

**Southend Wheelers**  
**Club Time Trials**  
**Riders Briefing Notes 2013**

These notes should be read in conjunction with the Signing-on and Timekeeper Duties, Marshalls (roadside) Duties, and Organisers Duties, documents.

Our club Time Trials are run under the rules and regulations of Cycling Time Trials (CTT), the national governing body for Time Trials. We are also bound by the local regulations applied by the CTT, London East District. This is in addition to our own club rules as detailed on our website [www.southendwheelers.org](http://www.southendwheelers.org) Details of the national regulations and competition rules can be found in the respective CTT handbooks. Copies of these handbooks are available for reference at Signing-on. Copies can be purchased direct from the organisations. Riders should make themselves familiar with these handbooks. Some of this information is available on the respective websites. [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk) & [www.cttlondoneast.org.uk](http://www.cttlondoneast.org.uk)

Riders should familiarise themselves with the course, including the location of the start and finish, ideally by riding it prior to the event. A course map will be available at the event HQ. Course descriptions and HQ locations are given in the national and district handbooks. You should be aware that some variations may apply from time to time.

You should be aware that Time Trials take place on 'open roads' and you should expect to encounter all types of road user, including cyclist and horses, you should be courteous at all times

The minimum age for competitors is 12 years of age and for riders under the age of 18, a CTT Parental Consent form is required. Parents of riders under the age of 18 are responsible for ensuring they understand the Highway Code and traffic regulations.

Riders under the age of 18 must wear a hard shell helmet.

You are responsible for ensuring your machine is roadworthy and safe to use and you enter at your own risk.

You must follow the Highway Code and obey traffic regulations at all times.

Some club Time Trials involve a pre-entry procedure, you should check in advance. However as a club event these procedures are usually flexible, but you must check to avoid disappointment,

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**Events**

You should arrive at the HQ to sign-on in good time. Signing on would usually close 20-30 minutes prior to the start time.

When signing-on you may be given specific instructions concerning the start procedure and you may be advised of the time of a riders briefing which you must attend.

To respect residents living on or near the course, for all morning events turbo trainers must not be used in the vicinity of either the HQ or the start.

The race number, issued at signing on must be worn and be visible during the Time Trial. They must be positioned low on the back so as to be visible from the rear when the rider is in the tucked position/down on the dropped handlebars

An 'On The Day' Risk Assessment will have been undertaken on the course, by the event organiser. You will be advised, usually, at the start, the nature of any hazards noted, their location and any control measures which have been deployed. These would usually be either placing a marshal or a red flag at the location. You will also be advised if no hazards were noted. **Important Note: Should you not receive a Safety Briefing, you should ask the Timekeeper to confirm the 'On The Day' Risk Assessment has been completed.**

Your start time is denoted by your number i.e. number 15 would be called to the start line at 14 minutes after the start of the event (usually on the hour or half hour) and set off 1 minute later (15 minutes after the start

It is your responsibility to be at the start at least two minutes before your start time to ensure you receive details of any hazards on the course. Should you miss your start time, for any reason, it is at the Timekeepers discretion to start you or not.

Specific events might have some variations to this. For instance a 2 up would use 2 minute intervals.

**Marshalls** may be deployed around the course their **duty is to ensure that riders go in the correct direction** and warn them of any other road users or hazards in the vicinity. Do not expect them to tell you the road is clear and **Marshalls must not stop traffic.**

In the unlikely event that when carrying out the 'On The Day' Risk Assessment the event organiser encountered unexpected hazards which cannot be controlled to his satisfaction the event will be cancelled. Riders must not question any such decision.

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**The Time Trial**

You must not make U turns in sight of either the start or finish. Generally U-turns should be avoided at all times, especially where motor vehicles are present.

You must not be on the course once the event has started.

Whilst waiting to be called forward at the start, you must not be on the carriageway.

You must not litter i.e. gel pack wrappers

You should ride with your head up at all times to provide maximum all round vision and you should be aware of other road users around you.

Be aware that you may overtake other riders and that you may be overtaken.

When overtaking other riders you should give an audible warning in advance i.e. “on your right”

You must not ride in the slipstream (draft) or take advantage from any other rider, other than when riding as a ‘2Up’ etc...

You must signal to all other road users prior to making any manoeuvre.

As you pass each marshal you should thank them and the last rider on the road should shout “last rider”.

At the finish line you should shout your race number and the last rider on the road should also shout ‘last rider’..

Once you have started, and unless a safety issue arises, you must not approach or speak to the time keeper or ask someone to do so on your behalf, Provisional finishing times will be made available at the HQ, only after the last rider has finished and all the calculations are completed. Final time will be published later.

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**Special Notes**

All club members are expected to carry out their allocation of marshalling duties during the year. As competitors this responsibility applies more greatly to you. Should the situation arise where there are not enough marshals to cover the minimum mandatory requirements, the event will be considered cancelled until such time as Marshalls can be found from amongst the riders. To avoid cancellation of the event, the Organiser may first ask for volunteers, if none are forthcoming he will 'draw straws'. A note will be made so that the same rider is not repeatedly selected.

Many club members are involved both on the day and before to make it possible for you to ride in our Time Trials, giving up many hours of their time to enable you to compete for perhaps less than half an hour. Therefore we expect you to also give up your time willingly both to satisfy the membership requirement and also if requested to do so in special circumstances.

Easter and Christmas 10 mile events – Due to the large number of entrants a 'stacking' system will be used to control the number of riders gathering at the start. Riders, with number 6 upwards, must assemble in Stansgate Road at the junction with the B1021 (Steeple/Bradwell Road). The Marshal there will be in contact with the start and release riders to move down to the start periodically prior to their start time so as to avoid riders standing in the road at the start.