



The Latton Time Trial series

Swindon Road Club & Corinium Cycling Club 10 Mile Time Trial Series

2017 Handbook & Guide



CYCLING TIME TRIALS

the national governing body for CYCLING time trials
www.ctt.org.uk



1937 - 2002

What is Cycle Time Trialling?

Time Trialling is a popular way for cyclists to take part in competitive road events.

A time trial involves each rider starting at one minute intervals to complete a defined course or circuit with the winner being the rider who completes the course in the fastest time. The event is all about individual performance and no drafting behind other riders is allowed.

Time trials are also organised as more competitive Open events where it is necessary to pre-enter and race distances are often longer. The most popular distance being the classic 25 mile time trial.

Locally there are Open Time Trials organised by various clubs over distances such as 10, 25, 50 and 100 miles.

The Club 10 time trials are classified as Type B events run under the rules of the national body for time trialling, the Cycling Time Trials organisation, it's WEB site is at:-

<http://www.ctt.org.uk/>

You must be a member of a cycle club that is affiliated to the Cycle Time Trials organisation to ride the Club 10 TT series – “Come & Try It” event excepted.

Children over 12 years of age may ride the events if they are accompanied by a Parent/Guardian or appointed responsible adult . This only applies before they become 16 years of age where they can ride on their own. If under 18 a Parental Consent Form must be completed prior to signing on, one consent form covers the complete series. A copy of this form is at the back of this handbook if required.

That's all the official guff out of the way the primary objective of our Club 10 Time Trial Series is for you to come along and join in on whatever type of bike you want – be it the full TT bike with “all the gear”, normal road bike, tandem, trike, tow along or even a mountain bike with full knobbly tyres - as long as you have fun and enjoy the experience of cycle time trialling in the safest environment possible.

Time Trial Series – 2017 Events Calendar

Date		Event	Time	Club
13/4/17	Thursday	(Non-Counting Event)	18:45	SRC
20/4/17	Thursday		18:45	CCC
27/4/17	Thursday		18:45	SRC
4/5/17	Thursday		18:45	CCC
11/5/17	Thursday		18:45	SRC
18/5/17	Thursday		18:45	CCC
25/5/17	Thursday		18:45	SRC
1/6/17	Thursday		18:45	CCC
8/6/17	Thursday		18:45	SRC
15/6/17	Thursday	Come & Try It	18:45	CCC
22/6/17	Thursday		18:45	SRC
29/6/17	Thursday		18:45	CCC
6/7/17	Thursday		18:45	CCC
13/7/17	Thursday		18:45	SRC
20/7/17	Thursday		18:45	SRC
27/7/17	Thursday		18:45	CCC
3/8/17	Thursday		18:45	SRC
10/8/17	Thursday		18:45	CCC
17/8/17	Thursday		18:45	SRC
24/8/17	Thursday		18:45	CCC
31/08/17	Thursday	CCC Hill Climb venue TBC	19:00	CCC
26/8/17	Saturday *	Informal 10 – HQ in the Cafe @ Gateway Centre	10:00	SRC
2/9/17	Saturday *	“	10:00	SRC
9/9/17	Saturday *	“	10:00	SRC
16/9/17	Saturday *	“	10:00	SRC
23/9/17	Saturday*	“	10:00	SRC
01/01/18	Monday	New Year's Day 10	10:00	SRC

* **Provisional** - will be dependant on sufficient participation (non-counting)

The Course



The Event HQ

The address of the HQ is:-

The Bradstone Sports Pavillion

Rixon Gate

Ashton Keynes

Swindon

SN6 6PH

There is ample car parking although it is preferable that you ride to the event.

The HQ has toilets and changing rooms with showers.



What's New in 2017!

- If you require a warm up before racing can you please use the road from the Spine Road to Butts Farm up to the Airfield Roundabout – please do not warm up on any point of the actual course.
- Join our Club 10 TT Facebook group!

www.facebook.com/groups/LaTTon10TimeTrialSeries

The LaTTon Time Trial series

- Other Facebook groups:-

Swindon Road Club:

www.facebook.com/groups/swindonroadclub

Corinium Cycling Club:

<https://www.facebook.com/groups/4764449830>

Helping Out at the Events

You are expected to help and it is greatly appreciated!

