

Buxton CC / Sett Valley Cycles on behalf of Manchester District

Present:

CTT Classic Series

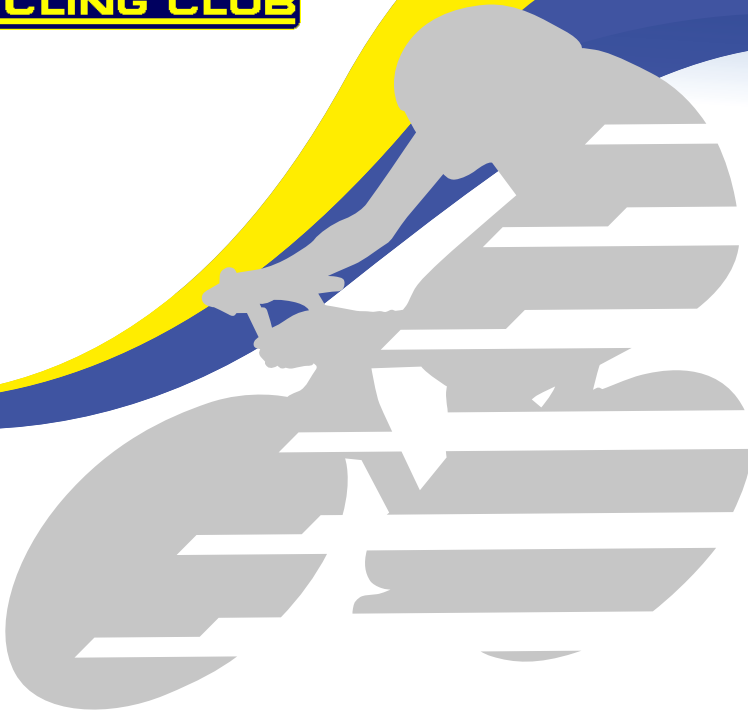
Friday 29th March 2024

START SHEET

ROUND

2 of 6

BUXTON
CYCLING CLUB



Promoted for and on behalf of Cycling Time Trials
under its Rules, Regulations and Conditions



CTT Classic Series ROUND 2 of 6

A CYCLING TIME TRIALS REPRESENTATIVE WILL BE IN ATTENDANCE

2024 CTT CLASSIC SERIES DATES

Date	Promoting Club	District	CTT Rep
Sunday 17th March	Sotonia CC	South	Roger Wakeling
Friday 29th March	Buxton CC	Manchester	Sue Bowler
Sunday 21st April	Beacon RCC	Midland	David Barry
Sunday 5th May	Edinburgh Road Club	Scotland	Dawn Sherrin
Sunday 26th May	Penzance Wheelers	South West	TBC
Sunday 9th June	Border City Wheelers CC	North	Tim Smith

CTT CLASSIC SERIES OVERALL AWARDS

To be presented at Champions Night 2024 (1st overall only)

1st	Open Category	RTTC Medal
1st	Female Category	RTTC Medal
1st	Junior Category	RTTC Medal
1st	Veteran (Scratch)	RTTC Medal
1st	Veteran (Target)	RTTC Medal
1st	Female Veteran (Scratch)	RTTC Medal
1st	Paracyclist	RTTC Medal
1st	Road Bike (Open)	RTTC Medal
1st	Road Bike (Female)	RTTC Medal
1st	Road Bike (Junior)	RTTC Medal
1st	Team (of 3 across all categories)	RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from up to four events. If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Open and Females. Female Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Women's competition. The competition for Paracyclist's is based on a "Factored Time" system.

See Page 191 of the 2024 Handbook for the competition conditions.



Buxton Cycling Club / Sett Valley Cycles
Mountain Time Trial

<https://buxtoncyclingclub.co.uk/mountain-time-trial/>

Good Friday 29th March 2024

CTT CLASSIC SERIES
Round 2 of 6

Promoted for and on behalf of Cycling Time Trials
their rules and regulations.

