

North East DC

in association with the

Northumberland & Durham Cycling Association

Present:

RTTC NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIP

2nd & 3rd September 2023

START SHEET

n&edca
northumberland & durham
cycling association



10 MILE TIME TRIAL

 **KALAS**



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



RTTC NATIONAL 10 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONS CELEBRATION

20th January 2024



MEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

WOMEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

JUNIOR MEN & JUNIOR WOMEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

TEAM CHAMPIONS

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

Age awards to the fastest in each of the following:

Men / Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Junior Men / Junior Women 12, 13, 14, 15, 16, 17 & 18 year old

RTTC NATIONAL 10 MILE CHAMPIONSHIP

Saturday 2nd September 2023 (Juniors & Women) – 6.15am Start
Sunday 3rd September 2023 (Men) – 6.30am Start

**Promoted for and on behalf of Cycling Time Trials under its rules and regulations by
Northumberland & Durham Cycling Association on behalf of the North East District**

Course: M101

Note: All riders MUST wear a helmet and have working front and rear lights

Event Secretary: Sharon Dyson, 8 Horton Manor, Front Street, Blyth, NE24 4SF
Mobile: 07837 607219 Email: sharonmdyson@gmail.com

Headquarters: Cramlington Town Football Club, Ormston Street, Cramlington, NE23 3BE
(<https://goo.gl/maps/Tub9VDYuRV5NU16m6>)

Parking: There is adequate parking within the Football Club grounds. Please do not park in the surrounding residential streets.

Headquarters will be open from 05:00am (Saturday) and 05:30am (Sunday) for signing on and number collection.

Both body and arm numbers will be used In accordance with Championship Conditions - only numbers provided by the organiser shall be used.

Body numbers should be fitted in accordance with Regulation 16 and arm numbers should be fitted to the upper arm with the number facing forward.

The numbers provided to you will be yours to keep, as a memento of your participation in the 2023 National 10 Mile Championship in Northumberland.

You need to ensure that you return, following your ride, to the signing out desk at Headquarters to sign out. You must sign in and out yourself. Failure to sign out will result in a DNF being recorded against a rider's name.

All riders must personally make themselves available at the Headquarters following their ride, as they may be required for drug testing, if UKAD are in attendance.

Light refreshments will be served at Headquarters.

Course Description (continued)

START at the beginning of the Church wall on Bedlington road (B1505). Proceed to the Three Horseshoes roundabout (0.295m), taking the first exit onto the A189 northbound. Proceed to the North Seaton (Sandy Bay) roundabout, encircle (riders take care) and retrace to FINISH on the slip road to A192 (Three Horseshoes roundabout) opposite the metal post (10 Miles).

Spare clothing can be left up at the Start Line and it will be returned to Headquarters once all riders have been set off. It is the rider's responsibility to ensure that clothing is collected from Headquarters at the conclusion of the event. ***Anything left after the event will be donated to a local Charity Shop.***

Timekeepers

Principal Timekeeper: Peter Schultz (Blaydon CC)

Frances Schultz (Blaydon CC)
Ray Lockett (Velo Culture)
Ewa Johnson (Reifen Racing)
Sharon Dyson (Barnesbury CC)

CTT Board Representative

Dawn Sherrin – North East District

Live Results



We will be partnering with ResultSheet to bring you the live results from the National 10 Mile Championship this year. Please note that all results will be provisional until checked by the Timekeepers at the conclusion of each event.



