

Beacon RCC on behalf of Midland District

Present:

# CTT Classic Series

Sunday 21st April 2024



ROUND  
**3** of 6

START SHEET



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



# CTT Classic Series ROUND 3 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.

Beacon RCC  
*Jack Clements Memorial*  
**Little Mountain Time Trial**  
21 April 2024

An historic 39.4-mile time trial, organised for and on behalf of Cycling Time Trials,  
under their Rules and Regulations



# Welcome!

Thanks for entering Beacon RCC's Little Mountain Time Trial. All the practical information you need is presented on the following pages.

For us at the Beacon, the LMTT marks the start of the summer cycling season. From time to time, though, the weather isn't inclined to cooperate. No one who rode in 2012, for example, is likely to forget the event in a hurry. One competitor quipped that it was "against the wind on the way out and against the tide on the way back." Until recently, I feared this year might be another one of those years. I almost forgot what it was like to do a Sunday ride that didn't involve negotiating at least a couple of bottom-bracket-high floods. Fortunately, though, it looks as though spring has broken just in time. If the forecasters have got it right, we can expect a mild, dry day, with a light breeze. Maybe even a day for records and PBs.

When Matt Bottrill set a men's course record in 2015, I remember thinking that it would take some beating. It seemed impossible that, within eight years, Matt's record would be emphatically beaten. Yet that's what happened in 2023: John Archibald took 5 minutes 19 seconds off Matt's mark. A quite extraordinary achievement, especially in the cool, breezy conditions.

You don't have to be up to John's standard to win at the LMTT, though. At the Beacon, we try to recognise everyone who makes a mark in our event. We were early adopters of equal winners' prize money for men and women, and we always offer a wide range of awards for vets, juniors, road bike riders and improvers. Because we want everyone to have something to ride for, a target to chase, a reason for lifting their performance to a new level.

The Beacon's (Little) Mountain TT has been challenging riders to dig deep since 1948. It was the country's first TT to adopt the continental model: instead of a standard-length out-and-home course on a fast road, the MTT asked competitors to tackle a circuit whose varied terrain demanded the full range of abilities and skills. Since then, the event has attracted Olympians, national and world champions, record-breakers and legends of our sport. And, while it's changed in many ways, the (L)MTT remains essentially what it was in those postwar days: a true test of everything it takes to race a bike.

Every rider who takes on that challenge deserves respect. And every rider who passes the chequered board after giving their all on the circuit is a victor, who has triumphed over the terrain, the elements, and their own limitations.

Have a good ride!

*George Barker*  
*President, Beacon RCC*

# *Information for competitors*

## **Event HQ**

The event HQ is Great Witley Village Hall, WR6 6HY. It's roughly twenty minutes by car from M5 J5 or J6. The Village Hall is on the A443, roughly opposite the junction with the B4197 Martley Road. It's on the right if approaching from the east. Please don't park on the A443 or obstruct the pavement. When entering and leaving the car park, take care, obey all traffic rules and avoid causing a nuisance to residents.

## **Signing on and signing off**

Please sign on and collect your number from the HQ. Remember to sign off again and return your numbers at the end of the race.

## **Start location**

The start is on the B4197 (Martley Road), nearly opposite the HQ, only about 150 metres away.

## **Warming up**

Please don't ride past the timekeepers on your warm-up once racing is in progress. If warming up on rollers/turbo trainer, avoid occupying an extra parking space.

## **CTT clothing rules**

Remember that CTT rules don't allow clothing with prominent advertising unless your club has registered the sponsorship with CTT.

## **Race numbers**

Race numbers need to be securely fixed and clearly visible to a roadside recorder when you're in a racing position. That means **low** on your back, towards the left. Arm numbers on the front/outside of the upper arms.

## **As you finish**

Please shout your number as you pass the chequerboard. It's harder than you might think to identify all riders by sight alone.

## **Distracting the timekeepers**

Please let the timekeepers do their job undisturbed. Neither you nor your friends should stand near or talk to the timekeepers during the race.

# ***Beacon competitions and prizes***

**Beacon prizes are awarded in addition to CTT Classic Series prizes.** Results will be available at the finish and prizes awarded shortly afterwards.

## **Multiple prizes**

We **don't** have a 'one-rider-one-prize' rule. If, for example, a rider is both fastest V40 vet and third fastest overall, they get both prizes.

