

Beacon RCC on behalf of Midland District

Present:

**MERLIN**  
CYCLES • COM

**CLASSIC  
TT SERIES**

**Sunday 24th April 2022**

ROUND

**3** of 6

**START SHEET**



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



A CYCLING TIME TRIALS REPRESENTATIVE WILL BE IN ATTENDANCE

## 2022 CLASSIC TT SERIES DATES

Date	Promoting Club	District	CTT Rep
Sunday 27th March	Wessex Road Club	South	Martyn Heritage-Owen
Friday 15th April	Buxton CC	Manchester	Sue Bowler
Sunday 24th April	Beacon RCC	Midland	Peter Rogers
Sunday 8th May	Dumfries CC	Scotland	Dawn Sherrin
Sunday 29th May	Border City Wheelers CC	North	Rob Bailey
Saturday 19th June	London North DC	London North	Keith Dorling

## MERLIN CYCLES CLASSIC SERIES OVERALL AWARDS

To be presented at Champions Night 2022 (1st overall only)

1st Men's Category	£100 Cycling Time Trials Cheque	RTTC Medal
1st Women's Category	£100 Cycling Time Trials Cheque	RTTC Medal
1st Junior Category	£80 Cycling Time Trials Cheque	RTTC Medal
1st Veteran (Scratch)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Veteran (Target)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Woman Veteran (Scratch)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Paracycling Category	£80 Cycling Time Trials Cheque	RTTC Medal
1st Team (of 3 across all Categories)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Men)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Women)	£80 Cycling Time Trials Cheque	RTTC Medal
1st Road Bike (Junior)	£80 Cycling Time Trials Cheque	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 Men and Women. Women 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 224 of the 2022 Handbook for the competition conditions.

### Beacon Mountain Time Trial Past Winners – Men

Year	Winner	Club/Team	Year	Winner	Club/Team
1948	R. J. Maitland	Solihull CC	1987	M. Badel	Luton CC
1949	R. J. Maitland	Concorde RCC	1988	S. Edney	Warwickshire RC
1950	R. J. Maitland	Concorde RCC	1989	P. Galloway	Poly CC – Air Canada
1951	D. Farmer	Worcester St. Johns	1990	C. Moon	Leicester Forest CC
1952	D. Farmer	Worcester St Johns	1991	S. Jones	KJC Carpets
1953	A. V. Ilsley	Concorde RCC	1992	W. Elliot	Concorde RCC
1954	J. C. White	Thornhill CC	1993	P. Nabi	Elizabethan CC
1955	B. Harrison	Bantam RCC	1994	S. Dangerfield	North Wirral Velo
1956	J. Chance	Midland C & AC	1995	D. Kirby	Beacon RCC
1957	D. Smith	Midland C & AC	1996	S. Dangerfield	Parker International
1958	G. Barlow	Stone Whlrs	1997	W. Moore	Leo RC
1959	G. J. Gould	N. Worcs. RC	1998	W. Moore	Leo RC
1960	G. J. Gould	N. Worcs. RC	1999	S. Dangerfield	
1961	R. C. Booty	Ericsson Whlrs	2000	S. Dangerfield	Camel Valley CC
1962	M. Ives	Coventry CC	2001	No event	(Foot & Mouth)
1963	G. P. Webb	Solihull CC	2002	J. Gilfillan	Yorks Cycleworks
1964	J. Monk	Solihull CC	2003	S. Dangerfield	Camel Valley C&TC
1969	D. Blount	Oldbury & DCC	2004	S. Dangerfield	Scienceinsport.com
1970	D. Blount	Oldbury & DCC	2005	S. Dangerfield	Scienceinsport.com
1971	A. Boden	Oldbury & DCC	2006	G. Poupert	Echelon-cycles.co.uk
1972	R. Cromack	RAF CC	2007	G. Butler	Preston Wheelers
1973	R. Lewis	Coventry CC	2008	M. Bottrill	De Rosa/MG Decor
1974	M. Oldnall	Nottingham Arrow	2009	W. Moore	Shorter Rochford RT
1975	R. Lewis	Coventry Olympic	2010	R. Bradley	Shorter Rochford RT
1976	S. Edney	Warwickshire RC	2011	M. Clinton	Mike Vaughan Cycles
1977	C. Moon	Leicestershire RC	2012	D. Robson	Somerset DC
1978	J. Patston	CC Orpington	2013	M Clinton	Mike Vaughan Cycles
1979	J. Patston	Worcester St Johns	2014	M Clinton	Mike Vaughan Cycles
1980	J. Patston	Worcester St Johns	2015	M Bottrill	www.drag2zero.com
1981	P. Carbutt	Saracen RC	2016	Philip Graves	Clifton C.C. York
1982	J. Herring	Coventry Olympic	2017	Jack Reboours	Caesarean CC
1983	S. Edney	VC D'Nuez	2018	Carl Donaldson	GS Metro
1984	I. Fagan	Worcester St Johns	2019	Phil Williams	Liverpool Phoenix CC
1985	I. Fagan	Worcester St Johns	2020	Cancelled	Covid
1986	R. Evans	Warwickshire RC	2021	Richard Bussell	AeroCoach

