

PROMOTED BY CC BRECKLAND ON BEHALF OF EAST DISTRICT
PRESENT:

**2019 RTTC 12 HOUR TIME TRIAL
NATIONAL CHAMPIONSHIP
SUNDAY 11TH AUGUST 2019**

START SHEET



12^{HR}

12 HOUR TIME TRIAL



PROMOTED FOR AND BEHALF OF CYCLING TIME TRIALS
UNDER ITS RULES, REGULATIONS AND CONDITIONS



2019 RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP



CYCLING TIME TRIALS REPRESENTATIVE
PETER ROGERS



CHAMPIONSHIP AWARDS

MEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

WOMEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

TEAM CHAMPIONS

(MEN AND WOMEN)

GILT RTTC MEDALLIONS AND CHAMPIONSHIP SHIELD

AGE AWARDS

(MEN AND WOMEN)

AGE AWARDS TO THE FASTEST IN EACH OF THE FOLLOWING:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 ETC.

2018 12 HOUR TIME TRIAL CHAMPIONS



ALICE LETHBRIDGE



ADAM DUGGLEBY



WWW.CYCLINGTIMETRIALS.ORG.UK



@CYCLING_T_T



/CYCLINGTIMETRIALS/

NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(U)

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.

THE NUMBERS PROVIDED ARE EVENT SPECIFIC AND ARE TO KEEP AS A SOUVENIR.

USE OF MOTOR VEHICLES

THE EVENT IS OVER 100KM. REGULATION 22 (USE OF MOTOR VEHICLES) ALLOWS FOR ASSISTANCE WITH A COMPETITORS REASONABLE FEEDING AND OTHER REQUIREMENTS. A COMPETITOR SHALL NOT BE OVERTAKEN BY HIS/HER'S SUPPORT VEHICLE MORE FREQUENTLY THAN ONCE EVERY 10 MILES. SUCH VEHICLE SHOULD BE DRIVEN AT NORMAL TRAFFIC SPEED.

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.

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 JUNIOR COMPETITORS MUST WEAR PROTECTIVE HARD SHELL HELMETS.

IT IS RECOMMENDED THAT A WORKING REAR LIGHT, EITHER FLASHING OR CONSTANT, IS FITTED TO THE MACHINE IN A POSITION VISIBLE TO FOLLOWING ROAD USERS AND IS ACTIVE WHILST THE MACHINE IS IN USE.

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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