<https://www.cyclingtimetrials.org.uk/>



under

Start time: First rider off at 10:01

HQ: St Bartholomew's primary school, Buxton Rd, Longnor, Staffordshire, SK17 0NZ
Open from 09-00 for sign-on and collection of race numbers. There are toilet facilities.

No competitor or spectator parking at the HQ. See overleaf for parking.

Organiser: Chris Lea, 12 Sheraton Way, Buxton, SK17 6FA, 01298 25642 / 07731 653019,
chris.lea@buxtoncyclingclub.co.uk

Timekeepers: Judith Soden (Start) and Tony Millington (Finish).

Course J8/3: 3 laps (33 miles) or 2 laps (22 miles). Men under 40 and male espoirs in the tt bike event must ride 3 laps. All other riders, including everyone in the road bike event, do 2 laps.

Start: In Longnor by the vehicle entrance to the village school.

Finish: Is located midway between Gauledge Lane and Carder Green, Longnor.

Numbers and Signing-on/off: Signing on/off will be at the HQ. **Remember to sign out, as failure to do so will result in a DNF (Did Not Finish) classification.**

Results: Available at the HQ and later on-line.

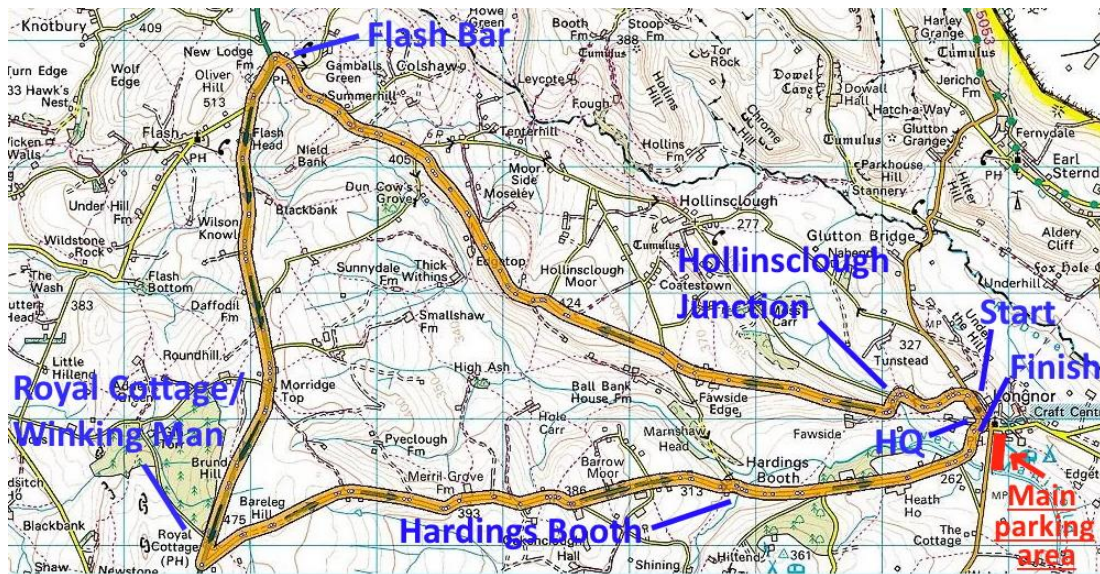
Refreshments: Tea, coffee, etc. and mountains of cake at the HQ. **Please bring a little cash for donations!**

Course Records: Open (3 laps) – John Archibald, 1:16:36, 2023; female (2 laps) – Hayley Simmonds, 59:11, 2018; tandem (2 laps) – Jenny Holl & Sophie Unwin, 1:06:03, 2023.

