

Bournemouth Jubilee Wheelers on behalf of South DC  
Present:

# RTTC NATIONAL 10 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

11th/12th SEPTEMBER 2021

START SHEET



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



## CHAMPIONSHIP AWARDS

### 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

Due to the Covid-19 restrictions, no presentation will take place after the event, all awards will be posted out as soon as possible.

# **RTTC National 10 Mile Championships 2021**

## **Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> September 2021**

**Race Organiser: Bob Richardson 07309 722852/01202 771987 (H)**

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

### **Introduction**



Bournemouth Jubilee Wheelers and South DC are pleased to welcome you to the RTTC National 10 mile Championships. This programme provides you with event information, including details of the HQs, the course and other entrants. Ensure that you take time to familiarise yourself with this information.

Finally, thank you to all those who have given up their time to help officiate, run and support this event.

### **Event Information**

**Saturday 11th September - Senior Women, Junior Men & Junior Women**

**Sunday 12<sup>th</sup> September - Senior Men**

**Course - P454/10**

**HQ - The Tank Museum, Lindsay Road, Bovington, Nr Wareham, Dorset BH20**

All future references to "HQ" in this document are referring to this facility.

The HQ at the Tank Museum is outdoors. This decision was made in light of planning the event during Covid lockdown with the possibility that Covid-19 restrictions may be reintroduced.

There will be toilet facilities available. These are not to be used as changing facilities. You are asked to not urinate in the carpark or grounds (or anywhere else in public) or to change in full view of any of the visitors to the Museum.

Please bear in mind that the access road to the Tank Museum (Lindsay Road) is a one-way road. Under NO circumstances are riders to ride against the flow of traffic on this road. Any rider reported to the organisers for doing so, will either not be permitted to start or disqualified from the event: no exceptions. (This is a condition of the hire of the venue)

There is ample parking at the Tank Museum set aside specifically for the event. Use this designated parking. Do not use the main parking area which is for paying customers of the museum (which remains open to the public) There is ample space at the HQ for turbo trainer/roller warm ups at the HQ.

Please do NOT street park in Wool village. This is a small village with narrow roads and consideration should be given to local residents

### **Covid-19 restrictions**

At present restrictions have been eased but we would request that any competitor who exhibits symptoms of Covid-19 in advance of the event does NOT travel to and/or start the event.

Please adhere to the Government guidance – any changes to this may mean there are changes to the event. We will communicate these in advance

### **Registration/pre-event**

All riders need to sign the signing on sheets and collect their race number.

If you are unable to race, please let contact the race organiser, Bob Richardson, at [bobc.richardson@ntlworld.com](mailto:bobc.richardson@ntlworld.com) - or on 01202 771987 (H) 07309 722852 (M) - at the earliest possible opportunity, so your place can be allocated to a reserve

Please remember to sign out after the event otherwise you will be recorded as a DNF.

Please ensure – as per CTT regulations – you have a working rear light on your bike. In light for the following advice about the course, please ensure your brakes are in full working order.

We would also like to remind riders of the *'Heads up, accidents down'* advice given to time triallists and to remind you that riders are subject to the Highway Code: i.e. you may have to stop to 'Give Way' if traffic is oncoming.

### **Warming up**

There is ample space at the HQ for turbo trainer/roller warm ups at the HQ.