RTTC National 10 miles Championship - 2nd September 2023					
Number	Start Time	Name	Machine	Club / Team	Cat/Age
Junior Men					
18	6:18:00	Umair Rafiq	Road Bike	North Lancashire Road Club	17
19	6:19:00	Hamish Mayes	Road Bike	Edinburgh Road Club	14
20	6:20:00	Mason Bulfin	TT Bike	Manilla Cycling	15
21	6:21:00	Ewan McGrath	TT Bike	Cog Set Papyrus	15
22	6:22:00	Roch Morgan	TT Bike	Derby Mercury R C	14
23	6:23:00	Thomas Percival	TT Bike	Cog Set Papyrus	14
24	6:24:00	James Wicks	TT Bike	Hart Performance Coaching	17
25	6:25:00	Douglas Tulett	TT Bike	Thanet RC	14
26	6:26:00	Matthew Thompson	TT Bike	Rugby Racing Cycling Club	16
27	6:27:00	Rufus King	TT Bike	Poole Wheelers Cycling Club	15
28	6:28:00	William Coles	TT Bike	Evolution Racing Academy	14
29	6:29:00	Benedict Walker	TT Bike	Lee Valley Youth CC	17
30	6:30:00	Jude Davison	TT Bike	Beacon Wheelers	18
31	6:31:00	Emil Howell	TT Bike	Matlock CC	16
32	6:32:00	Rhys Edwards	TT Bike	Edinburgh Road Club	17
33	6:33:00	Oskar Everett	TT Bike	Orwell Velo	15
34	6:34:00	Reuben Corlett	TT Bike	Birkenhead North End CC	18
35	6:35:00	Sam Edgar	TT Bike	Johnstone Wheelers	18
36	6:36:00	Spencer Corder	TT Bike	Stratford Cycling Club	17
37	6:37:00	Toby Simpson	TT Bike	Fietsen Tempo	18
38	6:38:00	Alex Franks	TT Bike	VC de Londres	17
39	6:39:00	Luca Bednarek	TT Bike	Kirklees Cycling Academy	16
40	6:40:00	Matthew Peace	TT Bike	Otley CC	16
41	6:41:00	Archie Fletcher	TT Bike	360cycling	17
42	6:42:00	Harris Hall	TT Bike	Velo Culture	16
43	6:43:00	Patrick Casey	TT Bike	Anexo Group Race Team	17
Number	Start Time	Name	Machine	Club / Team	Cat/Age
Junior Women					
44	6:44:00	Jasmine Townend	TT Bike	Scarborough Paragon CC	W 16
45	6:45:00	Maia Howell	TT Bike	Matlock CC	W 14
46	6:46:00	Abbey Thompson	TT Bike	Stonham Barns Park – SYRT	W 14
47	6:47:00	Freya Johnson	TT Bike	Gosforth RC	W 15
48	6:48:00	Sophie Heighton	TT Bike	Ferryhill Whs	W 16
Number	Start Time	Name	Machine	Club / Team	Cat/Age





