

Road Bikes What's changing?

**Road Bike Regulation 14 (L)
and Definition**
What you need to know.

Riders
How do you enter as Road Bike vs
a TT Bike?

Organisers
What's changing for you?



Introduction



Dear Member

Early last year CTT launched the first of our time-trialling community surveys.

The first survey, designed by CTT Director Dawn Sherrin, was aimed at our rider community. We enjoyed an above industry standard expected response and from that and the specific rider comments, we've been able to set about implementing change.

"The survey and specifically the comments from the survey are a truly valuable source of insight and information and aren't just comment or rhetoric, there have been ideas and suggestions."

Dawn continues "The CTT Board are committed to using the outputs from the survey to help shape the future direction of the sport and to positively drive improvements. Seeking out the views of our riders is an important step in this process of making changes in our sport and adapting to the changing times ahead of us."

From this survey, our riders identified several areas where we could provide improvements and additional value. Many of these were progressed through the TT Working Group, some requiring approval at our AGM National Council in December 2022. Additional improvements will be coming online as the season progresses. Watch this space, so to speak!

Ours is a sport with a 100 years old history and rich heritage, a volunteer-led organisation that provides the most accessible way into competitive cycling for anyone. The implementation of Road Bikes as a separate machine category with separate results and achievement recognition in all our events protects this accessibility for future years. We are back to the future.

Andrea Parish
CTT Chair

Road Bike Information for Riders

Cycling Time Trials are excited to announce that for 2023 a road bike category will be recognised across all open time trials, making time trialling more accessible to everyone whatever type of bike they own.



Machine type

Riders will be asked when entering a time trial which machine they intend to ride on - Road Bike or TT Bike.

If for any reason a rider needs to ride on a different type of bike than they entered, they just need to let the organiser know on the day so that the results can be recorded correctly.

Start lists and results

Start lists and results on the CTT website will show who is on a road bike, with the results being filterable to show the road bike standings and positions for every race. For team time trials the results can be filtered to show which teams were all riding road bikes.

The rules

The road bike category has a consistent and simple set of rules nationwide:

- The road bike 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

Results & Rankings

The new road bike category is also supported by time trial results app ResultSheet (resultsheet.co.uk), which will allow riders to access road bike standings in real-time for events where it is being used.

Spindata (spindata.co.uk) will be introducing a new road bike rankings list to recognise the performances of those competing on road bikes, filterable by gender, age category, and district.

Results for road bikes will be scored separately from TT bikes to more accurately reflect the performance of those on road bikes, and predicted times will also take the type of bike into account where possible.

Road Bike Information for Organisers

From 18th April 2023, Cycling Time Trials are making changes to recognise a road bike category in all time trials. The following information explains what changes are being made and why, and how they impact on event organisers.

A personal note to our Organisers from the Chair:

I would like to thank you all for the efforts which have kept time trialling moving forward throughout the period of the pandemic and now as we progress the sport forward in keeping with modern demands and expectations. This is a very exciting time for time trialling with the most fundamental changes for some time. Our targets include obtaining more entries for every Organiser from both the road racing and triathlon communities. Every effort has been made to ensure that the methods and analyses used in classifying road bikes alongside TT bikes ensure they have equal status and performance recognition.

Andrea Parish



Road bike time trial category

Racing time trials on a road bike is a growth area of time trialling at a time when numbers participating are otherwise decreasing. CTT wishes to fully support this category of racing nationwide and recognise the achievements of those racing on road bikes.

Until now, CTT has had an inconsistent approach to the organisation of road bike racing - some districts organise a separate 'road bike only' race in parallel with other time trials; in other districts there is one event on the CTT website but information on who is riding a road bike is collected locally and published by organisers in their result sheets.

Changes to CTT Website entry form

The changes being made to the CTT website will ask all riders entering time trials to indicate on their entry which type of bike they will be riding - road bike or TT bike (or indeed tricycle).

This information will be included on the spreadsheet of all entries that organisers can download to decide which entries are to be accepted, and also on the start sheet template spreadsheet so that organisers can include in their own start sheet documents which riders have entered on road bikes or TT bikes should they wish to.

The list of riders published on the CTT

website will show the type of bike riders have entered on for all events without the organiser needing to do anything.

Key input we need from organisers

The results template spreadsheet includes a new column titled machine_code, which will be pre-populated with 'rb' for those who entered on a road bike and 'tt' for those who entered on a TT bike (or 'tc' for tricycles).