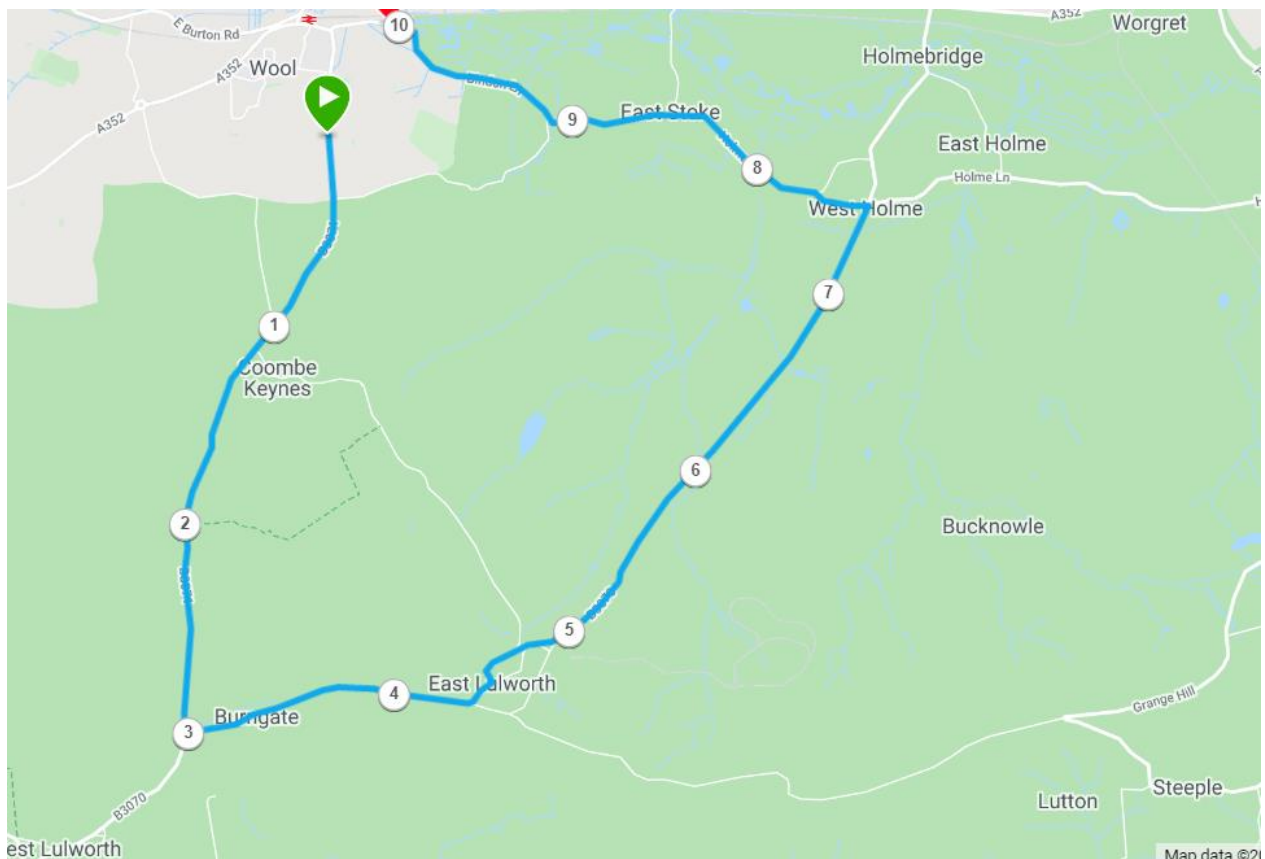
As is custom, please do not warm up on the race circuit during the event. If you want to warm up on the road

### Route to the start

Leave the HQ and FOLLOW the one-way access road at the museum out onto **King George V Road**. After  $\frac{3}{4}$  of a mile turn right at the T junction onto **Tout Hill**. After  $\frac{1}{4}$  mile take the second exit at the roundabout onto the A352. After  $\frac{1}{4}$  mile you will reach the level crossing on the edge of Wool village. DO NOT ATTEMPT TO CROSS THE LEVEL CROSSING IF THE BARRIER IS DOWN UNDER ANY CIRCUMSTANCE.

Please factor in additional time to reach the start to account for the crossing being closed due to a train passing through

### The race circuit



The start is on the southern edge of Wool village, about half a mile from the level crossing, on the B3071. Competitors will proceed along the B3071 for 3 miles to turn sharp left at Burngate junction (1) onto B3070 (AM). The first 2.5 miles is ascent and false flat. However once over the top of Newtown Hill riders need to be aware that the B3071 descends swiftly towards the left turn on the circuit at Burngate Farm.

Note - there will be NO pusher off at the start.

You will approach this turn at speed. Be aware the corner CANNOT be taken at speed and riders will need to slow considerably into the turn, which is a slight adverse camber. This is so:

1. you do not 'overshoot' and carry on past the turn into West Lulworth Village (it's a steep climb back up..)
2. that you do not end up in into oncoming traffic!
3. that you do not lose your wheel, especially if there are wet road surfaces

On turning at the Burngate Fm the road is initially flat but then descends swiftly past Lulworth Castle into East Lulworth Village. You will approach the village at speed. The road bears gradually left into the village but is immediately followed by an S bend by the Weld Arms Pub and Lulworth Castle. **Again, you will have to slow for these bends. If you don't you will end up in on-coming traffic (if not a garden wall or hedge).** Any oncoming traffic will be unsighted so do NOT cross the white line.