### Beacon Mountain Time Trial Past Winners - Women

Year	Winner	Club/Team	Year	Winner	Club/Team
1994	I. Rowntree	Black Country Whlrs	2010	R. Slack	London Dynamo
1995	I. Rowntree	Black Country Whlrs	2011	R. Slack	The Altitude Centre
1996	C. Ward	Wyre Forest CRC	2012	S. Penn	Team Jewson-MI
1997	T. Maund	Cheltenham & Cnty	2013	P. Moseley	Climb on Bikes RT
1998	R. Eyles	Beacon RCC	2014	L. Powell	Mike Vaughan Cycles
1999	Not known		2015	E. Robertson	CC Luton
2000	F. Dore-Green	Gloucester City CC	2015	E. Robertson	CC Luton
2001	No event	(Foot & Mouth)	2016	C. Rose	Podium Ambition
2002	R. Eyles	Beacon RCC	2017	Hayley Simmonds	WNT Pro Cycling
2003 /4 /5	Sep Women's event		2018	Rebecca Johnson	Fusion RT Velopformance
2006	L. Smith	BRAT Club	2019	Joscelin Lowden	The Independent Pedaler
2007	R. Eyles	Beacon RCC	2020	Cancelled	Covid
2008	M. Parsons	Evesham & Dist Whlrs	2021	Francesca Hall	Loughborough Lightning / TRG
2009	M. Bloom	Rugby RCC			

*'Jack Clements Memorial'*  
*Little Mountain Time Trial*  
 AN HISTORIC AND CLASSIC CYCLE RACE

For and on behalf of Cycling Time Trials under their Rules and Regulations

**Sunday, 24th April 2023**  
**39.5 miles, Great Witley, Worcestershire**

## Welcome from our President

Welcome to Beacon RCC's very own spring classic: the Little Mountain Time Trial. There's no *pavé* on our course, but a couple of *muren* await you as you make your way around the rolling Worcestershire countryside. And, best of all, a real sense of being part of the grand tradition of our sport, as you test yourself on roads that demand the full skill set. Roads that have been raced before you by national champions, world champions and Olympians since shortly after World War II.

The Covid pandemic has of course played havoc with everyone's racing for the last couple of years. Our 2020 event couldn't go ahead, and in 2021 we weren't able to gather at the HQ to congratulate our prize winners or swap anecdotes over a cuppa. Fortunately, things can get back to normal this year, and I'm looking forward to bumping a few fists and bending a few ears after the event. I do hope you'll hang around after your ride to enjoy and contribute to the atmosphere.

We're pleased and proud that the LMTT will once again be a counting event in the CTT's national sporting course series, sponsored by Merlin Cycles. Merlin's support is crucial to the success of the series. Along with the other promoting clubs, the Beacon is therefore greatly indebted to Merlin. As we've done for many years, we'll again have equal men's and women's prizes for the top three places and equal top prizes for the road categories.