## **TT bike competition**

Prizes will be awarded to the fastest three men, fastest two women, fastest male junior and fastest female junior riding CTT-compliant bikes that do not count as road bikes (see below). The TT bike prizes are:

1st man	£50 + trophy	1st woman	£50
2nd man	£25	2nd woman	£25
3rd man	£15		
1st male junior	£10	1st female junior	£10

## **Road bike competition**

Prizes will be awarded to the fastest three men, fastest two women and fastest junior riding standard road bikes. A road bike is a bike with:

- Traditional handlebars (not 'aero bars' or 'tri-bars'), and no additional visible or invisible bar fittings to aid aerodynamics (clip-ons or Spinaci)
  - Wheels with at least twelve spokes and rims no more than 65mm deep
- The rider must also be wearing a non-aero helmet, i.e. a helmet without a visor, a 'pointy' projection at the back, or 'ray' projections at the sides.

Eligibility for road bike prizes will be assessed by an official immediately prior to each rider's start, in the lay-by at the start. Questions can be mailed to the organiser or raised at the signing-on desk. The road bike prizes are:

1st man	£50	1st woman	£50
2nd man	£25	2nd woman	£25
3rd man	£15		
1st male junior	£10	1st female junior	£10

## Team competition

The team prize will go to the three riders from the same club with the fastest total time, riding any CTT-compliant bike.

Team prize: £15 each

## Vets' competition

Veteran men are grouped by age. Group V40 is those aged more than 40, but less than 50; group V50 is those more than 50, but less than 60, etc.

Veteran women are all those aged over 40. The vets' prizes are:

Fastest vet woman £20

Fastest vet men: V40 1st £20

V50 1st £20

V60 1st £10

V70 1st £10

## Junior competition

A junior is a rider aged less than 18 on the day of the event. The fastest junior male and fastest junior female each win a medal.

## PB improvements

Prizes are awarded to riders who have ridden the event before, and improve on their course PB, as known to us. The improvement prizes are:

1st course PB £20

2nd course PB £15

3rd course PB £10

## Course records

A prize of £20 is awarded for setting a course record. If a record is itself beaten during the event, only the highest new record qualifies for a prize.

Men	John Archibald	HUUB Wattshop	2023	01:27:10
Women	Claire Rose	Podium Ambition	2016	01:43:32
Juniors	Tomos Pattinson	Halesowen CC	2022	01:44:02
V40	Paul Pardoe	Peterborough CC	2022	01:39:06
V50	Paul Robinson	Lyme RC	2014	01:43:09
V60	Peter Greenwood	Team Swift	2015	01:47:46
V70	John Woodburn	VC Meudon	2010	02:03:33

# Course details

## Course description (K22/39)

There will be marshals at all junctions where a turn is required. Remember, though: the onus is on you to know the course.

Instruction	Distance
<b>Start</b> on B4197 (Great Witley - Martley road) 100 yards south of junction with A443 at Great Witley, in lay-by opposite telegraph pole. Ride south along B4197.	0 miles
In Martley turn left and immediately left again onto B4204.	3.6 miles
In Lower Broadheath turn left (signposted to Hallow).	8.0 miles
In Hallow turn left along A443.	9.4 miles
Pass through Holt Heath.	12.8 miles
Pass HQ.	16.9 miles
Turn left onto B4203 towards Stanford on Teme.	17.4 miles
<b>Climb Stanford Bank</b>	20.0 miles
Turn left over the Bromyard Downs towards A44.	28.2 miles
Turn left onto A44 to Knightwick.	30.0 miles
Turn left onto B4197.	32.9 miles
<b>Climb Ankerdine Hill</b>	33.1 miles
Fork right (B4197) in Martley towards Great Witley.	36.1 miles
<b>Finish</b> by grass triangle at junction with lane on left signposted "Walsgrove Home Farm".	39.4 miles



# Course map and profile



# *Officials and contact information*

## **Event organiser**

John Hitchcock

Underwood Cottage, Hill Furze, Pershore, Worcestershire, WR10 2NB

Tel: 07808 326624

E-mail: [lmmt@beaconrcc.org.uk](mailto:lmmt@beaconrcc.org.uk)

## **Timekeepers**

Sue Kelly and Mike Howard

## **Recorder**

Dave Cole

## **Chief Marshal**

Chris Hudson

## **Catering**

Maggie Hall

## **Other helpers**

As well as all the people mentioned by name above, the event depends on the commitment of a large number of other people, including members of our own club, their partners and friends, and members of other local clubs. Beacon RCC is extremely grateful to all the volunteers who give up their time to act as marshals, pushers off, parking attendants, announcers, result board officials, spreadsheet operators and helpers, and thus to make the day memorable for the competitors and spectators.