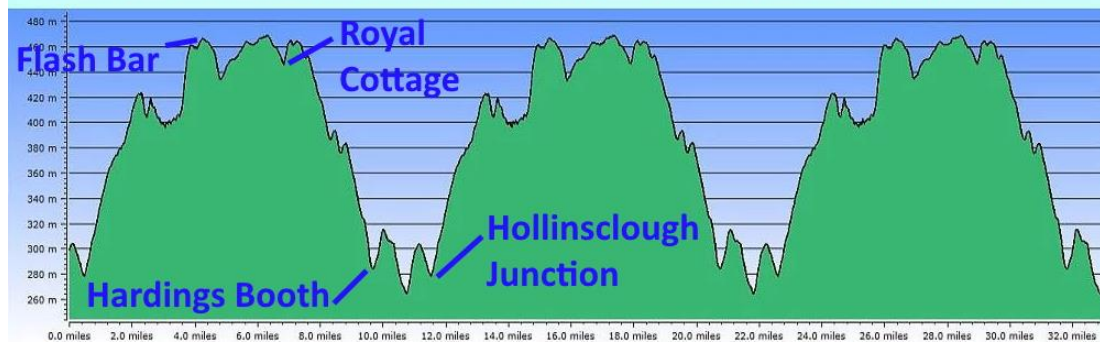
Thank you for entering the race: Have a safe ride.

Course description:

1. Start in Longnor by the vehicle entrance to the village school.
2. Proceed on the B5053, Buxton Road, towards Glutton Bridge. Take first left turn upon leaving Longnor (before the top of the hill).
3. Keep on unclassified road to A53 at Flash Bar (4.1 miles).
4. Turn left onto the A53 towards Leek. Proceed as far as Royal Cottage & Winking Man (6.8 miles).
5. Turn sharp left after Royal Cottage but before the Winking Man. Proceed on unclassified road to Longnor (11.0 miles)
6. Turn left into Carder Green and left again onto Buxton Road B5053. Pass through the start and complete a further 1 or 2 laps.
7. The finish is in Longnor, located midway between Gauledge Lane and Carder Green.



As you pass the Start for your second or third lap, please avoid riders who are just setting off



WARNING: Hardings Booth. There is a blind right-hand bend at the bottom of the main descent, at Hardings Booth. This will be marshalled and there will be warning flags in place. Under no circumstances must you cut this corner. Riders have been DQ'd in the past for making such a manoeuvre. Also, take especial care on the descent to Hollinsclough Junction.

Please remember this is a mountain time trial, so bring some low gears, good brakes, and take care on all descents. The maximum gradient uphill is 1:7 and similar downhill.

Warm-up: Please do not warm-up on the course. There are roads to the south and east of Longnor that are suitable for warming-up. Do not warm up outside properties in Longnor village using static rollers or turbo trainers.

Parking: There is NO competitor or spectator parking at the HQ.

- Please park on the east side of the B5053 south of Longnor, below the Crewe & Harpur Arms car park and keeping well to the left – using the grass verge. See course map on previous page.
- If you have to park in Longnor village, please be respectful of residents.
- Do not park on the course, especially the section through Carder Green near the finish.
- We have received complaints concerning people associated with the event peering through windows of Longnor residents. Please could you respect local residents' privacy.
- There will be a roving marshal to check on the above.
- Sorry for all the instructions, but there have been a number of incidents in recent years that nearly resulted in us losing this event and your assistance in respecting the privacy of Longnor residents and being respectful when parking is very much appreciated.

Road bike criteria:

- Road bikes can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinacci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.
- Helmets must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. Additions to the helmet are not allowed (cover, tape etc.).
- Competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

Regulations: PLEASE REMEMBER CTT regulations 14(j), 14 (k) and 15

14(j). No competitor shall be permitted to start either a Type A or Type B event unless such competitor has **affixed to the rear of their machine a working rear red light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

14 (k). No competitor shall be permitted to start either a Type A or Type B event unless such competitor has **affixed to the front of their machine a working front white light**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

15. 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.

- Riders must exercise caution at all junctions. Any competitor who crosses to the wrong side of the road when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.
- No "U" turns in the vicinity of the start and finish. Observers will be watching.
- Pace must not be given or received. The onus is on caught riders to adhere to this rule.
- Head up at all times.

