropriate shout could be 'Pothole' or 'Car, keep tight!'.
- Do not shout to riders the road ahead is clear for them to turn, onus needs to remain with riders to look before turning.

It is very important that marshals do not put themselves in danger to stop oncoming traffic.

It is essential that all riders and marshals understand that marshals cannot stop vehicles and the onus is always on the rider to stay on their own side of the road. Marshals will never be held responsible if a rider breaks the rules of the road, even if the marshal mistakenly indicates that the road is clear of hazards.

Once again thank you for getting involved, photography and cheering is always encouraged at SDW TT events!

4. SDW TT Lead – running a SDW TT event (during the evening or morning – we need your help)

To ensure the success of the **SDW Club TT Series** we'll need the help of volunteer **SDW TT Leads** who will support the running of the TT event on the night (or morning) only.

The pre-registration of event riders will have taken place during the week – you are only responsible for the running of the event on the day. The scores and results will also be managed after the event.

What is required:

- Arrange to collect the SDW Race Numbers, signage & paperwork from the SDW TT Secretary – Julian Fussell.
- Arrive at the course in good time to ensure there are no hazards/roadworks that will obstruct the event; we will have checked online sources for possible roadworks in advance (and of course the weather!)
- Position yourself in a safe and visible location near the start to complete the rider sign on.
- Ensure all riders who are pre-registered have signed on (forms/pens will be available).
- Sign on riders who are entering on the night (forms/pens will be available) and give them their SDW Race Number. There are consent forms for junior riders (u18s) that must also be signed.
- Riders who enter on the day are added to the end of the start sheet, no handicap time for these riders (as an incentive to sign up in advance), they are still included in the league ladder though.
- Inform all riders that they must be wearing a helmet and have a working front & rear light attached to their bike. They should also return their SDW Race Number at the finish.
- The final start sheet should then be handed to the timekeepers.
- It should also be possible for you to either ride or marshal the event on the day.
- After the event finishes collect the SDW Race Numbers from the riders and place back in the box.
- Arrange to return the SDW Race Numbers, signage & paperwork to the SDW TT Secretary – Julian Fussell.
- In the unlikely event of an incident occurring an incident form should be completed. All police and CTT District notices will be printed and available on the day too.

Thank you for offering your support – without this we couldn't run the series!

5. SDW Club TT Series Courses – examples of some of the more ‘popular’ ones!

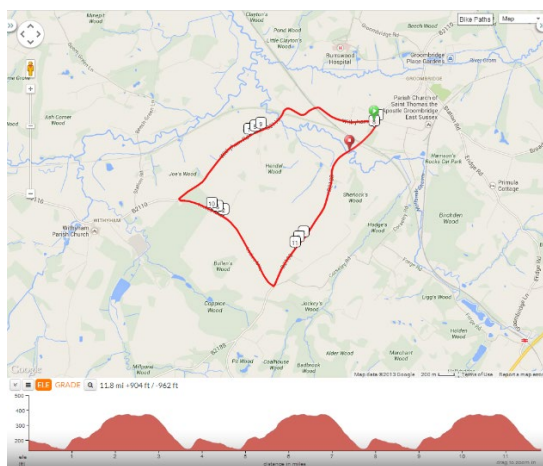
You can read more here: [Club time trials | Southborough and District Wheelers \(southborough-wheelers.co.uk\)](http://southborough-wheelers.co.uk)

Ladies Mile

GS868 - 11.72 miles (x3 laps) - lumpy!

Start by junction of B2110 & B2188 south of Groombridge.

What3words: **///enhanced.backswing.insects**

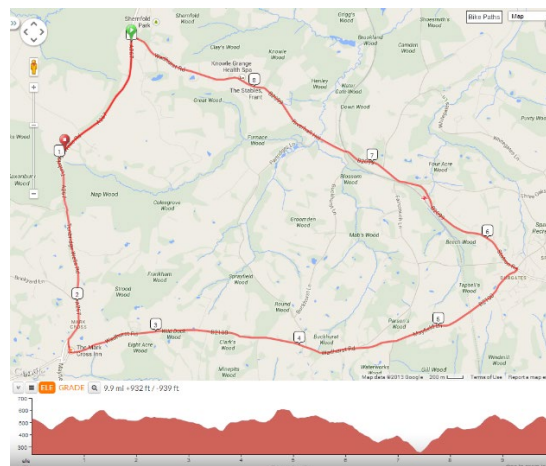


Sleeches Cross/Mark Cross/Wadhurst

GS879 - 9.80 miles – chunky in places!

Start on A267 by junction with B2099 to Wadhurst.

