

## CTT Newsletter – March 2019

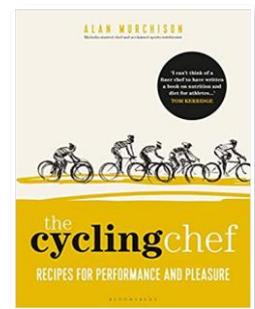
This month delegates meet for the first districts' forum; details on how to upload a cover sheet to events; the Youth Championship will be chip timed and a great offer to purchase Alan Murchison's new cook book for cyclists.

### District forum

A forum for districts officers was held at Hellidon Lakes Hotel on 9 March and was a great success as it gave an opportunity for delegates to discuss things only among themselves. Fifteen of the 22 districts were represented. Delegates were split into four groups with a Board member or officer over-seeing each group, they then had 45 minutes to discuss each given topic before moving round to the next session. Feedback from the forum will be produced and, after discussion by the Board, it will be shared with the delegates and districts. All attending had enjoyed the day and wanted more in the future.

### The Cycling Chef

Alan Murchison, time triallist and Michelin Star chef, has published a new recipe book designed for cyclists of all levels of ability. 'The Cycling Chef: Recipes for Performance and Pleasure' features more than 65 easy-to-make recipes to help cyclists reach their cycling performance goals. The publishers, Bloomsbury Press are offering CTT riders 20% discount on this book purchased via their website, [www.bloomsbury.com/cycling](http://www.bloomsbury.com/cycling) and using code: CTTCYCLINGCHEF



### Online start sheets

To aid and ensure organisers provide the front cover sheet to the rider list on the website, there are now two options. Organisers can upload their own version in a PDF file or download the template and complete the details. These can both be found via step 4 of the organiser dashboard, the template can ONLY be accessed after the event closing date and the riders have been accepted and the start sheet building has commenced.

Organisers should click the green "Manage start sheet cover" button and if you wish to upload your own front cover, simply click the "Upload a start sheet cover" button and complete.

If you wish to build the start sheet cover online, click the "Create a start sheet cover" button. The name of the event, date and time, course code and organiser contact details will automatically be populated but can be edited if required. Images can also be added to each field if required.

Fields to complete are:

- Description
- Headquarters
- Route from HQ to start
- Course Details
- Local Regulations
- Officials
- Course records
- Awards.

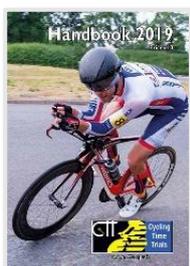
When completed click “submit”. If your event has sponsors, their logo(s) can also be uploaded via step 1 or the event dashboard.

## Risk assessments

Districts are reminded that all risk assessments should be reviewed annually and also on any course where an accident has taken place.

## Youth Championship final

This year’s Youth Championship final (GHS) is being organised by Stockton Wheelers on behalf of Teesside District and held at the Croft Circuit, Dalton on Tees. As each lap of the circuit is approximately two miles, riders will have to complete five laps. The event will be chip timed, which will give lap times and be displayed throughout the event. This promises to be a great event so please encourage the youngsters in your districts to enter their district’s qualifying events.



## Handbook amendments

Any amendments which have been made to events since the handbook was printed are now on the website. This will be updated as we receive changes throughout the season. And don’t forget you can still order a handbook online from the CTT shop.

<https://www.cyclingtimetrials.org.uk/articles/view/421>

## VTTA standards

The Veterans' Time Trials Association have updated the standards this year and they are encouraging all event organisers to adopt the new standards when calculating the results in events. These standards are available to download on the VTTA website:

Individual standards: <https://www.vtta.org.uk/standards>

Tandem standards: <https://www.vtta.org.uk/standards/tandems>

**Finally – quite a few events have more than one category – road bikes, 2-ups, tandem, etc. Please make sure you are entering the correct category and, if you do accidentally enter the wrong one, let the organiser know immediately.**

**Thank you!**