Once out of East Lulworth, the B3070 is gently undulating all the way to the West Holme crossroads. At the Holme Lane crossroads riders will turn left onto Holme Lane. The turn is generally very quiet but the filter from the B3070 does require traffic to give way – if there is any other traffic from the left.

The Holme Lane/Bindon Lane road from West Holme to Wool is flat and generally quiet regards traffic. However there are some blind corners on this lane where oncoming traffic will not be able to see approaching riders, so please remain on the left at all times. There are some rough patches of road surface and riders may want to consider this when choosing tyres. There is a possibility of horses. If so, you are reminded that you are riding under the Highway Code.

### **Finish Area**

The finish is on Bindon Lane on the east edge of Wool village. Please shout your number to the timekeepers & recorder to make their job as easy as possible. Do NOT stop at the finish. Times will be displayed at the earliest possible opportunity at the HQ.

100 yards after the finish turn left at the junction of Bindon Lane & High Street to re-trace to the HQ

### **Spectator parking on Newtown Hill**

This is the steep drag in the first couple of miles of the course and a good place for spectators to watch. Please ask your supporters, family, clubmates to keep parking on Newton Hill to a minimum, by leaving cars at the HQ and sharing lifts or cycling up. The only

available parking is on uneven grass verges. Please do NOT park on the access road to the farm (Lime Kiln Dairy) unless you want a very irate farmer to start driving very large farm machinery up and down the hill: slowly. The access road is Private Property. (You'd be fed up if you found dozens of cars parked on your drive..)

**Refreshments are available at the HQ courtesy of the Velo Lounge in Wool**

**Race Officials for the Event**

<b>Saturday 11<sup>th</sup> September</b>	<b>Sunday 12<sup>th</sup> September</b>
Timekeepers: Ros Spencer & Marcia Rendall (Poole Wheelers), Justin Oakley (CC Weymouth), Cathy Collard Berry (A3CRG)	Timekeepers: Ros Spencer & Bev Wadsley (Poole Wheelers), Justin Oakley (CC Weymouth), Cathy Collard Berry (A3CRG)
Recorders: Louisa Cooper (BJW) & tbc Starters: Kevin Ridge (Bournemouth Jubilee Wheelers) & Graham Hurst (Poole Wheelers)	Recorders: Louisa Cooper (BJW) & tbc Starters: Kevin Ridge (Bournemouth Jubilee Wheelers) & Graham Hurst (Poole Wheelers)

**I would like to thank all the volunteers from local cycling clubs who have assisted Bournemouth Jubilee Wheelers in holding this event: Poole Wheelers, CC Weymouth, Wessex Road Club, New Forest CC and Bournemouth Arrow CC**

<b>Marshalls &amp; Volunteers</b>
John O'Brien (BJW), Richard Eastham (BJW), Paul Brown (BJW), Will Solomon (BJW), Julian Snook (BJW), Naomi Shinkins (BJW), Lee Curtis (BJW), Graham Sharman (BJW), Rupert Silman (BJW), Gary & Katrina Chiverton (JW), Bruce Cameron (BJW), Maggie Kirk (BJW), Louise Burman, Clive Peskett (BJW), Jacky Prosser (BJW), Tom & Lizzy Stocker (BJW), Phil Scriven (BJW), Colin Price, Barrie Stevens, Mark Hitchcott (BJW), Cathy Hartle (BJW), John & Christine Reid (Wessex RC), Bob Joliffe (New Forest CC), Neil Woodgate (BJW), Mike Woodgate (BJW), Lawson Thrower (BJW), Eamonn Deane (BJW), Cliff Rowe (BJW), David Hammersley (BJW)

### **Start List**

Appendix A is the rider list with the number assigned to you. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number and we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else. Riders found doing this will not be permitted to race, will be reported to the CTT and will not be accepted in future events.

Time trialling under CTT regulations is unsupported. Riders must not be followed by a vehicle for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT.



## **Doping Control**

Please be aware that this event is subject to possible doping control. All riders enter on the understanding that they must make themselves available; to submit a sample for doping control analysis

If you need to contact the organiser please do so on 012020 771987 (H) or by email [bobc.richardson@ntlworld.com](mailto:bobc.richardson@ntlworld.com).