I'd also like to thank the small army of volunteers who help our dedicated organising team to stage the race and make the day memorable for everyone involved. We're very fortunate to additionally enjoy the support of other local clubs, who are always well represented on the start sheet and at the roadside.

Finally, a heads-up. Next year is the 75th anniversary of the very first Beacon Mountain Time Trial. Since 1948, when the race was won by Olympic hero Bob Maitland, only national emergencies have stopped the event going ahead. We've gone from a sixty-odd-mile course to one that's nearer forty (that's why it's 'Little', if you've ever wondered), and we've tweaked the route and the start/finish points as road conditions and other circumstances have changed. But the event has always retained its essential character and traditions. To celebrate three quarters of a century of our spring classic, the 2023 event is going to be a bit special. Planning is still at a formative stage, but please look out for announcements in the months ahead. The Teme Valley is the place to be on an April Sunday next year.

Have a good ride!  
George Barker  
President, Beacon RCC

## Officials

**Timekeepers:** Sue Kelly & Mike Howard

**Recorder:** George Barker

**Chief:** Chris Hudson

**Catering:** Kate Dighton & Michelle McGuirk

**Helpers:** Members & friends of the Beacon

**Event Organiser:** John Hitchcock  
Underwood Cottage  
Hill Furze  
Pershore  
Worcs  
WR10 2NB

## Course Profile



## Course Details: K22/39

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

## Important Notes for Competitors

Signing On and Out - Please sign on and collect your number from the HQ, which is situated in the Car Park at Great Witley Village Hall. At the end of the race please sign back in under new CTT regulations. The start is a very short distance from the HQ almost directly opposite the village hall on the B4197.

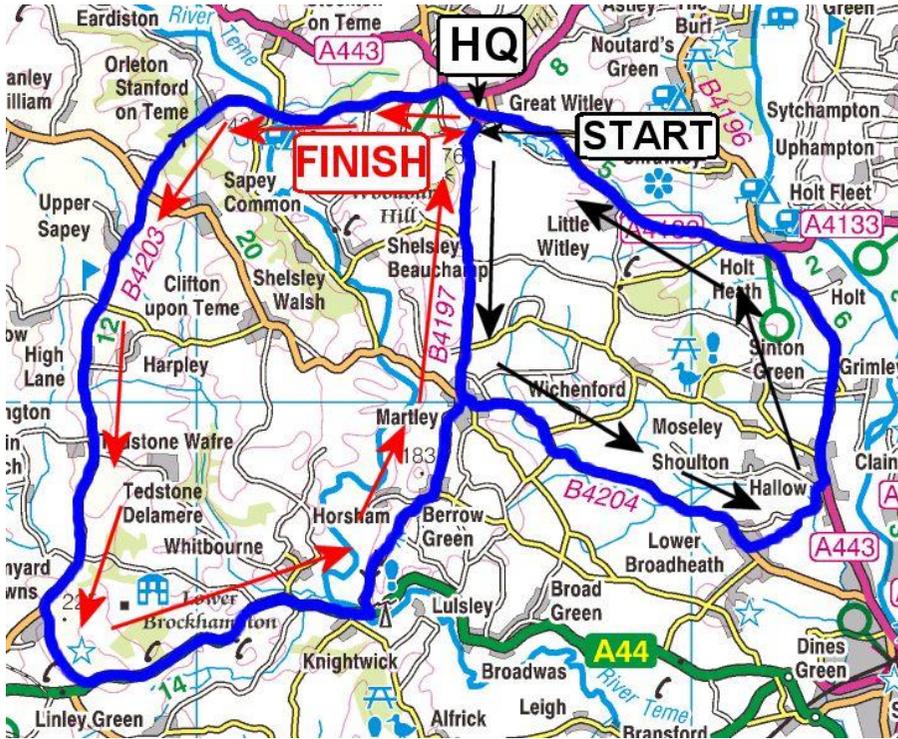
CTT Clothing Rules – Please note that under CTT rules you are not allowed to wear clothing with prominent commercial advertising unless your club has paid to be sponsored.

Warming up - Please do not warm up past the start area after the race has started. For warm up please see the attached map.