## **Enquiries / information**

General info: <http://beaconrcc.org.uk>

LMTT event info: <http://beaconrcc.org.uk/racing/little-mountain-time-trial/>

Club officials: <http://beaconrcc.org.uk/contact/>

Race No.	Start Time	Full Name	Full Name	Club	Category	Category	Age	Factor / Target	PB
<b>ROAD</b>									
1	8.01	Matt	Wright	Royal Air Force Cycling Association	Open	Senior	33	n/a	n/a
2	8.02	Paul	Robertshaw	Birmingham Running, Athletics and Triathlon Club	Open	Veteran	64	1:56:14	n/a
3	8.03	Jonathan	Kerin	Beacon Roads CC	Open	Senior	36	n/a	n/a
4	8.04	Alice	Larkin	High Peak Cycles RT	Female	Veteran	49	1:50:26	n/a
5	8.05	Truong An	Nguyen	Beacon Roads CC	Open	Senior	27	n/a	n/a
6	8.06	Philip	Lock	Warwickshire Road Club	Open	Veteran	62	1:54:33	02:47:13
7	8.07	David	Gray	Axe Valley Pedallers	Open	Veteran	61	1:53:43	n/a
8	8.08	Toby	Draper	Beacon Roads CC	Open	Veteran	49	1:44:09	n/a
9	8.09	David	Lloyd	Droitwich Cycling Club	Open	Veteran	55	1:48:49	01:59:39
10	8.10	Dave	Bradshaw	Tamworth Cycling Club	Open	Veteran	63	1:55:23	n/a
11	8.11	Adrian	Lauchlan	Southgate CC	Open	Veteran	65	1:57:05	n/a
12	8.12	Steve	Price	VC Sevale (Malvern)	Open	Veteran	61	1:53:43	02:18:06
13	8.13	Sean	Rose	Birmingham Running, Athletics and Triathlon Club	Open	Veteran	53	1:47:14	n/a
14	8.14	Steven	Hazeldine	Stone Wheelers CC	Open	Veteran	57	1:50:26	n/a
15	8.15	Andrew	Gibson	Leek CC - Den Engel Belgian Bar	Open	Veteran	42	1:38:56	n/a
16	8.16	Alice	O'Neill	Velo Bavarian	Female	Senior	26	n/a	n/a
17	8.17	Louise	Hart	FTP ( Fulfil The Potential ) Race Team	Female	Senior	34	n/a	n/a
18	8.18	Rob	Cowell	Ogmore Valley Wheelers	Open	Veteran	52	1:46:27	n/a
19	8.19	Graham	Sargent	MagCAD Designs	Open	Veteran	44	1:40:24	n/a
20	8.20	Chris	Spencer	Congleton CC - MyWindsock	Open	Senior	39	n/a	01:45:08
21	8.21	James	Russell	Macclesfield Wheelers	Open	Veteran	62	1:54:33	02:01:39
22	8.22	Jayne	Dickens	Stone Wheelers CC	Female	Veteran	55	1:55:23	n/a
23	8.23	Celia	Doyle	Elevate RT	Female	Veteran	47	1:48:49	01:57:59
24	8.24	Ian	Dickens	Droitwich Cycling Club	Open	Veteran	52	1:46:27	n/a
25	8.25	William	Neill	MagCAD Designs	Open	Senior	32	n/a	n/a
26	8.26	Rob	Wild	Velo Club Long Eaton	Open	Veteran	41	1:38:13	02:15:50
27	8.27	Andrew	Magnier	MagCAD Designs	Open	Senior	35	n/a	n/a
28	8.28	Paul	Robinson	Stone Wheelers CC	Open	Veteran	60	1:52:53	01:43:09
29	8.29	Jack	O'Neill	Team Enable - M.I. Racing	Open	Senior	29	n/a	01:38:44
30	8.30	Ed	Moss	Beacon Roads CC	Open	Veteran	53	1:47:14	01:48:19
31	8.31	Crispin	Doyle	Magspeed Racing	Open	Veteran	51	1:45:41	01:44:32
32	8.32	Drew	Sheffield	FTP ( Fulfil The Potential ) Race Team	Open	Veteran	42	1:38:26	n/a
33	8.33	James	Pearce	Solihull CC	Open	Senior	33	n/a	n/a
34	8.34	Karl	Norris	360VRT	Open	Veteran	53	1:47:14	01:45:31
35	8.35	Mark	Lovatt	Congleton CC - MyWindsock	Open	Veteran	52	1:46:27	n/a
36	8.36	Robin	Delve	Mid Devon Cycling Club	Open	Veteran	65	1:57:05	01:51:34
37	8.37	Kevin	Satterthwaite	Gorilla Coffee Cycling Club	Open	Veteran	45	1:41:08	01:48:59
Race No.	Start Time	Full Name	Full Name	Club	Category	Category	Age	Factor / Target	PB