On the day of the race ONLY, please contact on 07309 722582

NUMBER	START TIME	NAME	CLUB/TEAM	AGE/CAT
		Saturday 11th September		
		Junior Women		
1	14:01:00	Emma Davies	Newbury Velo	W 13
2	14:02:00	Maia Howell	Matlock CC	W 12
3	14:03:00	Sophie Quay-Clark	Palmer Park Velo	W 16
4	14:04:00	Sophie Heighton	Ferryhill Whs	W 14
5	14:05:00	Abbey Thompson	Suffolk Youth Race Team	W 12
6	14:06:00	Amber Junker Brameld	VC de Londres	W 17
7	14:07:00	Eva Callinan	Liv AWOL	W 18
		Junior Men		
8	14:08:00	Ethan Blanchard	Poole Wheelers Cycling Club	15
9	14:09:00	Max Brown	Thanet RC	17
10	14:10:00	Timothy Lane	JRC Shutt Ridley RT	17
11	14:11:00	Emil Howell	Matlock CC	15
12	14:12:00	George Cottrell	Poole Wheelers Cycling Club	16
13	14:13:00	Arthur Hitchen	Orwell Velo	18
14	14:14:00	Harry Weedon	Team Milton Keynes	17
15	14:15:00	Ollie Boarer	Flanders Color Galloo Team	15
16	14:16:00	Samuel Quiggin	Welwyn Whs	15
17	14:17:00	Thomas Heighton	Ferryhill Whs	17
18	14:18:00	Luke Marshall	Team Milton Keynes	18
19	14:19:00	Sam Hodge	trainSharp Development Team	17
20	14:20:00	Bradley Perkins	PDQ Cycle Coaching	17
21	14:21:00	Thomas Charles	trainSharp Development Team	18
22	14:22:00	Dylan Sage	Bush Healthcare CRT	14
23	14:23:00	Rhys Edwards	Edinburgh Road Club	15
24	14:24:00	Lucas Jowett	Team Bottrill	16
25	14:25:00	Jacob Schnabel	Meudon Pedal Heaven Le Col RT	17
26	14:26:00	Hamish Forsyth	trainSharp Development Team	18
27	14:27:00	Matthew Cole	Team Bottrill	16
28	14:28:00	Lance Childs	trainSharp	18
29	14:29:00	Alfie Salmon	Lee Valley Youth CC	17
30	14:30:00	Daniel Goodwin	trainSharp Development Team	18
31	14:31:00	Cormac Nisbet	High Wycombe CC	16
32	14:32:00	Harry Ives	trainSharp Development Team	18
33	14:33:00	Jeremy MacLean	Solihull CC	16
34	14:34:00	Jamie Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	17
35	14:35:00	Joshua Tarling	Flanders Color Galloo Team	17
36	14:36:00	Mattie Dodd	Team Backstedt Bike Performance	16
		Women		
40	14:40:00	Sue Smith	Swindon Wheelers	C
41	14:41:00	Gemma Wilks	Sotonia CC	



Sunday 12th September				
Men				
NUMBER	START TIME	NAME	CLUB/TEAM	AGE/CAT
1	8:01:00	Roger Wakeling	Antelope Racing Team	H
2	8:02:00	Andy Delaney	Northumbria Police C.C.	C
3	8:03:00	Michael Banfield	DHC (Districts of Hamwic Cyclesport)	E
4	8:04:00	Martin Balk	3C Cycle Club	E
5	8:05:00	Ben Hitchcock	Poole Wheelers Cycling Club	D
6	8:06:00	Ollie Howard	Waldy Wheelers	
7	8:07:00	Robert Cranstone	GS Vecchi	E
8	8:08:00	Paul Chapman	Poole Wheelers Cycling Club	A
9	8:09:00	Martin Mitchell	CC Weymouth	
10	8:10:00	Nick Cooper	Yeovil Cycling Club	
11	8:11:00	Mike Anderson	CC Moncontour	E
12	8:12:00	James Lawler	Bedfordshire Road CC	B
13	8:13:00	Nick Bunyard	Westbury Wheelers	A
14	8:14:00	Alec Rich	Yeovil Cycling Club	
15	8:15:00	Wayne Osmond	Rogue Racing	E
16	8:16:00	Nicholas Buck	Team Surrey Cycling	
17	8:17:00	Craig Russell	Andover Wheelers	C
18	8:18:00	Kevin Garland	PDQ Cycle Coaching	B
19	8:19:00	Lee Watson	Army Cycling	
20	8:20:00	Stuart Peckham	Velo Club St Raphael	C
21	8:21:00	David Butt	CC Weymouth	F
22	8:22:00	Martin Beale	Velo Club St Raphael	B
23	8:23:00	Ian Swinscoe	Royal Air Force Cycling Association	C
24	8:24:00	Colin Brumble	CC Weymouth	D
25	8:25:00	Thomas Piloni	Poole Wheelers Cycling Club	
26	8:26:00	Jonathan Cooper	Wessex Road Club	
27	8:27:00	Thomas Fraser	Royal Navy & Royal Marines CA	A
28	8:28:00	Anthony Lock	Manchester Wheelers	
29	8:29:00	Matthew Bagshawe	South Normanton C C	
30	8:30:00	Paul Axon	Poole Wheelers Cycling Club	D
31	8:31:00	David Bolton	Bristol South Cycling Club	C
32	8:32:00	Paul Derrick	Sodbury Cycle Sport	
33	8:33:00	Marcin Dubanowski	Hornchurch CC	
34	8:34:00	Chris Newman	Farnham RC	
35	8:35:00	Luke Walton	North Hampshire RC	
36	8:36:00	Darren Lyons	Army Cycling	
37	8:37:00	James O'Connell	CC London	
38	8:38:00	Daniel Capel-Smith	University of Bath Cycling Club	
39	8:39:00	Robert Grover	Rogue Racing	
40	8:40:00	Richard Cornes	Newbury Velo	
41	8:41:00	Tom Stocker	Bournemouth Jubilee Whs	