Swindon Road Club and Corinium Cycling Club are responsible for the running of the Club 10 Mile Time Trial Series and have done so for over 15 years. We are more than happy for this to continue but it is increasingly difficult to maintain the high standard of these events without the additional help of all those that regularly ride – regardless of the club they ride for.

For the 2017 Series the following rules apply for all riders to help out:-

- All riders (irrespective of club) aged 18 or over will be required to have either helped at a previous event or agreed to help at a future event before being allowed to sign on for a 4th ride. Junior riders may also volunteer to help marshals if they wish.
- Riders will only be allowed to sign on for a 7th ride if they have actually helped at a previous event.
- It may be necessary for some riders to help more than once but this will be determined as the season progresses.
- An agreement to help needs to be in advance rather than on the night (e.g. when the weather is bad).
- To volunteer please either speak to the organisers at the signing on hatch at the HQ or put your name down on the helpers sheet by the notice board on the left hand wall when you walk into the HQ.
- Only riders that help out will be eligible for an overall individual competition.
- **At the event you have signed up to help – can you please make yourself known to the organisers at the HQ and ensure you sign the official helpers log sheet.**
- **Can all helpers arrive and sign on by 18:00 hours please.**
- Only helpers who sign the official helpers log sheet at the HQ are allowed to marshal the event.



Local Guide to the Club 10 TT Series

1. Arriving at the HQ and Signing On

- The gates to the HQ will not be open until 17:30 hours and signing on will commence shortly after that.
- Signing on takes place at the serving hatch in the HQ at the far end on the right where the kitchen is.
- Please try to have the correct change ready – **the entry fee is £5.00 regardless of club or age.**
- You will be asked to complete a signing on sheet – we require your Name, Club, Next of Kin Contact, Age and your Signature.
- If under 18 a Parental Consent Form must be completed prior to signing on, one consent form covers the complete series. A copy of this form is at Page 18 of this handbook if required. Please hand this over when signing on.
- **You must be a member of a cycle club that is affiliated to the Cycle Time Trials Organisation to ride the Club 10 TT series – Come & Try It event excepted.** If you are not it maybe possible for you to join either Swindon Road Club or Corinium Cycling Club at this time – membership forms are available at the back of this handbook. Either completed form will need to be accompanied by the relevant club membership fee, you are then eligible to ride the event.
- Riders will be allocated the next available number rather than individuals choosing a specific number they would like.
- You can only reserve a maximum of one additional rider when you are signing on, with the exception of families with children. All fees have to paid for at this time.

- Once you have signed on you will be handed a number with four safety pins attached.
- If you have signed on for an additional rider their number will only be handed over to that rider when they have signed the signing on sheet.
- **All riders must sign on at the HQ.**
- Numbers 1 – 5 will be reserved for riders who are sharing duties with another rider to enable them both to ride or anyone the signing on officials deem to have a valid reason for needing an early number. Any of these numbers that aren't required will be made available to other riders.
- Riders will only be permitted to sign on if they have helped or agreed to help as outlined above. A record of the number of previous rides by each rider and when they've helped/agreed to help will need to be maintained and available to the signing on officials.
- Once you have signed on, paid your fees and have a number please move away from the signing on area – there is usually a queue!
- **Signing on will be shut at 18:30 hours**



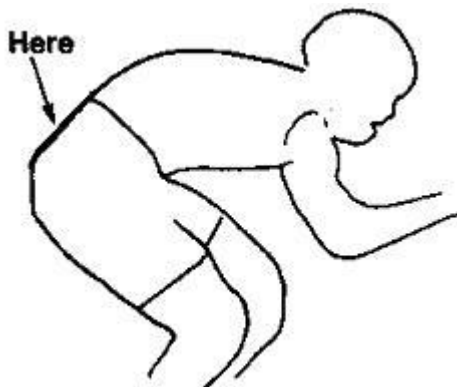
2. Preparing Yourself & Your Bike to Race

- The number you get allocated will determine your start time – **it is important that you are not late for your start time!** Therefore please note the following:-

<u>Your Number</u>	<u>Your Start Time</u>
1	18:46
2	18:47
3	18:48
4	18:49
5	18:50
And so on....	
15	19:00
30	19:15
45	19:30
50	19:35
60	19:45

2. Preparing Yourself & Your Bike to Race (continued)

- The number you have been given needs to be fitted to the rear of your jersey low enough so when you are in the crouched position on your bike it can still be seen by the Finish Time Keeper. If you are wearing a normal cycle top with three pockets at the back – the number should be fitted over the left hand pocket – not above it.
- The picture below shows exactly where you should fix your number, if in any doubt ask someone to help you attach it:-