COVID 19 guidance:

- If you feel at all unwell or are showing signs of COVID 19 **DO NOT** come to this event, especially if family members have any symptoms of COVID.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and you should DNS and leave immediately and not go to the start line.
- Any person where the above is relevant should obtain a lateral flow test.
- Any Positive Tests – **DO NOT** attend the event.

Prize Presentation:

Prizes will be presented 20 minutes after the last rider has finished.

Prizes:

The prizes below are in addition to those provided by CTT.

Events open to time trial bikes

<u>Female, senior & espoir</u>		<u>Open, senior & espoirs</u>		<u>Open, veterans (actual)</u>	
1 st	£40	1 st	£40	1 st	£40
2 nd	£20	2 nd	£20	2 nd	£20
3 rd	£10	3 rd	£10	3 rd	£10
<u>Paracyclists (factor)</u>			<u>Open, youth/junior</u>		
	1 st	£40		1 st	£40
	2 nd	£20		2 nd	£20

Events open to road bikes only

<u>Female, senior & espoir</u>		<u>Female, veterans (actual)</u>		<u>Open, senior & espoirs</u>	
1 st	£40	1 st	£40	1 st	£40
2 nd	£20	2 nd	£20	2 nd	£20
3 rd	£10	3 rd	£10	3 rd	£10
<u>Open, veterans (actual)</u>		<u>Open, youth/junior</u>		<u>Female, youth/junior</u>	
	1 st	£40		1 st	£40
	2 nd	£20		2 nd	£20
	3 rd	£10		3 rd	£10

Tandem

£30

One rider one cash prize.

The Buxton CC Mountain Time Trial has again been sponsored by Hotel Milano Helvetia, Riccione in Italy (www.hotelmilano.net), one of the area's famous "Bike Hotels". The hotel is providing **prizes of five day stays at the hotel on their "Plus" package for cyclists: one prize to the fastest open veteran on a road bike; and one prize to the fastest female veteran on a road bike.** During their stay the package will give our winners bed, breakfast, evening meal and post-ride afternoon buffet along with the assistance of a guide to show them the best local routes (with the hotel's other guests of course). The prizes don't include air fares but many UK airports have budget routes to destinations in north eastern Italy which allow easy transfers to the hotel by bus, train or taxi. Bike hire is available at the hotel.

The Hotel Milano Helvetia is, in addition, offering a 10% reduction on the cost of their stay (excluding extras like bike hire and bar bills, of course) to **all entrants** to this event.

Additional prizes are being kindly provided by Sett Valley Cycles, sponsor of Buxton Cycling Club.

Sponsors:

The Buxton CC Mountain Time Trial has again been sponsored by Hotel Milano Helvetia, Riccione in Italy (www.hotelmilano.net), one of the area's famous "Bike Hotels".



The hotel has generously provided prizes of 2 five day stays at the hotel on their "Plus" package for cyclists, one prize to the fastest open veteran on a road bike; and one prize to the fastest female veteran on a road bike. The Hotel Milano Helvetia has, in addition, offered a 10% reduction on the cost of their stay (excluding extras like bike hire and bar bills, of course) to ALL ENTRANTS to the event.



Additional prizes are being kindly provided by Sett Valley Cycles, sponsor of Buxton Cycling Club, supporting us in many ways. Sett Valley Cycles is a traditional bike shop with a professional workshop. It is situated in the heart of New Mills on the edge of the Peak District. See:

<http://www.settvalleycycles.co.uk/>

Thank you too, to St Bartholomew's primary school, Longnor, for use of their facilities.

Finally, thank you to the timekeepers & assistants, helpers at the HQ and for refreshments, for course signage, and all the marshals (members and friends of Buxton CC), representatives of CTT, and of course all the riders – have a safe and fast ride!