42	8:42:00	Alexander Ballinger	George Fox Cycling Solutions	
43	8:43:00	Marc Cox	Guernsey Velo Club	
44	8:44:00	Julian Lockwood	Primera-Teamjobs	D
45	8:45:00	Ian Patterson	Utag RT	D
46	8:46:00	Justin Webb	...a3crg	A
47	8:47:00	Kouros Driscoll	Sotonia CC	
48	8:48:00	Euan Tebbutt	Cambridge University CC	
49	8:49:00	Andy Tucker	Newbury Velo	B
50	8:50:00	Ross Chaplin	Onyx RT	
51	8:51:00	Keith Dorling	Team Bottrill	E
52	8:52:00	Gregory Woodford	Reading CC	E
53	8:53:00	Nigel Pratt	Velo Club St Raphael	B
54	8:54:00	Edward Calow	Royal Air Force Cycling Association	
55	8:55:00	Angus Hawkins	Spirit Tifosi RT	
56	8:56:00	Tim May	PDQ Cycle Coaching	A
57	8:57:00	Oscar Hutchings	Team Tor 2000   KALAS	
58	8:58:00	Timothy Torrie	TBW23 Stuart Hall Cycling P/b Trainsharp	
59	8:59:00	Ben Lloyd	Fibrax Wrexham RC	
60	9:00:00	Tim Flynn	Poole Wheelers Cycling Club	
61	9:01:00	Harrison Hunter	Saint Piran	
62	9:02:00	Samuel Painter	TBW23 Stuart Hall Cycling P/b Trainsharp	
63	9:03:00	Robert Durnford	Paceline RT	
64	9:04:00	Steven Pink	Poole Wheelers Cycling Club	A
65	9:05:00	Dean Robson	Velo Sport Jersey	
66	9:06:00	Rad Hart-George	Mickey Cranks Cycling Club	
67	9:07:00	Matthew Burke	Wales Racing Academy	
68	9:08:00	Sam Harding	Hub Velo	
69	9:09:00	Anthony Roberts	Meudon Pedal Heaven Le Col RT	
70	9:10:00	Tim Lewis	Ful-on Tri	A
71	9:11:00	Brendan Reese	Army Cycling	A
72	9:12:00	Josh Newbould	Banbury Star Cyclists' Club	
73	9:13:00	B Xavier Disley	AeroCoach	
74	9:14:00	Joe Staunton	Wightlink Wight Mountain Race Team	
75	9:15:00	James Fawcett	...a3crg	D
76	9:16:00	Fergus Jones	ZeroBC Race Team	
77	9:17:00	Paul Jones	Primera-Teamjobs	C
78	9:18:00	Tristan Galloway	Will Houghton Racing Team (WHRT)	
79	9:19:00	George Skinner	Primera-Teamjobs	
80	9:20:00	Adam Robertson	University of Bath Cycling Club	
81	9:21:00	Sam Clark	TBW23 Stuart Hall Cycling P/b Trainsharp	
82	9:22:00	James Pittard	Didcot Phoenix CC	
83	9:23:00	Jamieson Blain	Bikestrong-KTM	
84	9:24:00	Alex Pritchard	AeroLab Ward WheelZ	
85	9:25:00	Aaron Freeman	Richardsons-Trek RT	
86	9:26:00	George Evans	Team Bottrill	

