



CHIPPENHAM & DISTRICT  
**WHEELERS**

# The Race of Truth

## Time Trials

Why Ride Them  
And  
How to Enter



# Time Trials - History

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- Modern day Time Trialling began in 1922 with the formation of the Road Race Council. In 1937 the council changed its name to the Road Time Trials Council (RTTC), which governed the sport until 2002 when the RTTC became a company known as Cycling Time Trials Limited (CTT).
- Time Trialling is permitted on the public highway in accordance with Statutory Instrument No. 250 of 1960. This covers legal requirements concerning Time Trialling on public roads.



# Time Trials - Why

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- It's fun
- It's competitive
- You get to race yourself, the course, the distance and your friends
- Your first race guarantees you a Personal Best (PB)
- It's nice when it stops
- You can test yourself to your maximum ability



# Time Trials - Equipment

- Average time saving over 25 miles

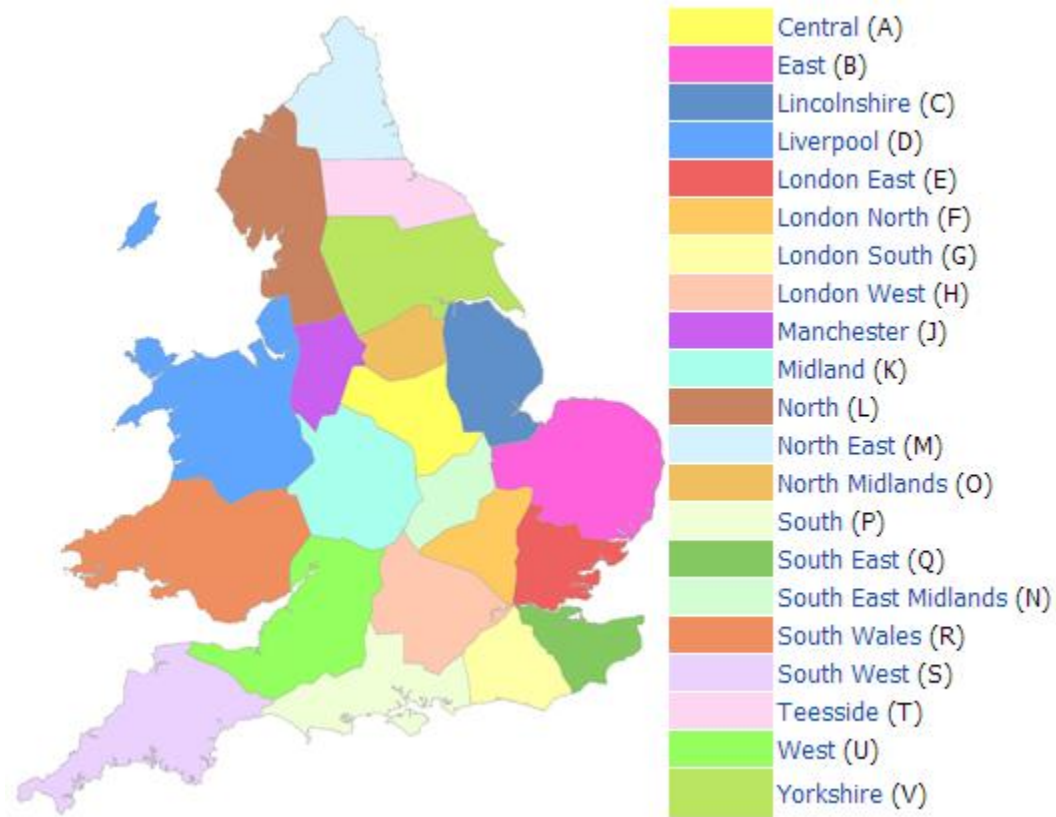


- All the gear and no idea?
- Road bike and clips on aero bars



# Time Trials - Courses

- District Codes
- West District (U)
- Distances:
  - 10 miles
  - 25 miles
  - 30 miles
  - 50 miles
  - 100 miles
  - Non standard hilly courses
  - 12 and 24 hr events



# Time Trials - Entering

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- Identify the event you want
- Turn up on the line for Club Events

## For Open Events

- On line at CTT Website
- Using CTT Handbook
  - will need for postal addresses and contact details
  - copies are held in the Club House
- On-line
  - will need to register



# Time Trials - Events

Filter Distance by   
 Filter Month by   
 Filter Internet Entry by   
 Filter District by   
 Filter BBAR by   
 Filter Type by

Find it!

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Date	Distance	Course	Time	G1	G2	Event	Online	Type	Amendment
16/02/14	10M	U375	10:00			Frome & District Wheelers		Open	
23/02/14	25M	U17	09:30	IE	Tan	Tricycle Association (SW) (Tricycles Only)	Enter	Open	
23/02/14	25M	U17	09:30			Severn RC (2-up TTT)		Open	
23/02/14	25M	U17	09:30		B Tan	Severn RC		Open	
02/03/14	24M	U83	10:00	IE	Tan	Chippenham & District Wheelers (WTTA Hardriders)	Enter	Open	
08/03/14	19M	U303	14:00			Gillingham & Dist Whs(WTTA Hardriders)		Open	
16/03/14	23M	U601	09:00		Tan	Severn RC (WTTA Hardriders)		Open	
23/03/14	24M	U32R	09:00	IE		Bath CC (WTTA Hardriders)	Enter	Open	
29/03/14	10M	U7B	09:00	IE		The University of Bristol CC	Enter	Open	
05/04/14	25M	U17	14:00	IE	B Tan	Bristol South CC	Enter	Open	
05/04/14	25M	U17	14:00	IE	Y	Bristol South CC	Enter	Open	
06/04/14	30M	U871	10:00			Western Time Trials Association (WTTA Hardriders)		Open	
12/04/14	10M	U30/10	16:30	IE		Yeovil CC	Enter	Open	