Women					
49	6:49:00	Carol Stutchbury	TT Bike	Sun City Tri	E
50	6:50:00	Sarah Minchin	TT Bike	Calder Clarion	E
51	6:51:00	Vicky Cuthbertson	TT Bike	Sun City Tri	B
52	6:52:00	Louise Watson	Road Bike	Queensbury Queens of the Mountain	D
53	6:53:00	Heather Gould	Road Bike	North Shields Polytechnic Club	E
54	6:54:00	Suzanne Noon	Road Bike	Queensbury Queens of the Mountain	A
55	6:55:00	Tania Conway	TT Bike	Alnwick & District Triathlon Club	C
56	6:56:00	Naomi Drakeford	TT Bike	Jadan Vive Le Velo	
57	6:57:00	Sarah Wann	Road Bike	EMC Cycling	B
58	6:58:00	Teri Bayliss	Road Bike	Reifen Racing	B
59	6:59:00	Elizabeth Earle	TT Bike	Allen Valley Velo	A
60	7:00:00	Miriam Rennet	TT Bike	Kinross CC	E
61	7:01:00	Rebecca Mason	TT Bike	York Cycleworks	
62	7:02:00	Esther Hamill	TT Bike	Dumfries CC	B
63	7:03:00	Alexandra Noonan	TT Bike	Velo Culture	
64	7:04:00	Alison Stephenson	TT Bike	Congleton CC - MyWindsock	C
65	7:05:00	Caroline Ratcliff	TT Bike	Ferryhill Whs	D
66	7:06:00	Ellen Powell	TT Bike	Durham Triathlon Club	
67	7:07:00	Adele McAleer	TT Bike	Velo Culture	A
68	7:08:00	Sandra Burrows	TT Bike	Vive Le Velo	D
69	7:09:00	Carolyn Chambers	TT Bike	North Argyll CC	
70	7:10:00	Sally Maitland	TT Bike	Ratae RC	D
71	7:11:00	Alexa Forbes	TT Bike	London Dynamo	E
72	7:12:00	Natalie Lye	Road Bike	Muckle Cycle Club	
73	7:13:00	Beth Grogan	TT Bike	Selby CC	
74	7:14:00	Sue McFarlane	TT Bike	Army Cycling	A
75	7:15:00	Vanessa Barker	TT Bike	Hull Thursday RC	B
76	7:16:00	Charlotte Boothman	TT Bike	360cycling	A
77	7:17:00	Karen Taylor	TT Bike	Springfield Financial Racing Team	D
78	7:18:00	Hebe Picking	TT Bike	RFDA (Racescene Female Development Accademy)	
79	7:19:00	Gail Lowe	TT Bike	Congleton CC - MyWindsock	C
80	7:20:00	Lois Jarvis	TT Bike	Muckle Cycle Club	
81	7:21:00	Theresa Taylor	TT Bike	Springfield Financial Racing Team	E
82	7:22:00	Lucy Byram	TT Bike	Team Sheffield	
83	7:23:00	Rebecca Seal	TT Bike	FTP (Fulfil The Potential) Race Team	
84	7:24:00	Kaitlyn Dennis	TT Bike	Cowley Road Condors CC	
85	7:25:00	Donna McHugh	TT Bike	Pro Endurance Coaching	B
86	7:26:00	Louise Scupham	TT Bike	Jadan Vive Le Velo	
87	7:27:00	Laura Pittard	TT Bike	Brother Uk - Team OnForm	
88	7:28:00	Emily Martin	TT Bike	Team Bottrill	
89	7:29:00	Sian Marsh	TT Bike	Team Boompods	





90	7:30:00	Beth MacRae	TT Bike	Jadan Vive Le Velo	
91	7:31:00	Deborah Moss	TT Bike	Springfield Financial Racing Team	C
92	7:32:00	Miriam Jessett	TT Bike	Jadan Vive Le Velo	
93	7:33:00	Anna Weaver	TT Bike	Team Kirkley Cycles	
94	7:34:00	Becky Ridge	TT Bike	Loose Cannon's Conditioning	A
95	7:35:00	Monica Greenwood	TT Bike	Macclesfield Wheelers	
96	7:36:00	Rachel Brown	TT Bike	Brother UK - Team OnForm	
97	7:37:00	Kim Barfoot-Brace	TT Bike	Team Bottrill	A
98	7:38:00	Lauren Creamer	TT Bike	Velo Fixers	
99	7:39:00	Keri Parton	TT Bike	Team Boompods	
100	7:40:00	Sally Turner	TT Bike	HUUB WattShop	A
102	7:42:00	Laura Davies	TT Bike	Jadan Vive Le Velo	
104	7:44:00	Alex Clay	TT Bike	Team Bottrill	
106	7:46:00	Jennifer George	TT Bike	HUUB WattShop	A
108	7:48:00	Joanna Patterson	TT Bike	Wahoo Le Col	
110	7:50:00	Kate Allan	TT Bike	Team Bottrill	