Marshals - Marshals will be posted at all junctions where a turn is required. However, riders are reminded that the onus is on you to know the course and to know where you are going!

As you Finish – Please use the last breath in your lungs to shout out your number as you pass the chequered board. This really helps the finish officials if your number is obscured.

Results and Prizes – Results will be available at the finish and prizes awarded shortly afterwards.



### Finding the HQ – Great Witley Village Hall, WR6 6HY

North of Worcester follow the A443 west from Holt Heath. Pass through Little Witley and on to Great Witley. As you come into the village the village hall is on your right, opposite the first left turn (B4197).

## The Competitions

### Course Records & Course PB Competition

Cat	Name	Club	Year	Time
Men	Matt Bottrill	<a href="http://www.drag2zero.com">www.drag2zero.com</a>	2015	01:32:29
Women	Claire Rose	Podium Ambition	2016	01:43:32
Junior	Jamie Holmes	Mid Shropshire Wheelers	2016	01:52:43
V40	Barry Charley	Parker International	2007	01:39:12
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

### Roadman Competition

Prizes will be awarded to the fastest riders completing the course using a standard road bike with only traditional style handlebars (no tri-bars, clip ons or Spinaci either visible or invisible), wheels with a minimum of 12 spokes and max rim depth of 65mm. Helmets should be of standard non-aero type. Eligibility for the Road prize will be assessed by an event official immediately prior to each rider's start, in the lay-by at the start. Please ask at the signing-on desk with any queries regarding this competition.

### Team

As usual the team prize will go to the three riders from the same club with the fastest total time.

## Prize List

Riders may win more than one prize. These are in addition to CTT prizes. Please note the TT prizes and road prizes are separate.

Time Trial Section	Prize	Time Trial Section	Prize	Road bike	Prize
1 <sup>st</sup> Man	£50 + trophy	1 <sup>st</sup> Paracyclist	£20	1st Road Man	£50
2 <sup>nd</sup> Man	£25	1 <sup>st</sup> Team of 3 riders	£15 each + medal	2nd Road Man	£25
3 <sup>rd</sup> Man	£15	1 <sup>st</sup> Vet Woman	£20	3rd Road Man	£15
1 <sup>st</sup> Woman	£50	1st Course PB	£20	1st Road Woman	£50
2 <sup>nd</sup> Woman	£25	2nd Course PB	£15	2nd Road Woman	£25
3 <sup>rd</sup> Woman	£15	3rd Course PB	£10	3rd Road Woman	£15
1 <sup>st</sup> V40 & V50	£20 each	1 <sup>st</sup> Junior Male	Medal	1st Road Junior Male	Medal
2 <sup>nd</sup> V40 & V50	£15 each	1 <sup>st</sup> Junior Female	Medal	1st Road Junior Female	Medal
3 <sup>rd</sup> V40, 3 <sup>rd</sup> V50	£10 each	Course record	£20		
1 <sup>st</sup> V60 & 1 <sup>st</sup> V70	£10 each				

### COVID 19 guidance:

- If you feel at all unwell or are showing signs of COVID 19 DO NOT come to this event, especially if family members have any symptoms of COVID.
  - An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and you should DNS and leave immediately and not go to the start line.
  - Any person where the above is relevant should obtain a lateral flow test.
  - Any Positive Tests – DO NOT attend the event
- Thank you for your co-operation. Have a safe ride.

<u>Race No.</u>	<u>Start Time</u>	<u>Full Name</u>	<u>Full Name</u>	<u>Club</u>	<u>Cat.</u>	<u>Cat.</u>	<u>Age</u>	<u>Factor Target</u>	<u>PB</u>
-----------------	-------------------	------------------	------------------	-------------	-------------	-------------	------------	----------------------	-----------

