

The Latton Time Trial series

Swindon Road Club
Swindon Wheelers Cycling Club
Team Swindon Cycles

10 Mile Time Trial Series

2020 Handbook & Guide





CYCLING TIME TRIALS

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



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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 run under the rules of the national body for time trialling, the Cycling Time Trials organisation, and are classified as Type B event. The full list of rules and regulations may be viewed on CTT's website:

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

You must be a member of a cycle club that is affiliated to the Cycling Time Trials organisation to ride the Club 10 TT series.

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 when they can ride on their own. A Parental Consent Form must be completed for any rider under 18 years prior to signing on; one consent form covers the complete series. A copy of this form is provided at the back of this handbook if required.

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 – 2020 Events Calendar

Date		Time
16/07/20	Thursday	18:15
23/07/20	Thursday	18:15
30/07/20	Thursday	18:15
06/08/20	Thursday	18:15
13/08/20	Thursday	18:15
20/08/20	Thursday	18:15
27/08/20	Thursday	18:15
03/09/20*	Thursday	18:15
10/09/20*	Thursday	18:15
17/09/20*	Thursday	18:15
01/01/21	Friday	10:00

*Provisional events dependent on participation levels at initial events and Police approval

The Course



Reminders for 2020

- **NEW FOR 2020 – The use of a rear light is compulsory** in line with the following motion passed at the 2019 CTT National Council AGM *“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.”*

NO LIGHT – NO START

- If you require a warm up before racing please use the road from the Spine Road to Butts Farm up to the Airfield Roundabout – **Do not warm up on any point of the actual course.**
- **Passing the Finish Timekeeper during warm up or en route to the start once the race has started will result in disqualification of the rider involved.**
- Join our Club 10 TT Facebook group!
www.facebook.com/groups/LaTTon10TimeTrialSeries

The LaT^Ton Trial series

Other Facebook groups:-

Swindon Road Club:

www.facebook.com/groups/swindonroadclub

Swindon Wheelers:

www.facebook.com/groups/swindonwheelers/

Local Guide to the Club 10 TT Series

1. Signing On

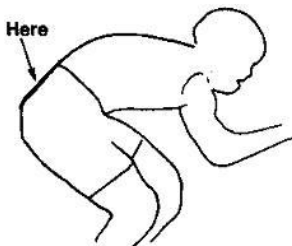
- You will be asked to complete a signing on sheet – we require your Name, Club, Next of Kin Contact, Age and your Signature.
- If under 18 a Parental Consent Form must be completed prior to signing on; one consent form covers the complete series. A copy of this form is at Page 21 of this handbook if required. Please hand this over when signing on.
- **You must be a member of a cycle club that is affiliated to the Cycling Time Trials Organisation to ride the Club 10 TT series** – If you are not it maybe possible for you to join either Swindon Road Club, Corinium Cycling Club or Swindon Wheelers at this time – membership forms are available at the back of this handbook. Any 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.
- Once you have signed on you will be handed a number with four safety pins attached.
- **All riders must sign on at the HQ.**
- 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!

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!** Therefore please note the following:-

<u>Your Number</u>	<u>Your Start Time</u>
1	18:16
2	18:17
3	18:18
4	18:19
5	18:20
15	18:30
30	18:45
45	19:00
50	19:05
60	19:15

- The number needs to be fitted to the rear of your jersey low enough that 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 pictures below show 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, Swindon Wheelers Cycling Club and Team Swindon Cycles highly recommend the wearing of a cycle helmet conforming to a

recognised standard (e.g. SNELL B95, ANSI Z90.4 or EN1078) for our events.

- All riders under 18 and/or Juniors **MUST** wear a helmet as specified in CTT regulation 15 and it is their responsibility to do so.
- **NEW FOR 2020 – The use of a rear light is compulsory** in line with the following motion passed at the 2019 CTT National Council AGM *“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.”*

NO LIGHT – NO START

- Swindon Road Club, Swindon Wheelers Cycling Club and Team Swindon Cycles also highly recommend the use of a front light for our events.