What3words: **///sharp.fires.region**

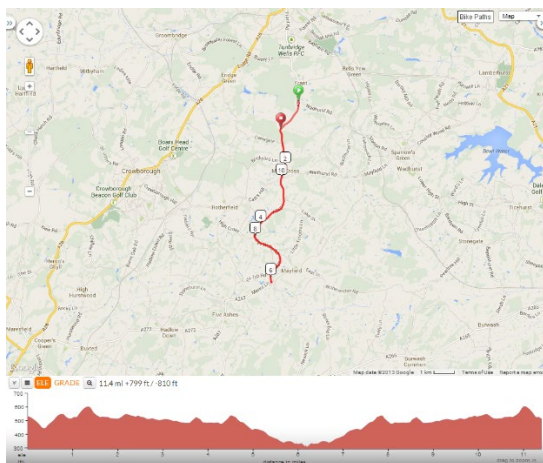


Sleeches Cross/Mayfield

GS878 - 11.5 miles – rolling!

Start on A267 by junction with B2099 to Wadhurst.

What3words: **///sharp.fires.region**

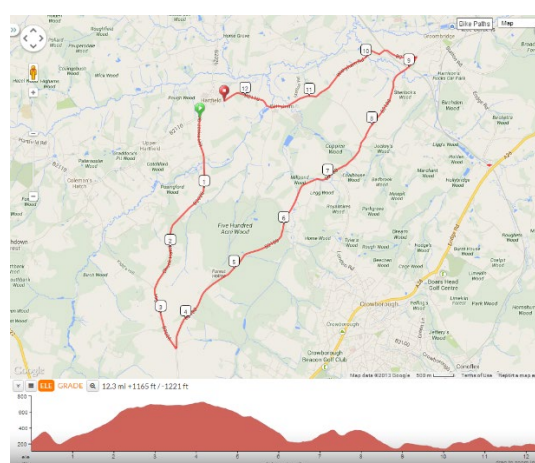


Ashdown Forest

GS898 – 12.31 miles - up and down that hill!

Start on B2026 at southern end of Hartfield.

What3words: **///afraid.swerves.restore**



6. Getting ready for your first SDW TT & time trialling benefits!

Guide to your first SDW Time Trial

As with all cycling events, the club ride, your first crit or CX race or sportive you'll be a little unsure what to expect – that is completely normal, and **we have ALL BEEN THERE**. Have a read of these notes or simply fire some questions over. **We are here to help and support so you get to enjoy the event.**

- **Bite the bullet and enter a SDW Club TT event** – email: timetrials@southborough-wheelers.co.uk
- Look at the course information – in this roadbook or on the SDW website.
- Read the full start sheet, it will have all the info you will need.
- Aim to arrive at least 20 mins before the start to complete the sign on and pin on your number so it can easily be seen by the timekeepers. If you are under 18 you must have a signed parental form and hand it in to the organiser when signing on.
- Make sure you are warmed up, wearing a helmet and those front and rear light are switched on.
- You'll see the start line... join the start queue. The timekeeper will count down from 1 min.
- **Now ride as fast (and safely)** as you can, stopping for traffic at turns if needed – **just be safe!**
- As you go past the finish line shout out your race number for the timekeepers and then ride back to the start point, ensure you sign back in and hand your number back if you entered on the day.
- Enjoy talking to others about your ride, get in your excuses about why you were not so fast and enjoy a very social debrief with everyone else.
- Results are usually available after the event once the timekeepers are ready, please don't approach the timekeepers for times as they will be busy doing their job. The full results will also be emailed out to everyone the day after the event.
- Start to plan your next event!
- **If in doubt... ask... we've all been there. It's supposed to be fun and something different!**

... and finally, something for our friends at TWTC! 😊

Time Trial Benefits (for Triathletes)

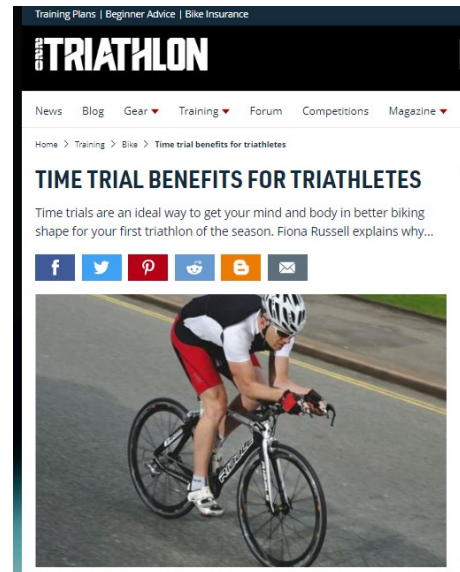
Time trials are an ideal way to get your mind and body in better biking shape for your first triathlon of the season.

[Time trial benefits for triathletes - 220 Triathlon](#)

According to Andy Blow, an endurance athlete coach and regular 220 contributor, TTs are ideal training for the non-drafting bike section of a triathlon:

“They teach you about cycling focus, how to ride at an even pace and what you’re capable of at your maximum effort for a single discipline.”

Convert this to the bike section of a triathlon and you’ll have a much better idea of how far you can push yourself over a set distance. TTs are also a great alternative to turbo training with many triathletes utilising a TT as the perfect brick session.



We would like to thank our **SDW Club TT Series Sponsors** for their generous support



THE ÆIGHT BIKE CØMPANY