## ROAD

1	8.01	David	Pullen	Worcester St. Johns CC	Male	Veteran	57	n/a	n/a
2	8.02	Sophie	Heighton	Ferryhill Whs	Female	Juvenile	15	n/a	n/a
3	8.03	Ian	Hunt	Droitwich Cycling Club	Male	Veteran	55	n/a	n/a
4	8.04	James	Rogers	Droitwich Cycling Club	Male	Senior	35	n/a	n/a
5	8.05	David	Lloyd	Wyre Forest Cycle Racing Club	Male	Veteran	53	n/a	n/a
6	8.06	Paul	Mansfield	Droitwich Cycling Club	Male	Veteran	52	n/a	n/a
7	8.07	Daniel	Hand	Gorilla Coffee Cycling Club	Male	Senior	37	n/a	n/a
8	8.08	Steve	Price	Retro Racing	Male	Veteran	59	n/a	n/a
9	8.09	Rebecca	Lane	Worcester St. Johns CC	Female	Senior	28	n/a	n/a
10	8.10	Robin	Delve	Mid Devon CC	Male	Veteran	63	n/a	n/a
11	8.11	John	Bayliss	Cero/Cycledivision	Male	Veteran	65	n/a	n/a
12	8.12	Louisa	Cooper	Bournemouth Jubilee Whs	Female	Senior	39	n/a	n/a
13	8.13	Michael	Collins	VC Sevale (Malvern)	Male	Veteran	52	n/a	n/a
14	8.14	Jimmy	Froggatt	SKCC	Male	Veteran	53	n/a	n/a
15	8.15	Eliot	Ward	Inflite	Male	Senior	31	n/a	n/a
16	8.16	Kevin	Satterthwaite	Beacon Roads CC	Male	Veteran	43	n/a	n/a
17	8.17	Celia	Brown	Beacon Roads CC	Female	Veteran	45	n/a	n/a
18	8.18	Howard	Heighton	Ferryhill Whs	Male	Veteran	48	n/a	n/a
19	8.19	Gary	Blackman	West Midlands Police CC	Male	Veteran	41	n/a	n/a
20	8.20	Joanna	Blackburn	High North Performance	Female	Senior	38	n/a	n/a
21	8.21	Crispin	Doyle	VTTA (Wessex Group)	Male	Veteran	49	n/a	n/a
22	8.22	Sally	Maitland	Beeston Cycling Club	Female	Veteran	54	n/a	n/a
23	8.23	Kit	Buchanan	Solihull CC	Male	Senior	30	n/a	n/a
24	8.24	Lior	Saad	University Of Manchester CC	Male	Senior	23	n/a	n/a
25	8.25	Louise	Hart	Royal Dean Forest Cycle Club	Female	Senior	32	n/a	n/a
26	8.26	Skylar	Kan	Goode2tri Team	Male	Junior	18	n/a	n/a
27	8.27	Richard	Cartland	HuntBikeWheels.com	Male	Veteran	44	n/a	n/a
28	8.28	Robbie	Disney	Ludlow CC	Male	Espoir	22	n/a	n/a
29	8.29	Nick	Burton	Newark Castle C C	Male	Veteran	46	n/a	n/a
30	8.30	Ed	Moss	Beacon Roads CC	Male	Veteran	51	n/a	n/a
31	8.31	James	Foggensteiner	Apus peak RT	Male	Senior	22	n/a	n/a
32	8.32	Colin	Parkinson	South Western Road Club	Male	Veteran	60	n/a	n/a
33	8.33	Karl	Moseley	Bridgnorth Cycling Club	Male	Veteran	58	n/a	n/a
34	8.34	Gerard	Henry	University of Warwick	Male	Senior	23	n/a	n/a

<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>
-----------------	-------------------	------------------	------------------	-------------	-----------------	-----------------	------------	------------------------	-----------

## PARACYCLISTS

35	8.35	Simon	Richardson	TORQ Performance	Male	C4	55	1.106	n/a
----	------	-------	------------	------------------	------	----	----	-------	-----

<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>
-----------------	-------------------	------------------	------------------	-------------	-----------------	-----------------	------------	------------------------	-----------

## JUNIORS

36	8.36	Abbey	Thompson	Stonham Barns Park – SYRT	Female	Juvenile	13	n/a	n/a
37	8.37	Tomos	Pattinson	Halesowen A&CC	Male	Junior	16	n/a	n/a