87	9:27:00	Joshua Clark	Royal Navy & Royal Marines CA	
88	9:28:00	Lloyd Chapman	Loose Cannon's Conditioning	
89	9:29:00	Ben Williams	GS Mossa	
90	9:30:00	Jordan Giles	Southampton University Road Cycling Club (SURC)	
91	9:31:00	Josh Copley	TBW23 Stuart Hall Cycling P/b Trainsharp	
92	9:32:00	Samuel Tillett	Bikestrong-KTM	
93	9:33:00	Robert Willcocks	Royal Air Force Cycling Association	A
94	9:34:00	Ian Hope	Team Solo Vinci	B
95	9:35:00	Alex Doherty	DRAG2ZERO	
96	9:36:00	Tom Ward	AeroLab Ward WheelZ	
97	9:37:00	Kevin Chant	Wightlink Wight Mountain Race Team	
98	9:38:00	George Fox	George Fox Cycling Solutions	
99	9:39:00	Simon McNamara	HuntBikeWheels.com	B
100	9:40:00	Seb Tremlett	Guernsey Velo Club	
101	9:41:00	Ollie Hucks	NopinZ Motip Race Team	
102	9:42:00	Samuel Wadsley	Primera-Teamjobs	
103	9:43:00	Alan Murchison	DRAG2ZERO	C
104	9:44:00	Richard Bussell	AeroCoach	
105	9:45:00	Charlie Bailey	Foran CCC	
106	9:46:00	Thomas Day	SEG Racing Academy	
107	9:47:00	Christopher McNamara	Nuun-Sigma Sport-London RT	B
108	9:48:00	Ashley Cox	Team Bottrill	
109	9:49:00	James Jenkins	Richardsons-Trek RT	
110	9:50:00	Phil Williams	Team Bottrill	
111	9:51:00	William Perrett	AeroLab Ward WheelZ	
112	9:52:00	Michael Gill	Saint Piran	
113	9:53:00	Christopher Fennell	The Independent Pedaler - NopinZ	



## Sponsors

Thank you to all the following businesses that have offered their support to this event



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Best-selling author William Fotheringham has teamed up with Cycling Time Trials to offer selected women's time trial championship finishers in 2021 the chance to win copies of William's biography of Britain's greatest ever woman time triallist, Beryl Burton. Published in late 2019, *The Greatest: the Times and Life of Beryl Burton* was written with the help of Beryl's daughter Denise, and other members of the time trialling fraternity including the late Mike McNamara.

Five signed copies of *The Greatest* will be given away after each of the following CTT women's championships: the '100' on July 4, the '25' on August 8, the '50' on August 29, and the '10' on September 11. The books will be given to the five riders who finish closest – either slower or faster - to the time Burton set in winning the respective championship for the final time. In addition, five more will be given at the end of the season to the five riders finishing closest – again slower or faster – to the speed Burton set in winning her last BAR in 1983.

"I've been wanting to offer some copies of the book to Beryl Burton's successors today for some time," said Fotheringham, "but last year it seemed a bit complicated to do anything because we were in the middle of the Covid-19 pandemic. The idea is that rather than give copies to the fastest finishers in each event, we can spread the prizes around, and also offer up a direct comparison with the times that Burton was setting, without aerodynamic aids of course. For example, Burton's 1983 BAR speed would have earned her 10<sup>th</sup> place in 2019. It just seems like a fun way of commemorating Britain's greatest time triallist."

Burton last won the '25' and '50' in 1986, with times of 1-1-43 and 2-03-47 respectively. Her last victories in the '10' and '100' came in 1981, with times of 23-17 and 4-13-17. Her average for her 25<sup>th</sup> and last BAR in 1983 was 25.219mph.

In addition, CTT members will be able to claim a 15% discount on copies of *The Greatest* bought through Fotheringham's website [www.williamfotheringham.com](http://www.williamfotheringham.com) between July 4 and October 31, when the national hill-climb championship will close the 2021 season.





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# 2020 10 MILE TIME TRIAL CHAMPIONS



Dan Bigham



Emily Meakin



Finlay Pickering



Abi Smith



[www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)



@Cycling\_T\_T



/cyclingtimetrials



/cyclingtimetrials

# 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 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.

## IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15, all competitors under the age of 18 and/or juniors must wear protective hard shell helmets.

## 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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