OPEN							
Number	Start Time	Name	Club	Machine	Classification	Category	Age on Day
1	10:01:00	James Brayford	Congleton CC - MyWindsock	TT Bike	Open	Senior	26
2	10:02:00	Alex Hodgkinson	Ilkeston Cycle Club	TT Bike	Open	Senior	36
3	10:03:00	Philip Gleave	Congleton CC - MyWindsock	TT Bike	Open	Senior	28
4	10:04:00	John Archibald	HUUB WattShop	TT Bike	Open	Senior	33
JUNIORS							
Number	Start Time	Name	Club	Machine	Classification	Category	Age on Day
5	10:05:00	Joseph Throp	Matlock CC	Road Bike	Open	Youth	13
6	10:06:00	Sophie Heighton	Ferryhill Whs	Road Bike	Female	Junior	17
7	10:07:00	Fraser Cummings	Matlock CC	Road Bike	Open	Youth	15
8	10:08:00	Eddie Forster	Manchester Wheelers	Road Bike	Open	Junior	18
9	10:09:00	Will Sellars	Cheshire Maverick Cycle Club	Road Bike	Open	Youth	15
10	10:10:00	Jacob Bradbury	Manchester Wheelers	TT Bike	Open	Junior	17
11	10:11:00	Patrick Casey	Team Grenke Auto Eder	TT Bike	Open	Junior	18
PARACYCLISTS							
Number	Start Time	Name	Club	Machine	Factor	Category	Age on Day
12	10:12:00	Ben Watson	ADDFORM Vive Le Velo	Road Bike	1.149	C3	34
13	10:13:00	Mark Valentine	Poole Wheelers Cycling Club	TT Bike	1.058	C5	48
TANDEM							
Number	Start Time	Name	Club	Machine	Classification	Category	Age on Day
14	10:14:00	Jon Batt	Buxton CC/Sett Valley Cycles	Road Bike	Open	Veteran	61
14	10:14:00	Elizabeth Batt	Buxton CC/Sett Valley Cycles	Road Bike	Open	Veteran	59
ROAD BIKES / FEMALES / VETERANS							
Number	Start Time	Name	Club	Machine	Classification	Category	Target
15	10:15:00	Tracy Gregory	Buxton CC/Sett Valley Cycles	Road Bike	Female	Veteran	1:06:32
16	10:16:00	Sophie Yarwood	Macclesfield Wheelers	Road Bike	Female	Veteran	59:37