<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>
-----------------	-------------------	------------------	------------------	-------------	-----------------	-----------------	------------	------------------------	-----------

## VETS

38	8.38	Mark	Roberts	Beacon Roads CC	Male	Veteran	52	1:46:27	n/a
39	8.39	Greg	Reynolds	Beacon Roads CC	Male	Veteran	46	1:41:53	n/a
40	8.40	Michael	Haddon	Wyre Forest Cycle Racing Club	Male	Veteran	58	1:51:14	02:16:35
41	8.41	Phillip	Glaze	Stourbridge CC	Male	Veteran	46	1:41:53	n/a
42	8.42	Ian	Taylor	Beacon Roads CC	Male	Veteran	50	1:44:54	02:12:46
43	8.43	Malcolm	Smith	Peterborough CC	Male	Veteran	58	1:51:14	n/a
44	8.44	Tony	Grassby	Peak Road Club	Male	Veteran	55	1:48:49	n/a
45	8.45	Gareth	Williams	Twickenham CC	Male	Veteran	56	1:49:37	n/a
46	8.46	Tim	Phillips	Team Catenary	Male	Veteran	52	1:46:27	n/a
47	8.47	Paul	Robinson	Lyme Racing Club	Male	Veteran	58	1:51:14	01:43:09
48	8.48	Simon	Dighton	Beacon Roads CC	Male	Veteran	58	1:51:14	01:54:13
49	8.49	Simon	Smith	TY Cycles	Male	Veteran	47	1:42:38	n/a
50	8.50	Mark	Sanders	Mid Devon CC	Male	Veteran	62	1:54:33	01:53:40
51	8.51	Simon	Adcook	Team Echelon	Male	Veteran	47	1:42:38	01:59:39
52	8.52	Paul	Pardoe	Peterborough CC	Male	Veteran	41	1:38:13	n/a

<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>
-----------------	-------------------	------------------	------------------	-------------	-----------------	-----------------	------------	------------------------	-----------

## WOMEN

53	8.53	Emma	Bexson	Stratford Cycling Club	Female	Veteran	47	1:48:49	02:14:49
----	------	------	--------	------------------------	--------	---------	----	---------	----------

<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>
-----------------	-------------------	------------------	------------------	-------------	-----------------	-----------------	------------	------------------------	-----------

## MEN

54	8.54	Cian	Leveridge	Team PB Performance	Male	Espoir	21	n/a	n/a
55	8.55	George	Thorne	Beacon Roads CC	Male	Senior	31	n/a	n/a
56	8.56	Rikky	Hughes	Droitwich Cycling Club	Male	Senior	35	n/a	n/a
57	8.57	James	Pittard	Didcot Phoenix CC	Male	Senior	23	n/a	n/a
58	8.58	Luke	Pollard	Royal Air Force Cycling Association	Male	Senior	30	n/a	n/a
59	8.59	David	Fellows	Solihull CC	Male	Senior	29	n/a	n/a
60	9.00	James	Lowden	WattShop	Male	Senior	35	n/a	n/a
61	9.01	Richard	Bussell	AeroCoach	Male	Senior	33	1:35:13	n/a

## CASH PRIZES FOR EACH EVENT

The awards below are for the following categories, Men, Women, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Men), Road Bike (Women) & Road Bike (Junior).

1st - £20 Cycling Time Trials Cheque

2nd - £15 Cycling Time Trials Cheque

3rd - £10 Cycling Time Trials Cheque

# MERLIN

C Y C L E S • COM



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



# NOTES TO COMPETITORS

## ROAD BIKE CRITERIA

- No tri bars, clip on bars or Spinaci bars
- No disc wheels. Both front and rear wheels must have a minimum of 12 spokes each.  
The maximum rim depth on all wheels is 65mm
- No aero helmet or a helmet that covers the ears or a helmet with a visor is to be used
- Riders must not ride with their forearms resting on the handlebars at any time

## 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(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.



**Kimroy Photography**  
[www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)  
0114 287 9319

# Cycling Time Trials