RTTC National 10 miles Championship - 3rd September 2023

Number	Start Time	Name	Machine	Club / Team	Cat/Age
Men					
1	6:31:00	Gareth Davies	Road Bike	Barnesbury CC	E
2	6:32:00	John Tiffany	TT Bike	Harrogate Nova CC	I
3	6:33:00	Robert Danson	TT Bike	Barton Wheelers Cycling Club	F
4	6:34:00	Alan Gay	TT Bike	Vive Le Velo	H
5	6:35:00	Paul Lowe	Road Bike	Congleton CC - MyWindsock	D
6	6:36:00	Darren Worton	TT Bike	Calder Clarion	C
7	6:37:00	Andy Delaney	TT Bike	Northumbria Police C.C.	D
8	6:38:00	Chris Yates	TT Bike	Otley CC	F
9	6:39:00	David Ballantyne	TT Bike	EMC Cycling	E
10	6:40:00	Cameron Leslie	TT Bike	Royal Air Force Cycling Association	
11	6:41:00	Tom Guy	TT Bike	Sunderland Clarion	F
12	6:42:00	David J Gibson	TT Bike	Border City Whs CC	E
13	6:43:00	Paul Robson	TT Bike	Protech Velo	E
14	6:44:00	Ian Slater	Road Bike	Pocomotion Road Club	D
15	6:45:00	David Waslin	TT Bike	City RC (Hull)	
16	6:46:00	Clifford Degraff	TT Bike	Velo Club Cumbria	D
17	6:47:00	Duncan Smart	TT Bike	Scarborough Paragon CC	D
18	6:48:00	Richard Glennie	TT Bike	Barnesbury CC	B
19	6:49:00	Stephen Hannah	Road Bike	Protech Velo	
20	6:50:00	Martin Rasmussen	TT Bike	Tyneside Vagabonds CC	D
21	6:51:00	Paul Tyler	TT Bike	Ferryhill Whs	F
22	6:52:00	Stuart Raw	TT Bike	Cestria C.C.	





23	6:53:00	John Flanagan	Road Bike	Moonglu CC	E
24	6:54:00	Keith Sibbald	TT Bike	Zeus CRT	C
25	6:55:00	Joseph Shaw	TT Bike	Ipswich BC	
26	6:56:00	Bill Maxwell	TT Bike	Border City Whs CC	H
27	6:57:00	Steve Burrows	TT Bike	Vive Le Velo	E
28	6:58:00	Ian Elliot	TT Bike	Hawick Cycling Club	G
29	6:59:00	Andrew Ratsey	TT Bike	Velo Culture	A
30	7:00:00	Mick Stevens	TT Bike	Melton Olympic CC	G
31	7:01:00	Iain Katz	TT Bike	VO2MAX Race Team	A
32	7:02:00	Roger Bromiley	TT Bike	Harrogate Nova CC	C
33	7:03:00	Benjamin Johnston	TT Bike	Scottish Borders Race Team	
34	7:04:00	Graham Simpson	TT Bike	Berwick Wheelers Cycling Club	
35	7:05:00	Ben Hetherington	TT Bike	Ferryhill Whs	
36	7:06:00	Roger Clarke	TT Bike	Tyneside Vagabonds CC	C
37	7:07:00	David Rundall	TT Bike	Chorley Cycling Club	G
38	7:08:00	Stephen Adamson	TT Bike	Fietsen Tempo	C
39	7:09:00	Wayne Coates	TT Bike	Team Bottrill	E
40	7:10:00	Simon Emsley	TT Bike	Velo Culture	C
41	7:11:00	James Meadows	TT Bike	Cleveland Wheelers CC	
42	7:12:00	Patrick Dawson	TT Bike	Cowley Road Condors CC	
43	7:13:00	Dave Nolan	TT Bike	trainSharp	C
44	7:14:00	Joshua Hodgson	Road Bike	GS Metro	
45	7:15:00	Guillaume Zoppi	TT Bike	North Tyneside Riders CC	A
46	7:16:00	Adam Harrison	TT Bike	Barnesbury CC	A
47	7:17:00	Tim Baggs	TT Bike	Sherwood CC	C
48	7:18:00	Ben Hancock	TT Bike	Calder Clarion	
49	7:19:00	Steven Loraine	TT Bike	Legato Racing Team (LRT)	F
50	7:20:00	Stephen Magrath	TT Bike	Blaydon CC	
51	7:21:00	Dan Venner	TT Bike	North Shields Polytechnic Club	B
52	7:22:00	Andrew Smith	TT Bike	VC Glasgow South	D
53	7:23:00	Harry Nolan	TT Bike	trainSharp	
54	7:24:00	Kris Whitelaw	TT Bike	Vector Racing	A
55	7:25:00	Liam Davison	TT Bike	ADDFORM Vive Le Velo	
56	7:26:00	Christopher Beaty	TT Bike	Allen Valley Velo	A
57	7:27:00	Ray Hall	TT Bike	Adept Cycling	E
58	7:28:00	Alex Critcher	TT Bike	Team Wheelguru	B
59	7:29:00	David Linsley	TT Bike	Tyne & Wear Fire & Rescue Service CC	D
60	7:30:00	Isaac Russell	TT Bike	Team PB Performance	
61	7:31:00	Gareth Williams	TT Bike	Twickenham CC	D
62	7:32:00	Adrian Gower	TT Bike	Hitchin Nomads CC	E
63	7:33:00	Hugo Storey	Road Bike	Muckle Cycle Club	
64	7:34:00	Christopher Isats	TT Bike	Berwick Wheelers Cycling Club	B





