Medway is excited to be hosting the HSBC UK | National Circuit Championships in Rochester on **Sunday, 21 July**. Whether you’re participating in the Medway Big Ride or the British Cycling club rides, or if you’re just with us to enjoy watching the thrilling circuit championships racing, here’s your guide to a great day out at the event.

**EVENT DAY TIMETABLE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12noon</td>
<td>Event village opens</td>
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<tr>
<td>12.45-1.30pm</td>
<td>British Cycling Adult Club Ride (sign-on and start on Esplanade)</td>
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<tr>
<td>1.45-2.15pm</td>
<td>British Cycling HSBC UK</td>
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<tr>
<td>2.30-3.30pm</td>
<td>Medway Big Ride (sign-on in Castle Gardens, Start on Boley Hill)</td>
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<tr>
<td>4-4.45pm</td>
<td>HSBC UK</td>
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<tr>
<td>5pm</td>
<td>Elite Women’s HSBC UK</td>
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<tr>
<td>6pm</td>
<td>Women’s Podium Presentation (Esplanade)</td>
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<tr>
<td>6.30pm</td>
<td>Elite Men’s HSBC UK</td>
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<tr>
<td>7.45pm</td>
<td>Men’s Podium Presentation (Esplanade)</td>
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*Both Championships races run for 50 minutes plus 5 final racing laps.

**EVENT VILLAGE ACTIVITIES**

We have lots of activities and attractions lined up to make this a day of cycling and family entertainment.

12noon-8pm – Rochester Castle Gardens and Moat. Free (unless stated otherwise)

- British Cycling Go-Ride coaching
- Ready Set Ride balance bike coaching with British Cycling and Cyclopark Gravesend.
- BMX Jump Box Show with Fusion Extreme 1.45pm; 2.45pm and 4pm
- Fusion Extreme flatland bike workshops (equipment provided)
- BMX Pump Track (equipment provided)
- Outspoken Cycles Bike Try-Out Show
- Static bike roller racing with Medway Velo CC
- Pedal-powered Scalextric
- Free bike servicing by MK Cycling
- Climbing wall
- Funfair rides and inflatables (*charges apply)
- Free cycling-themed arts and crafts
- Face-painting and glitter tattoos (*charges apply)

**Plus**

- Food and drink stalls and picnic area
- Big screen showing Tour de France and then National Circuit Championships races
- Trade and cycling information stalls

And be sure to visit Rochester Castle and Cathedral while you’re with us. The cathedral is free to visit. Charges do apply to visit the castle. For more information about Medway’s visitor attractions visit: [visitmedway.org](http://www.visitmedway.org)
FOOD AND DRINK
Enjoy a picnic or why not pick up some tasty food and drink in our event village in Rochester Castle Gardens.

- Castle Gardens kiosk – Hot and cold drinks and snacks
- Street Kitchen – Burger van
- Active Lives café – Fajitas, wraps, nachos and snacks, plus hot and cold drinks
- Total Jerk – Caribbean food
- McCarthy’s – Organic and home-made savoury treats
- The Larder – Vegan speciality food
- Copper Rivet Gin Distillery
- Core Cider
- Goody Ales
- Cuppa hot drinks

Or if you want to grab some food along the race route:
- Rochester Farmers’ Market (until 3pm) – Blue Boar Car Park (beside High Street)
- King’s Rochester café on St Margaret’s Road
- Explore Life Café at Visitor Information Centre
- BBQ at City Wall Wine Bar in High Street
- Plus other High Street food outlets, pubs and bars

BIKE STORAGE
If you’re bringing a bike into Rochester for the event, we will be providing FREE bike storage at a number of locations. These are shown on the event map.

- The King’s Rochester Paddock (Vines Lane) – Capacity 1000 bikes
- Rochester Esplanade – Estimated capacity 200 bikes
- Rochester Riverside – Estimated capacity 200 bikes (some undercover storage available)

We will running a wristband system for storing bikes, but please bring a lock for extra security. Bikes are left at owners’ risk.

GETTING AROUND ROCHESTER
The race route through Rochester will be barriered on both sides, which will inevitably restrict the movement of people walking around. Crossing points will be in operation on the route, but crossing during activities on the race route will be limited.

Please allow extra time to make your way into the event village and registration areas. If you need to leave during a race or other activity on the route we recommend spectating from the outer side of the race route.

TRAVEL AND TRANSPORT
Rochester is in Medway and situated just 30 miles from London and 40 miles from the Channel ports and Eurotunnel in Kent. It’s easy to get to by rail, road, air and sea, and when you’re here, travelling around couldn’t be easier. The area has excellent public transport links by bus, train and taxi.

By bike:
Rochester is on National Cycle Route #1. The network into Rochester from across Medway is a mixture of on-road and off-road, signposted and marked cycle paths. For more information about Medway’s cycle network visit medway.gov.uk/cycling

Free, secure bike racks will be available at the event on Rochester Riverside, The King’s School Paddock in Vines Lane and a limited number on the Esplanade (details above). Please bring a lock for extra security.
By car
Rochester is well signed on the road network. There is easy access from London and the Kent coast on the M2/A2 and M20 motorways, linking with the M25. There are direct links from A2/M2 to Rochester via the A289/Medway Tunnel.

Please be aware that Highways England is closing the M2 Londonbound carriageway between junctions 4 (Gillingham) and 1 (Rochester/Strood) on the day of event. Diversions will be in place. Spectators travelling Londonbound may wish to consider using the M20 and then A229 to travel to Rochester.

Most public car parks will remain open in Rochester on the day of the event and event Park and Walk parking will be available at Jackson’s Field on Maidstone Road, Rochester for £3 for the day. The main roads into Rochester will also be unaffected by the event road closures.

Alternatively you might prefer to park nearby in Chatham and travel into Rochester by bus, bike, or on the special boat service (see below).

By bus
A number of Arriva Southern Countries bus services operate through Rochester on a Sunday:
- 140: From Chatham and Strood
- 145: From Chatham and Warren Wood
- 155: From Maidstone and Chatham
- 191/193: From Chatham, Strood and Grain
- 700: From Bluewater and Chatham

For full timetable information visit: arrivabus.co.uk

By train:
Rochester Station is less than a five-minute walk from the race route and is on the High Speed line from London St Pancras. Strood Station is also close to the race route, as short walk across Rochester Bridge.

SouthEastern will be providing extra carriages on its trains during the Medway Big Ride and National Circuit Championships and is providing additional staff to assist passengers travelling to the event.

Please be aware that SouthEastern has limited capacity for bikes (excluding folding bikes) on its trains. Passengers wishing to travel with cycles may need to wait to board a train.

Planned engineering works may also affect passengers travelling between Tonbridge and Maidstone West, and through South East London/North West Kent on services out of London Cannon Street. For details please visit southeasternsrailway.co.uk. Please be aware that bikes cannot be taken on the replacement buses.
The Medway Big Ride – Sunday, 21 July
HSBC UK | British Cycling National Circuit Championships – Sunday, 21 July