- You must ensure that your bike is road worthy and safe to ride.
- It is advisable to take a spare tube, tyre levers and a pump so in the event of a puncture you can return to the HQ.
- Swindon Road Club & Corinium Cycling Club highly recommend the wearing of a fully compliant cycle helmet for our events.
- All riders under 18 must wear a helmet as specified in CTT rule 15 and it is their responsibility to do so.
- Swindon Road Club & Corinium Cycling Club highly recommend the use of a front and rear light that are fixed to your bike for our events.

3. Riding to the Start and waiting for the Off

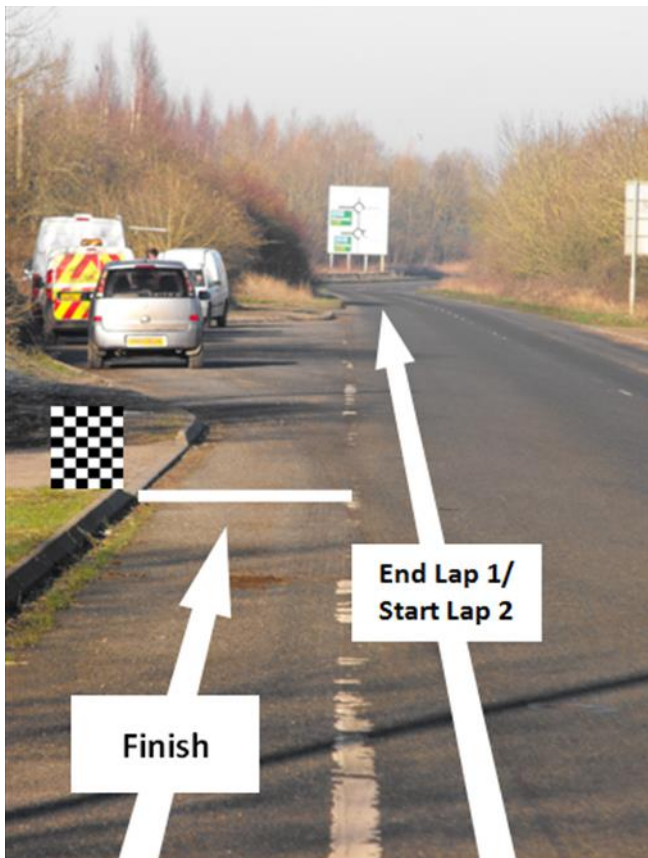
- The most direct route to the start is via the Spine Road (shown in green on the map on page 4).
- Please be vigilant of other competitors on the second roundabout after crossing the A419 – this is part of the course.
- Please do not ride to the event via Cerney Wick which brings you out on the course opposite the Down Ampney turning and therefore onto the course – by doing this you pass the Finish Timekeeper therefore causing unnecessary confusion.
- **Please do not warm up on any point of the actual course.**
- If you require a warm up before the event can you please use the road from the Spine Road to Butts Farm up to the Airfield Roundabout.
- Please arrive at the start point close to the time you have been allocated – sometime between 5 and 10 minutes beforehand will suffice.
- Please do not warm up past the village sign for Driffield.
- Please ride in single file at all times to and around the start point – do not ride 2 or 3 abreast.
- Do not congregate in groups except at the official start point.
- Please do not urinate anywhere in or around the start point.
- When waiting to start line up in single file as close as to the verge as possible it is advised to use the grass verge, do not queue 2 or 3 abreast or wait too far out into the road.
- Please queue in number order i.e. the rider in front of you should be wearing the race number that precedes yours.

- Please ensure that your light(s) are switched on.
- It is advisable that you time yourself if you have a cycle computer or other such device fitted.
- If you are wearing any clothing that you do not want to race in you should remove and either hand to the Start Time Keeper or place on the pile of clothing that may already exist from other competitors. All clothing left at the start will be returned to the HQ – **PLEASE REMEMBER TO PICK IT UP WHEN YOU RETURN TO THE HQ.**