17	10:17:00	Alice Larkin	Glossop Kinder Velo Cycling Club	Road Bike	Female	Veteran	1:02:17
18	10:18:00	Janine Day	Crewe Clarion Wheelers	Road Bike	Female	Veteran	1:01:23
19	10:19:00	Lisa Cox	Macclesfield Wheelers	Road Bike	Female	Veteran	1:05:34
20	10:20:00	Sarah Harrison	Trek Sheffield	Road Bike	Female	Veteran	1:02:45
21	10:21:00	Jan Scotchford	North Lancashire Road Club	Road Bike	Female	Veteran	1:06:03
22	10:22:00	Hayley Moore	Ilkeston Cycle Club	Road Bike	Female	Veteran	58:45
23	10:23:00	Alice O'Neill	Velo Bavarian	Road Bike	Female	Senior	
24	10:24:00	Lilja Raine	Loughborough Students Cycling Club	Road Bike	Female	Espoir	
25	10:25:00	Lucy Harris	Cambridge University CC	Road Bike	Female	Senior	
26	10:26:00	Joanne Clay	MagCAD Designs	Road Bike	Female	Senior	
27	10:27:00	Sarah Byrne	Tactic UK WRT	Road Bike	Female	Senior	
28	10:28:00	Sarah Lewis	The Racing Chance Foundation	Road Bike	Female	Senior	
29	10:29:00	Bethany Brooksbank	Trek Sheffield	Road Bike	Female	Senior	
30	10:30:00	Anna Weaver	Team Kirkley Cycles	Road Bike	Female	Senior	
31	10:31:00	Evgeniya Righini-Brand	Spalding CC	TT Bike	Female	Senior	
32	10:32:00	Hebe Picking	Jadan Vive Le Velo	TT Bike	Female	Espoir	
33	10:33:00	Keri Parton	Team Bottrill	TT Bike	Female	Senior	
34	10:34:00	Kelly Murphy	Dolcini O'Shea Cycle Division	TT Bike	Female	Senior	
35	10:35:00	Jessica Rhodes-Jones	AeroCoach	TT Bike	Female	Senior	
36	10:36:00	Hayley Simmonds	Dolcini O'Shea Cycle Division	TT Bike	Female	Senior	
37	10:37:00	Chris Sellars	Cheshire Maverick Cycle Club	Road Bike	Open	Veteran	58:45
38	10:38:00	John Keen	Weaver Valley CC	Road Bike	Open	Veteran	1:03:13
39	10:39:00	James Russell	Macclesfield Wheelers	Road Bike	Open	Veteran	1:04:37
40	10:40:00	Sam Clark	Buxton CC/Sett Valley Cycles	Road Bike	Open	Veteran	56:38
41	10:41:00	Antony Moss	Rutland Cycling Club	Road Bike	Open	Veteran	55:00
42	10:42:00	Graham Sargent	MagCAD Designs	Road Bike	Open	Veteran	56:38
43	10:43:00	Kevin Raine	myhillcycling.co.uk	Road Bike	Open	Veteran	1:04:37
44	10:44:00	Stuart Day	Crewe Clarion Wheelers	Road Bike	Open	Veteran	1:00:03
45	10:45:00	Tony Donaldson	Ilkeston Cycle Club	Road Bike	Open	Veteran	1:02:17
46	10:46:00	Adrian Lauchlan	Southgate CC	Road Bike	Open	Veteran	1:06:03
47	10:47:00	Andrew Grace	Crewe Clarion Wheelers	Road Bike	Open	Veteran	1:07:31
48	10:48:00	Andrew Laidler	Sitwell Cycling Club	Road Bike	Open	Veteran	55:49
49	10:49:00	Thijs Geurts	Macclesfield Wheelers	Road Bike	Open	Veteran	58:45
50	10:50:00	Jimmy Froggatt	SKCC	Road Bike	Open	Veteran	1:01:23
51	10:51:00	Fred Wardle	Macclesfield Wheelers	Road Bike	Open	Veteran	1:08:01