65	7:35:00	Tim Burdon	TT Bike	Allen Valley Velo	A
66	7:36:00	Paul Newman	TT Bike	Richmond CC	D
67	7:37:00	Robin Gillespie	TT Bike	Beacon Wheelers	D
68	7:38:00	William Sawyer	TT Bike	Velo Club St Raphael	D
69	7:39:00	Neil Wilkinson	TT Bike	Blaydon CC	D
70	7:40:00	Billy Leason	TT Bike	Banbury Star Cyclists' Club	
71	7:41:00	Ian Swinscoe	TT Bike	Moonglu CC	C
72	7:42:00	Jonathan Cairns	TT Bike	Muckle Cycle Club	
73	7:43:00	Garry Greenaway	TT Bike	Vanelli-Project GO	C
74	7:44:00	Simon Horsley	TT Bike	Legato Racing Team (LRT)	D
75	7:45:00	Alex Pickering	TT Bike	Elysium Kalas Race Team	
76	7:46:00	Mat Stephenson	TT Bike	Congleton CC - MyWindsock	D
77	7:47:00	Jonathan Sayce	TT Bike	Hereford & Dist Whs CC	B
78	7:48:00	Neil Cleminshaw	TT Bike	ADDFORM Vive Le Velo	C
79	7:49:00	Nick James	TT Bike	Mickey Cranks Cycling Club	B
80	7:50:00	Oliver Baylin	TT Bike	www.giant-helston.co.uk	
81	7:51:00	Russ Richardson	TT Bike	Zurbaran Racing	F
82	7:52:00	Robert Gibbons	TT Bike	Hinckley Cycle Racing Club	C
83	7:53:00	Michael Sloanes	TT Bike	Velo Culture	
84	7:54:00	Tony Scott	TT Bike	GTR - Return To Life p/b Streamline	B
85	7:55:00	Sam Hodge	TT Bike	Thanet RC	
86	7:56:00	Michael Greaney	TT Bike	Stockport Clarion CC	B
87	7:57:00	Darren Robson	TT Bike	Muckle Cycle Club	C
88	7:58:00	Joe Hands	TT Bike	GTR - Return To Life p/b Streamline	A
89	7:59:00	Harry Walker	TT Bike	Revolver Racing	D
90	8:00:00	Ian Short	TT Bike	Team Salesengine.co.uk	C
91	8:01:00	Dan Kendall	TT Bike	Rock to Roll CC	
92	8:02:00	Colin Stevenson	TT Bike	Hawick Cycling Club	
93	8:03:00	Peter Stokoe	TT Bike	Reifen Racing	
94	8:04:00	Angus Wilson	TT Bike	Dundee Thistle	C
95	8:05:00	Calum Gibb	TT Bike	Deeside Thistle CC	
96	8:06:00	Benjamin Williams	TT Bike	Cliff Pratt Racing	
97	8:07:00	Jay Pitt	TT Bike	Velo Culture	
98	8:08:00	John Routledge	TT Bike	GTR - Return To Life p/b Streamline	A
99	8:09:00	Adam Smith	TT Bike	Team Kirkley Cycles	
100	8:10:00	Shaun Tyson	TT Bike	Protech Velo	C
101	8:11:00	Zach Haigh	TT Bike	Team Kirkley Cycles	
102	8:12:00	David Brearley	TT Bike	ADDFORM Vive Le Velo	
103	8:13:00	Philip Kennell	TT Bike	GS Metro	D
104	8:14:00	Joe Shillabeer	TT Bike	Saint Piran	
105	8:15:00	Sam Taylor	TT Bike	Weaver Valley CC	
106	8:16:00	Terry Wilkinson	TT Bike	GTR - Return To Life p/b Streamline	