The most important thing we need from organisers is for this machine_code column to be updated for any rider who rides a different machine on the day from what they submitted on their entry. This is especially important as this information will be used on the CTT website results to allow riders to filter the race results to show a list of road bike results, and to create new road bike rankings within Spindata, allowing road bike riders to be ranked nationally and for their performances to be fully recognised.

Road bike results will also be used to update a rider's road bike PBs on their profile.

It is essential that this information is correct before the results are uploaded to the CTT website.

If you have any questions that aren't answered then please contact: support@cyclingtimetrials.org.uk

Partner support with CTT's Road Bike upgrade



ResultSheet

The time trial results app, ResultSheet, has been updated to support changes implemented by the CTT to enable riders to enter events on different types of bike, e.g. Road Bike, TT Bike and Tricycle. The main changes in functionality are outlined below.

Automatically uploading start sheets from the CTT website to ResultSheet:

This process will remain unchanged and details on how to do that can be found [\[here\]](#).

Changing the type of bike that a rider is using to ride an event:

If a rider has entered an event with one bike type but wishes to ride the event with another, e.g. entered using a Road Bike and then decided to ride a TT Bike, it is possible to change the bike type within ResultSheet.

On either your laptop or mobile device, within ResultSheet select the required event and then "Manage Startsheet". Choose the rider you wish to edit, change the Machine Type option to the new bike type and click "Update".

Note that if the rider has a Spindata prediction for this event it will be removed once the bike type has been changed.

The new bike type will be updated on the CTT website once the results are exported from ResultSheet and

uploaded back to the CTT website in the usual way.

Manually adding riders to an event:

The process of manually adding riders to an event, e.g. for a club TT, are the same as before with the addition of a new Machine Type option:

Further details on manually adding riders can be found [\[here\]](#).

Filtering live results by Machine Type on the HQ result sheet:

The option to filter live results by machine type is now available on the bottom menu.

This enables you to hide bike types, for example if you wished to show Road Bike and TT Bike results separately, you can open this result sheet twice in separate browser windows and select "Road Bike" on one page and "TT Bike" on the other.

No.	Rider	Machine	Cat	Actual
1	Roger Thomas (14) Spindata Spindata (1)	Road Bike	90	25:10
2	Richard Thomas (14) Spindata (1)	TT Bike	90	25:10
3	Richard Thomas (14) Spindata (1)	Road Bike	90	25:10

Filtering live results by Machine Type on the Event Summary:

The option to filter live results by machine type is now available on the bottom menu, enabling you to show the result based on bike type. For example, you could show the result for the Road Bike event by selecting "Road Bike" in the machine type filter and then change the selection to "TT Bike" to see the TT Bike result. Equally, you can show the result across all bike types if required by leaving the filter blank.

Filtering live results by Machine Type on mobile devices:

An option to filter live results by machine type is now available on the filter menu for both individual and team results.

Exporting results back to the CTT:

The process of exporting results back to the CTT remains the same, although the file format has been modified to support the new machine type functionality. Details of exporting results back to the CTT can be found [\[here\]](#).

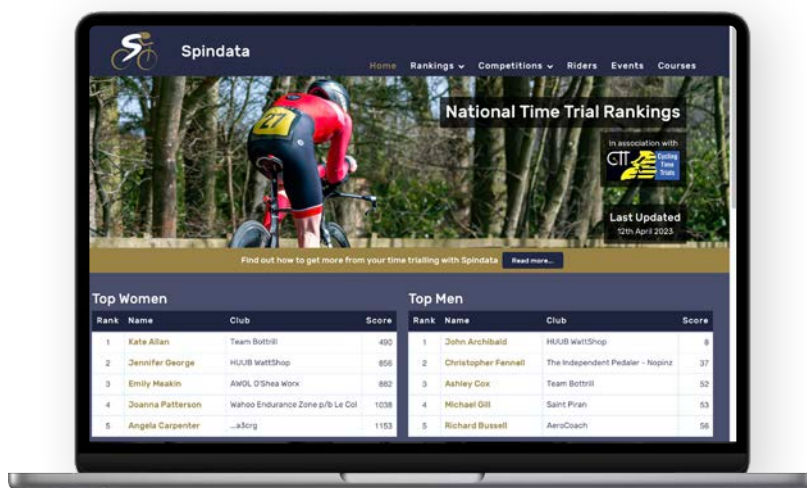
Brett Davis
ResultSheet
resultsheet.co.uk

Partner support with CTT's Road Bike upgrade



Spindata

The system used for ranking time trial results has changed its processing and display to accommodate the new road bike categories.