## PARACYCLISTS

38	8.38	Mark	Valentine	Poole Wheelers Cycling Club	Open	C5	48	1.058	n/a
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Race No.	Start Time	Full Name	Full Name	Club	Category	Category	Age	Factor / Target	PB
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## JUNIORS

39	8.39	Jacob	Bradbury	Manchester Wheelers	Open	Junior	17	TT	n/a
40	8.40	Sophie	Heighton	Ferryhill Whs	Female	Junior	17	RB	02:25:37

Race No.	Start Time	Full Name	Full Name	Club	Category	Category	Age	Factor / Target	PB
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## VETS

41	8.41	James	Moore	Beacon Roads CC	Open	Veteran	40	1:37:30	02:10:44
42	8.42	Martin	Lines	Team Echelon	Open	Veteran	55	1:48:49	01:52:18
43	8.43	Mark	Sanders	Mid Devon Cycling Club	Open	Veteran	64	1:56:14	01:51:24
44	8.44	Simon	Dighton	Beacon Roads CC	Open	Veteran	60	1:52:53	01:51:13
45	8.45	Simon	Smith	ZeroBC Race Team	Open	Veteran	49	1:44:09	01:45:27
46	8.46	Dominic	Righini-Brand	Spalding CC	Open	Veteran	40	1:37:30	n/a

Race No.	Start Time	Full Name	Full Name	Club	Category	Category	Age	Factor / Target	PB
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## WOMEN

47	8.47	Jessica	Rhodes-Jones	AeroCoach	Female	Senior	33	n/a	02:10:29
48	8.48	Keri	Parton	Team Bottrill	Female	Senior	35	n/a	n/a

49 8.49 Kelly Murphy Doltcini O'Shea Cycle Division Female Senior 34 n/a 01:50:33

<u>Race No.</u>	<u>Start Time</u>	<u>Full Name</u>	<u>Full Name</u>	<u>Club</u>	<u>Category</u>	<u>Category</u>	<u>Age</u>	<u>Factor / Target</u>	<u>PB</u>
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## MEN

50	8.50	Jemil	Tokdemir	Spectrum Racing	Open	Senior	34	n/a	01:46:13
51	8.51	Edward	Copeland	Ludlow Brewery Race Team	Open	Senior	25	n/a	n/a
52	8.52	Jack	Evans	Gorilla Coffee Cycling Club	Open	Senior	30	n/a	n/a
53	8.53	Kit	Buchanan	Solihull CC	Open	Senior	32	n/a	n/a
54	8.54	Jason	Mould	Army Cycling	Open	Senior	33	n/a	n/a
55	8.55	Philip	Gleave	Congleton CC - MyWindsock	Open	Senior	29	n/a	n/a
56	8.56	Dan	Whitehouse-Smith	Army Cycling	Open	Senior	34	n/a	n/a
57	8.57	Ben	Goodwin	Fibrax Fenwicks Wrexham Cycling Club	Open	Senior	26	n/a	n/a