107	8:17:00	Phil Hall	TT Bike	Velo Culture	B
108	8:18:00	John Brearley	TT Bike	ADDFORM Vive Le Velo	
109	8:19:00	Julian MacBride	TT Bike	Team Kirkley Cycles	
110	8:20:00	Timothy Torrie	TT Bike	trainSharp	
111	8:21:00	Sandy Waller	TT Bike	Edinburgh Road Club	
112	8:22:00	Alistair Rutherford	TT Bike	Manchester Bicycle Club	A
113	8:23:00	Ben Lloyd	TT Bike	Fibrax Wrexham RC	
114	8:24:00	Marc Anderson	TT Bike	GTR - Return To Life p/b Streamline	B
115	8:25:00	Euan Adam	TT Bike	Durham City Velo	
116	8:26:00	Josh Charlton	TT Bike	Saint Piran	
117	8:27:00	Tom Biggs	TT Bike	Rule 28 x ATP Performance	
118	8:28:00	Rob Graham	TT Bike	GTR - Return To Life p/b Streamline	
119	8:29:00	Joe Laverick	TT Bike	Ribble Cycles	
120	8:30:00	Nicholas Trbovic	TT Bike	Elysium Kalas Race Team	
121	8:31:00	Anthony Turner	TT Bike	Mickey Cranks Cycling Club	C
122	8:32:00	Douglas Watson	TT Bike	GTR - Return To Life p/b Streamline	C
123	8:33:00	Alan Murchison	TT Bike	HUUB WattShop	C
124	8:34:00	Lewis Wake	TT Bike	Team Kirkley Cycles	
125	8:35:00	Jack Levick	TT Bike	Rose Race Team	
126	8:36:00	Chris Smart	TT Bike	GTR - Return To Life p/b Streamline	A
127	8:37:00	Ollie Hucks	TT Bike	Kalas Motip	
128	8:38:00	Piotr Zulawski	TT Bike	Cambridge CC	
129	8:39:00	Axel Dopfer	TT Bike	Team Bottrill	
130	8:40:00	Marcel Schubert	TT Bike	Darlington Cycling Club	A
131	8:41:00	Tom Hutchinson	TT Bike	Team Bottrill	
132	8:42:00	Adam Duggleby	TT Bike	ADDFORM Vive Le Velo	
133	8:43:00	Kevin Chant	TT Bike	Wightlink Wight Mountain Race Team	
134	8:44:00	George Peden	TT Bike	Team PB Performance	
135	8:45:00	George Fox	TT Bike	George Fox Cycling Solutions	
136	8:46:00	Kyle Gordon	TT Bike	RT 23	
138	8:48:00	Oliver Peckover	TT Bike	trainSharp	
140	8:50:00	Alex Pritchard	TT Bike	HUUB WattShop	
142	8:52:00	Richard Bussell	TT Bike	AeroCoach	
144	8:54:00	Tom Williams	TT Bike	Bath Cycling Club	
146	8:56:00	Michael Gill	TT Bike	HUUB WattShop	
148	8:58:00	Alex Dowsett	TT Bike	NopinZ	
150	9:00:00	John Archibald	TT Bike	HUUB WattShop	



Event Sponsors

We are grateful to the following local companies for supporting the National 10 Mile Championship this year through donations of prizes:

Junior Competition sponsored by Start Fitness.



The Senior competitions are being sponsored by Scott UK and Revolver Wheels Aeroworks.



REVOLVER
REVOLVER

Thank you for entering the National 10 Mile Championship 2023. We wish you all a safe race.

2022 10 MILE TIME TRIAL CHAMPIONS



John Archibald



Kate Allan



Patrick Casey



Hebe Picking



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/cyclingtimetrials

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Kalas x Vorteq Research & Development Partnership

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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.

USE OF MOTOR VEHICLES

This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(i)

(i) 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(j)

(j) 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.



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Cycling Time Trials

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