Spindata is a system for ranking time trial results across the UK by using time and relative position to others.

Spindata is not just for the top riders! It has been developed to recognise the achievements of all riders, whatever their ability.

Every rider who completes an open time trial in which at least 10 ranked riders also finish will receive a score for their ride.

Find out how Spindata works and how to get more from your time trialling with Spindata [\[here\]](#).

With Spindata separate road bike ranking, rides tagged as being on a road bike will be processed together and the rankings and predictions will be based solely on the performance of the riders in this discipline. The previous ranking for TT bikes will now be exclusively for TT rides, meaning that road bike rides won't appear there.

Both ranking systems will run in the same way they always have. However, it will take time for the available data from road bike rides to build up, so for the transition, if there is little road bike data about an event or the ranking of the riders in it, and Spindata can borrow from the TT ranking to complete the scores or predictions, it will.

For this reason, it may result in more variability in the scores and predictions than is typically seen in the TT rankings.

Additionally, the number of riders active in TT, hill climb and road bike disciplines is variable and not equal. The rankings for each will be based on a scale of about 9000 riders, so the scores will be comparable across disciplines. This change may result in score inflation for hill climb riders who previously had scores under 2000, but Spindata assures riders that the cat system (A1-E20) will not be affected.

Lastly, Spindata clarifies that it will be possible to have three separate rankings within the system, one for each discipline simply by riding on a TT bike, on a road bike, or in hill climb events, and there will be no crossover between a rider's performance in each.

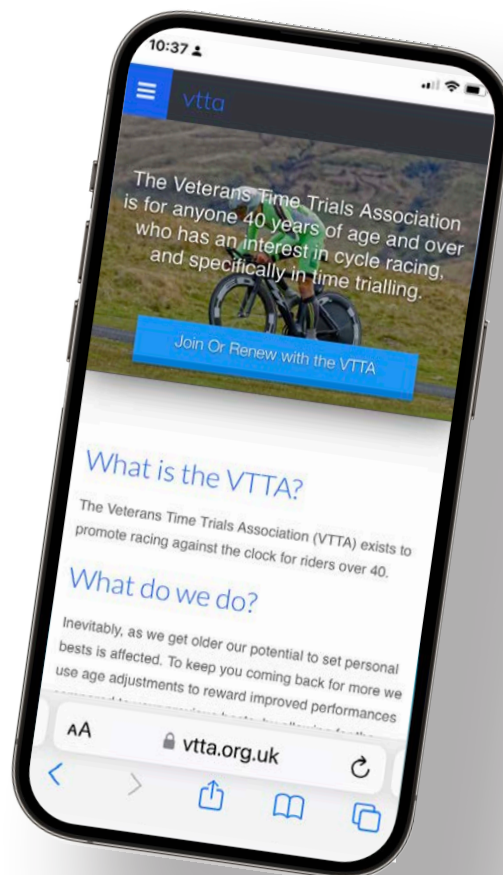
Nick Wild
Spindata
spindata.co.uk

VTTA Integration with CTT's Road Bike upgrade



Veterans Time Trial Association

CTT have worked with the VTTA to ensure that the VTTA Event Tool is compatible with the Road Bike changes. You can read more about the VTTA Veterans Time Trial Association [[here](#)].



Footnote and Thanks



It goes without saying that achieving this new upgrade has involved many people and not an inconsiderable amount of work!

From our initial rider feedback, to work via the TT Working Group and gaining Board approval in September 2022, there has been a dedicated team of people working to ensure that the many different facets come to simultaneous fruition.

On behalf of the Board of Cycling Time Trials, I would like to thank the many people who've brought this to fruition, particularly those who've been very busy bringing this ready to go live. I'd especially like to thank Aaron Bird and Roger Clarke. Not to mention our partners, ResultSheet (Brett Davis) and Spindata (Roger Clarke and Nick Wild) who've worked to ensure a seamless integration and provide significant additional rider and organiser value and enhanced interaction with Cycling Time Trials.

I'd also like to thank CTT Board members and staff who've been involved.

Thank you,

Andrea Parish

CTT Chair