52	10:52:00	Andrew Gibson	Leek CC - Den Engel Belgian Bar	Road Bike	Open	Veteran	55:49
53	10:53:00	Rob Wild	Velo Club Long Eaton	Road Bike	Open	Veteran	55:24
54	10:54:00	Paul Robinson	Stone Wheelers CC	Road Bike	Open	Veteran	1:03:41
55	10:55:00	Kevin White	Matlock CC	Road Bike	Open	Veteran	1:01:23
56	10:56:00	David Glew	FTP (Fulfil The Potential) Race Team	Road Bike	Open	Veteran	58:19
57	10:57:00	Richard Golding	Equipe Velo	Road Bike	Open	Veteran	1:01:23
58	10:58:00	Ian Haddock	Warrington Road Club/Horton Light Engineering	Road Bike	Open	Veteran	57:03
59	10:59:00	Ed Moss	Beacon Roads CC	Road Bike	Open	Veteran	1:00:33
60	11:00:00	Matthew Uttley	Nottingham Clarion CC	Road Bike	Open	Veteran	58:45
61	11:01:00	Mark Lovatt	Congleton CC - MyWindsock	Road Bike	Open	Veteran	1:00:03
62	11:02:00	Nicholas Latimer	Team Lifting Gear Products	Road Bike	Open	Veteran	55:49
63	11:03:00	Karl Norris	360VRT	Road Bike	Open	Veteran	1:00:33
64	11:04:00	Dominic Righini-Brand	Spalding CC	TT Bike	Open	Veteran	55:00
65	11:05:00	Derek Schofield	Rossendale RC	TT Bike	Open	Veteran	1:08:31
66	11:06:00	Trevor Mayne	Birdwell Wheelers	TT Bike	Open	Veteran	1:03:41
67	11:07:00	Simon Smith	ZeroBC Race Team	TT Bike	Open	Veteran	58:45
68	11:08:00	Scott Walker	Team Bottrill	TT Bike	Open	Veteran	57:03
69	11:09:00	Simon Dighton	Beacon Roads CC	TT Bike	Open	Veteran	1:03:41
70	11:10:00	Mark Sanders	Mid Devon Cycling Club	TT Bike	Open	Veteran	1:05:34
71	11:11:00	Asa MacGuire Smith	ABC Centreville	Road Bike	Open	Espoir	
72	11:12:00	Michael Jenkins	Warwick Lanterne Rouge Cycling Club	Road Bike	Open	Senior	
73	11:13:00	Luke Buswell	Manchester Bicycle Club	Road Bike	Open	Senior	
74	11:14:00	Shaun Hughes	Macclesfield Wheelers	Road Bike	Open	Senior	
75	11:15:00	James Stockton	Buxton CC/Sett Valley Cycles	Road Bike	Open	Senior	
76	11:16:00	Jason Mould	Army Cycling	Road Bike	Open	Senior	
77	11:17:00	Josh Thorpe	Buxton CC/Sett Valley Cycles	Road Bike	Open	Senior	
78	11:18:00	Matt Wright	Royal Air Force Cycling Association	Road Bike	Open	Senior	
79	11:19:00	Christopher Baines	Buxton CC/Sett Valley Cycles	Road Bike	Open	Senior	
80	11:20:00	Adam Kenway	Team HUUB	Road Bike	Open	Senior	
81	11:21:00	Sam Barrow	Army Cycling	Road Bike	Open	Senior	
82	11:22:00	Jack O'Neill	Team Enable - M.I. Racing	Road Bike	Open	Senior	
83	11:23:00	William Neill	MagCAD Designs	Road Bike	Open	Senior	
84	11:24:00	Aidan Wade	Leek CC - Den Engel Belgian Bar	Road Bike	Open	Senior	
85	11:25:00	Jude Taylor	Team PB Performance	Road Bike	Open	Senior	
86	11:26:00	B Xavier Disley	AeroCoach	Road Bike	Open	Senior	



87	11:27:00	Alex Hurst	Buxton CC/Sett Valley Cycles	Road Bike	Open	Senior	
88	11:28:00	Thomas Bowers	Macclesfield Wheelers	Road Bike	Open	Senior	
89	11:29:00	Sam Taylor	Weaver Valley CC	Road Bike	Open	Senior	
90	11:30:00	William Harvey	ADDFORM Vive Le Velo	Road Bike	Open	Senior	
91	11:31:00	James Haworth	Brixton Cycles Club	Road Bike	Open	Senior	
92	11:32:00	Stefan Hurst	Ronde Cycling Club	Road Bike	Open	Senior	
93	11:33:00	Andrew Magnier	MagCAD Designs	Road Bike	Open	Senior	
94	11:34:00	Christopher Hall	BPC Race Team	Road Bike	Open	Senior	
95	11:35:00	David Fellows	Solihull CC	Road Bike	Open	Senior	



PRIZES FOR EACH EVENT

The awards below are for the following categories, Open, Female, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Open), Road Bike (Female) & Road Bike (Junior).

1st	CTT Classic Series	Eco Wood Sustainable Medal
2nd	CTT Classic Series	Eco Wood Sustainable Medal
3rd	CTT Classic Series	Eco Wood Sustainable Medal

Road Bike Criteria (Moved from Regulation 14, 14(L))

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet.

The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.



www.cyclingtimetrials.org.uk



NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards. This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(j)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 14(k)

(k) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15:

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.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Cycling Time Trials