

CTT Newsletter – June 2019

This month we have advice for riders suffering from hay fever; instructions on how to add a VTTA group to your profile and the Midland website goes live!

VTTA groups – riders' profiles



If you are a member of a VTTA group can you please ensure your profile is updated to show this. To add it click on your name (top right when logged on) and then select Settings from the dropdown menu. On the left-hand side of the screen you will see VTTA Details, click on that and there you can add your group and membership number. When entering VTTA events please make sure you add your current plus to your entry, you can do this by putting it in the Comment box underneath your LTS. This will help organisers enormously as they can't be expected to find every riders' plus and if you don't include it, you may not get a ride!

Postponed events

Unfortunately, due to the weather and roadworks that have recently caused problems, we have seen a number of events being postponed this season. Organisers are working with their districts to try and reschedule events where they can. This would seem an opportune moment to remind riders and organisers of the change which was made to Regulation 5 at last year's National Council which states:

'Should an event be postponed in accordance with Regulation 4, a competitor listed on the start sheet for the original event may withdraw their entry. The event secretary shall have the discretion to accept additional entries and/or to reset the field. Entrants who withdraw have no right to a refund. Levies are payable in respect of the original number of competitors and all new entrants who are accepted to ride. Entrants to the original event shall have preference over new entrants. Entrants to the postponed event shall be accepted on the basis of performance. Any special conditions applying to the original event shall be retained. Times recorded in the postponed event shall be valid for all purposes.'



Organisers – archived events

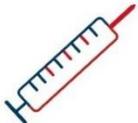
It appears the website is confusing a few organisers once the results have been published the event then moves into the "archived events" tab on the list to the left of the organisers dashboard. To find it, click on archived events and find the event you wish to access, then click view and the results will appear by default. Click Step 3 – Entries on the yellow bar and

you can “Export All” which will download a spreadsheet of all the riders or, if not many to search, you can view their entry. You can also still use the message facility on the website.

Advice for athletes during hay fever season



**Hay fever medications:
Prohibited In-Competition** 

 **Intramuscular triamcinolone injection**
Refer to the hay fever guidelines on the UKAD website

 **Prednisolone tablets**
Requires a TUE – contact UKAD (tue@ukad.org.uk)

 **Decongestant tablets containing pseudoephedrine (PSE)**
Refer to the Prohibited List Q&A section of the WADA website

Check your medications 

Please see the link below to the UKAD website:

<https://www.ukad.org.uk/news/article/hay-fever-medications-which-are-permitted>

Midland website

The pilot website for the Midland district has now gone live, offering news from the district, a who's who of officials, including timekeepers, events listings for the open and club events and much more. If you're riding, or organising, in the Midland it is well worth a look. Websites for the other districts will follow in the coming months.

<https://midland.ctt.org.uk/>

Finally – can organisers please make sure the start sheet is the correct and final version before uploading it, otherwise it can cause issues. Thank you!