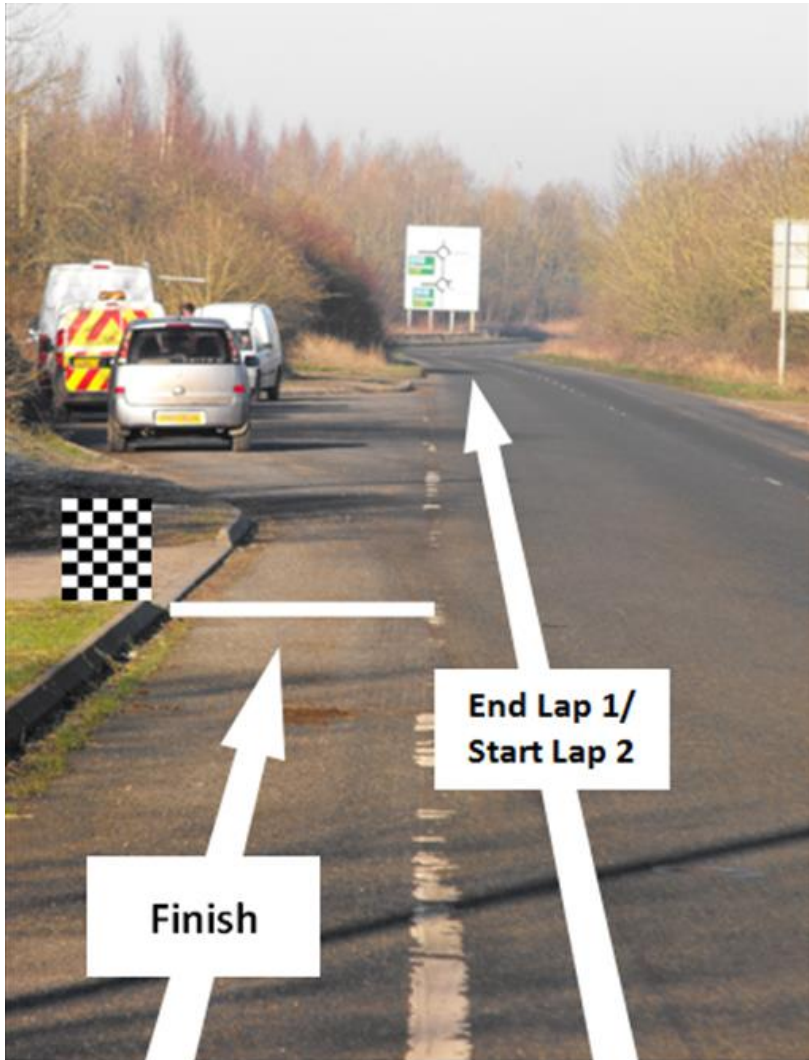
3. Riding to the Start and waiting for the Off

- The most direct route to the start is via the Spine Road.
- Please be vigilant of other competitors on the second roundabout after crossing the A419 – this is part of the course.
- 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. **Passing the Finish Timekeeper during warm up or en route to the start once the race has started will result in disqualification of the rider involved.**
- **Do not warm up on any point of the actual course.**
- If you require a warm up before the event please use the road from the Spine Road to Butts Farm up to the Airfield Roundabout.
- 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
- 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 advisable 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.

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, 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 WANDER 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 by the yellow arrows 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 AND WILL RESULT IN DISQUALIFICATION.**
- 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. at the finish line, **SHOUT YOUR NUMBER – NICE AND LOUD!** We do appreciate that you may be very tired at this point but please remember to do this.

Hall of Fame – Competition Winners

Team

2015	Performance Cycles	2016	Performance Cycles
2017	Performance Cycles	2018	Team Swindon Cycles
2019	Swindon Wheelers		

Overall

2015	Dan Guest	2016	Dan Guest
2017	Jacob Pilkington	2018	Felix Wilkinson
2019	Rory Gilling		

Over 40

2015	Niel Dunnage	2016	Pete Hutchinson
2017	Niel Dunnage	2018	Robin Short
2019	Robin Short/Jeremy Redford		

Over 50

2015	Les Liddiard	2016	Les Liddiard
2017	Pete Hutchinson	2018	Joe Schwartz
2019	Joe Schwartz		

Over 60

2015	Allan Norwood	2016	Steve Buckley
2017	Chris Broad-Drake	2018	Les Liddiard
2019	Chris Broad-Drake		

Ladies

2015	Harriet Guest	2016	Harriet Guest
2017	Christina Murray	2018	Angela Swain
2019	Jo Wilkie		

Juniors

2015	William Mackenzie	2016	Kyle Wallace
2017	Uncontested	2018	Uncontested
2019	Marcello Grossi		



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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 2018 (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.



SWINDON WHEELERS MEMBERSHIP FORM

www.swindonwheelers.com \ joinswcc@gmail.com \



All information held in confidence

Name:	
Gender:	
DOB:	
Address:	
Phone:	
Email:	
Emergency Contact (name & number)	
Notes/ Further information	

Fees

Membership	Cost
Single rider club membership (1yr)	Available on application
Junior (16-21, 1yr)	"
Couple (1yr)	"
3 year single rider	"
3 year couple	"