## Past winners (men 1948-1987)

Year	Winner	Club/Team
1948	R. J. Maitland	Solihull CC
1949	R. J. Maitland	Concorde RCC
1950	R. J. Maitland	Concorde RCC
1951	D. Farmer	Worcester St Johns
1952	D. Farmer	Worcester St Johns
1953	A. V. Ilsley	Concorde RCC
1954	J. C. White	Thornhill CC
1955	B. Harrison	Bantam RCC
1956	J. Chance	Midland C & AC
1957	D. Smith	Midland C & AC
1958	G. Barlow	Stone Wheelers
1959	G. J. Gould	North Worcestershire RC
1960	G. J. Gould	North Worcestershire RC
1961	R. C. Booty	Ericsson Whlrs
1962	M. Ives	Coventry CC
1963	G. P. Webb	Solihull CC
1964	J. Monk	Solihull CC
1969	D. Blount	Oldbury & District CC
1970	D. Blount	Oldbury & District CC
1971	A. Boden	Oldbury & District CC
1972	R. Cromack	RAF CC
1973	R. Lewis	Coventry CC
1974	M. Oldnall	Nottingham Arrow
1975	R. Lewis	Coventry Olympic
1976	S. Edney	Warwickshire RC
1977	C. Moon	Leicestershire RC
1978	J. Patston	CC Orpington
1979	J. Patston	Worcester St Johns
1980	J. Patston	Worcester St Johns
1981	P. Carbutt	Saracen RC
1982	J. Herring	Coventry Olympic
1983	S. Edney	VC D'Nuez
1984	I. Fagan	Worcester St Johns
1985	I. Fagan	Worcester St Johns
1986	R. Evans	Warwickshire RC
1987	M. Badel	Luton CC

# Past winners (men 1988-2022)

Year	Winner	Club/Team
1988	S. Edney	Warwickshire RC
1989	P. Galloway	Poly CC – Air Canada
1990	C. Moon	Leicester Forest CC
1991	S. Jones	KJC Carpets
1992	W. Elliot	Concorde RCC
1993	P. Nabi	Elizabethan CC
1994	S. Dangerfield	North Wirral Velo
1995	D. Kirby	Beacon RCC
1996	S. Dangerfield	Parker International
1997	W. Moore	Leo RC
1998	W. Moore	Leo RC
1999	S. Dangerfield	
2000	S. Dangerfield	Camel Valley CC
2001	No event	Due to foot-and-mouth
2002	J. Gilfillan	Yorks Cycleworks
2003	S. Dangerfield	Camel Valley C&TC
2004	S. Dangerfield	Scienceinsport.com
2005	S. Dangerfield	Scienceinsport.com
2006	G. Poupart	Echelon-cycles.co.uk
2007	G. Butler	Preston Wheelers
2008	M. Bottrill	De Rosa/MG Decor
2009	W. Moore	Shorter Rochford RT
2010	R. Bradley	Shorter Rochford RT
2011	M. Clinton	Mike Vaughan Cycles
2012	D. Robson	Somerset DC
2013	M. Clinton	Mike Vaughan Cycles
2014	M. Clinton	Mike Vaughan Cycles
2015	M. Bottrill	www.drag2zero.com
2016	Philip Graves	Clifton C.C.York
2017	Jack Rebours	Caesarean CC
2018	Carl Donaldson	GS Metro
2019	Phil Williams	Liverpool Phoenix CC
2020	Cancelled	Due to coronavirus pandemic
2021	Richard Bussell	AeroCoach
2022	Richard Bussell	AeroCoach
2023	John Archibald	HUUB Wattshop

## Past winners (women)

Year	Winner	Club/Team
1994	I. Rowntree	Black Country Wheelers
1995	I. Rowntree	Black Country Wheelers
1996	C. Ward	Wyre Forest CRC
1997	T. Maund	Cheltenham & County
1998	R. Eyles	Beacon RCC
1999	Not known	
2000	F. Dore-Green	Gloucester City CC
2001	No event	Due to foot-and-mouth
2002	R. Eyles	Beacon RCC
2003	Separate women's event	
2004	Separate women's event	
2005	Separate women's event	
2006	L. Smith	BRAT Club
2007	R. Eyles	Beacon RCC
2008	M. Parsons	Evesham & District Wheelers
2009	M. Bloom	Rugby RCC
2010	R. Slack	London Dynamo
2011	R. Slack	The Altitude Centre
2012	S. Penn	Team Jewson-MI
2013	P. Moseley	Climb on Bikes RT
2014	L. Powell	Mike Vaughan Cycles
2015	E. Robertson	CC Luton
2015	E. Robertson	CC Luton
2016	C. Rose	Podium Ambition
2017	Hayley Simmonds	WNT Pro Cycling
2018	Rebecca Johnson	Fusion RT Veloperformance
2019	Joscelin Lowden	The Independent Pedaler
2020	Cancelled	Due to coronavirus pandemic
2021	Francesca Hall	Loughborough Lightning / TRG
2022	Emma Bexson	Stratford Cycling Club
2023	Celia Brown	Beacon RCC



HGV drivers  
Select crawler  
gear NOW!

Low gear  
for  $\frac{3}{4}$  mile





## 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](http://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