4. The Race Itself

- When the rider in front of you has started their race you will be called up to the start point by the Start Time Keeper who will call your number.
- At this point you will have 60 seconds before you start your race.
- The Start Time Keeper at the appropriate time will tell you that you have 30 seconds to your start - at this point the Pusher Off (maybe present or perhaps not) will grab your bike and hold you up – you can then clip into your pedals or place your feet on your pedals.
- With 10 seconds to go the Start Time Keeper will count you down from 10 to 1 and when you hear “Go” or some other similar phrase the Pusher Off will let go of your bike as you start to pedal.
- At all times please observe the rules of the road. Please ride as close to the left hand side of the road as is safely possible.
- **PLEASE DO NOT WAVER ALL OVER THE ROAD – KEEP TO A STRAIGHT RACING LINE.**
- There will be marshals at all relevant points on the course that will indicate where you have to go – **PLEASE NOTE THEY CANNOT STOP ANY TRAFFIC FOR YOU.**
- The route (shown in yellow on the map on page 4) involves, in the main riding up and down the same road twice this means there will be a lot of other riders on the course – **DRAFTING BEHIND OTHER RIDERS IS NOT ALLOWED!**
- To help the Timekeepers distinguish riders who are finishing from those who are completing their first lap and to avoid obstructing other riders, if it is safe to do so (e.g. you haven't just overtaken/aren't overtaking another rider), cross the finish line between the white line and the kerb as shown in the photograph on the next page.



- You will pass the Finish Time Keeper twice, on your first lap just ride past – however when you pass for the second time i.e. the finish line - **SHOUT YOUR NUMBER – NICE AND LOUD!** We do appreciate that you may be smashed up at this point but please remember to do this.

5. After you have finished

- Once you have crossed the finish line having shouted your number to the Finish Time Keeper please do not stop near the finish.
- You should return to the HQ straight away – please keep to the left hand side of the road. **RIDERS ARE STILL RACING!** This is the only part of the course you are allowed to ride when the actual event is taking place. Continue riding up to the roundabout and return to the HQ via the Spine Road this is shown in red on the map on Page 4.
- Please do not return to the HQ via Cerney Wick i.e. go back up the course - **RIDERS ARE STILL RACING!**
- Please do not disturb the Finish Time Keeper in any way.
- Do not ask the Finish Time Keeper for your time.
- Do not try and give your number to the Finish Time Keeper.

6. At the HQ post Race

- When you have returned to the HQ **PLEASE REMOVE YOUR NUMBER AND HAND IT BACK IN WITH THE 4 SAFETY PINS ATTACHED** – to the same place where you signed on.
- By handing in your number you are now eligible for the most important part of the evening – drinking tea, eating cake and talking rubbish about how you could have gone quicker.
- Refreshments are provided as part of the original signing on fee but please feel free to donate any loose change you may have or perhaps you feel they are of a significant standard that a generous financial gesture is more appropriate.
- Please help yourself to whatever cakes and biscuits are provided and please feel free to ask for more tea and coffee.
- All marshals and helpers are entitled to free refreshments.
- Any guests or riders who did not compete are expected to donate for any refreshments they consume.
- At somepoint while having post race refreshments the Finish Time Keeper will bring in the finishing times – please do not mob them! It is a stressful job as it is.
- Please bring your mug back to the serving hatch when you have finished.
- If you have to leave before the finish times arrive the times will appear on the Swindon Road Club and Corinium Cycling Club WEB sites and our Facebook page:-

www.swindon-rc.co.uk

www.coriniumcc.co.uk

www.facebook.com/groups/LaTTon10TimeTrialSeries

OTHER LOCAL TIME TRIAL EVENTS

Over the summer there are many other cycle events in the area that you may want to experience:-

- Swindon Road Club - Wroughton – Beckhampton Time Trial **(Standard Bikes Only)** - Sunday 16th April 2017

see www.swindon-rc.co.uk for more details.

- The Hardrider TT series is a cycling competition run annually in the West DC. More details can be found at:

<http://www.wtta-hardriders.org.uk/>

If you want to go to the dark side and try road racing there are a few local events that you may want to have a go at:-

- League of Veterans Racing Calendar (LVRC) Road Race (over 40's) see <http://www.lvrc.org.uk/> for details of this event and others in the calendar.
- The Cotswold League – a series of local road races, details can be found at <http://www.performancecycles.co.uk/cotswold/>

Version 2.0

Author: Jeff Smith, Swindon Road Club

Hall of Fame – Competition Winners

Team

2015 Performance Cycles

2016 Performance Cycles

Overall

2015 Dan Guest

2016 Dan Guest

Over 40

2015 Neil Dunnage

2016 Pete Hutchinson

Over 50

2015 Les Liddiard

2016 Les Liddiard

Over 60

2015 Allan Norwood

2016 Steve Buckley

Ladies

2015 Harriet Guest

2016 Harriet Guest

Juniors

2015 William Mackenzie

2016 Kyle Wallace

OUR “OFFICIAL” PHOTOGRAHER



TPP

TED PARROTT PHOTOGRAPHY



The Club 10 Series has it's own “official” photographer Ted Parrott.

Ted attends most of the events and is usually stationed near the finish.

So if you want that special picture showing the extreme pain you have endured during the race then check his work out at:-

www.tedparrottphotography.co.uk

Email him at:- ted-cbsciren@sky.com

Ted always comes back to the HQ for refreshemts after the race so perhaps go and see him for a picture.





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the national governing body for CYCLING time trials
www.ctt.org.uk



1937 - 2002

PARENTAL CONSENT

TO BE SIGNED BY PARENT OR GUARDIAN

OF ENTRANTS UNDER THE AGE OF 18

To entry of rider under 18 years of age during the (year) _____ season
in (Name of Club) Club Events

I (Name and Address) _____

Being the Parent (or Guardian) of _____

Who was born on: _____

HEREBY AGREE to his/her participation in the Club Events promoted for and on behalf of
Cycling

Time Trials under their Rules and Regulations and **DECLARE** as follows:-

1. I understand and agree that my said son/daughter participates in events promoted under the Company's Rules and Regulations, entirely at his/her risk and without liability whatever on the part of the promoter, promoting club, Cycling Time Trials, its Chairman, National Committee Members, District Committee Members, Officers and Officials of member clubs, Event Secretaries (promoters), Timekeepers, Marshals, Course Measurers, Caterers or helpers in the conduct of the event in respect of any injury loss or damage suffered by him/her however caused whether by negligence or otherwise.
2. I understand that the function of the marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safely negotiating a turn or any other change of direction must rest with the rider alone.
3. I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
4. I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full and entire responsibility for his/her own safety whilst engaged in a competition of this kind on the public highway.

SIGNED: _____

DATE: _____

Photocopied signatures are not acceptable.

WITNESS: _____

(Signature, Name, Address _____
and Official Position in Club) _____

SWINDON ROAD CLUB – Membership Form

NAME			
ADDRESS			
EMAIL ADDRESS			
DATE OF BIRTH		TELEPHONE NO	
		MOBILE NO	

MEMBERSHIP FEES 2015 (Please Tick)

FAMILY (all at same address)	£15-00	
SENIOR (over 18 yrs)	£10-00	
JUNIOR (16 yrs to 18 yrs)	FREE	
JUVENILE (under 16 yrs)	FREE	
SECOND CLAIM	£10-00	

SIGNATURE	
SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 YEARS	
EMERGENCY CONTACT NAME & CONTACT DETAILS	

Medical information – Please detail below any important medical information that our club/coaches should be aware of (e.g. epilepsy, asthma, diabetes, etc) Also, recommended treatments/actions to be taken if symptoms appear:

Please Note:

- (1) You may be asked to assist in club events at least once a year.
- (2) You agree for your details to be held on computer.

CORINIUM CYCLING CLUB – Membership Form

APPLICATION FOR MEMBERSHIP

Please complete the following details in full:

Full Name:			
Date of Birth:		e-mail:	
Address:			
Postcode:		Contact Phone:	
Emergency Contact:			

Membership applied for:	1 st Claim	2nd Claim (subtract £1 from fees)	
Membership Class:			
Member	£12	65 and over	£6
Couple	£16	Junior (16-17yrs)	£5
Family	£18	Juvenile (<16yrs)	Free

Membership runs from 1st November to 31st October each year.

Applicants of 14 yrs & under can only be accepted when a parent or guardian is a member or applicant at the same time.

Corinium Cycling Club uses the British Cycling Club Management Tool. Please sign below to indicate that you give permission for your details to be shared with British Cycling for the purposes of managing Corinium CC. In the case of children under 16 a parent or legal guardian should sign.

I have read and understood the above note and agree that my details may be shared with BC.

Signed..... Date...../...../.....

Please return this form to the Administration Manager – Liz MacKenzie:

1 Crouch Farm Cottage, Highworth, SN6 7QS