# Time Trials - Entering


Column	1	2	3	4	5	6	7
Distance	Course No	Entry Fee	Start Time	Symbols 1	Symbols 2	Event Details	
<b>15 August Sunday</b>							
12HR	L1204	£15.00	06:00	NS	HBT	RTTC NATIONAL CHAMPIONSHIP (Lancashire RC)(Inc NLTTA Championship)(Entries close 20/07/10) M G Smith, [REDACTED]	
12HR	L1204	£25.00	06:00	NS	T	Lancashire RC (Tandems)(Entries close 20/07/10) M G Smith, 1 [REDACTED]	
100	U46/100C	£8.00	05:30		B	WTTA (Max 90 Riders) T Wooldridge, 1 [REDACTED]	
100	U46/100C	£16.00	05:30			WTTA (Tandems)	
50	Q50/1	£7.00	06:30		B	Kent CA (SPOCO) M Strickland, 2 [REDACTED]	
50	Q50/1	£14.00	06:30			Kent CA (Tandems)	
50	S4/S0	£8.00	07:00		B	Plymouth Corinthian CC (Inc SW DC Championships) A Fryer, 1 [REDACTED]	
33K	PB72	£16.00	08:00	SC		a3crg (Zup TTT) D Collard, Remy [REDACTED]	

- Must be a member of an affiliated club to enter





# Time Trials – Entry Form

		<p align="center"><b>OFFICIAL ENTRY FORM</b>  <b>UNDER CYCLING TIME TRIALS REGULATIONS.</b>  <small>(National Championships are also under CHAMPIONSHIP CONDITIONS) See Handbook for notifications of Improvements. The Promoting Club reserves the right to refuse any entry (Subject to BBAR Condition No. 4)</small></p>	
Please enter me for the _____			
event to be held for and on behalf of Cycling Time Trials on (date) _____			
I enclose entry fee of £ _____ Including Cycling Time Trials Levy			
Mr/Mrs/Miss/Ms	Forename(s)	Surname	
Club	District		
Address			
Postcode			
DOB	Age on Day of event		
Under 18's must ensure the Parental Consent section overleaf is also completed			
Tel	Mob		
E-mail	Start/Result Sheet by E-mail <input type="checkbox"/>		
Emergency Contact Details		Name	
Address			
Tel	Mob		
<p align="center"><b>OFFICIAL TIME TRIALS (including private) CLUB, OPEN, SEMI-OPEN AND ASSOCIATION EVENTS (completed events only)</b>  <b>For NATIONAL CHAMPIONSHIPS only enter performances in Open, Semi-Open and Association events.</b>  Please enter details of fastest performance during current and past three seasons for the type of machine you will be riding at nearest distance to that you are entering.  <small>If entering a Team Time Trial please complete the section on the back.</small></p>			
Event	Distance	Date	
Winner	Winners Time	My Time	Position (if known)
INSERT BELOW your fastest performance at nearest distance since 1st January of last Year			
Event	Distance	Date	
Winner	Winners Time	My Time	Position (if known)
I will be Riding a: Bicycle <input type="checkbox"/> Tricycle <input type="checkbox"/> Tandem <input type="checkbox"/> Tandem Partner			
If the event is oversubscribed I agree to be a reserve. Yes <input type="checkbox"/> No <input type="checkbox"/>			

<b>VTTA Members Only</b>			
Best plus for distance in current and past three seasons	Age at that time	Yrs.	
Current standard time for event entered	VTTA Group		

I HEREBY DECLARE that the particulars submitted on this form are complete and correct. I understand that the event will be held under the Rules and Regulations of Cycling Time Trials as shown in the current Handbook and I confirm that I am conversant with such Rules and Regulations and undertake to abide by them and to participate in the Drug Testing Programme whenever required to do so. I further declare that I am at present not under suspension by Cycling Time Trials or any organisation with which Cycling Time Trials have an agreement or (if so) such suspension will have expired by the date of the event. I agree to accept the decision of the promoter in all the matters concerning the event and my participation in it subject to such rights of appeal or review as may be provided for in the Rules and Regulations of Cycling Time Trials. I understand that the event is held wholly or in part on public or private property or the public highway and that I participate therein entirely at my own risk and that no liability whatever shall attach to the promoter, promoting club or any officials of the event, Cycling Time Trials or any club affiliated thereto or any member of such club for any injury loss or damage suffered by me in or by reason of the event however caused.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Team Time Trials

If entering a Team Time Trial please complete this section.  
Please enter names of ALL team members.  
All team members must submit a form.

Rider 1	Name
	Club
Rider 2	Name
	Club
Rider 3	Name
	Club
Rider 4	Name
	Club
Reserve1	Name
	Club
Reserve2	Name
	Club

## Parental Consent

**PARENTAL CONSENT - TO BE SIGNED BY PARENT OR GUARDIAN OF ENTRANTS UNDER THE AGE OF 18**

I \_\_\_\_\_ Being the Parent (or Guardian) of \_\_\_\_\_ Who was born on: \_\_\_\_\_

HEREBY AGREE to his/her participation in the events promoted for and on behalf of Cycling Time Trials under their Rules and Regulations and DECLARE as follows:-  
I confirm that I have read and understand the rider declaration above. I understand and agree that my said son/daughter participates in events promoted under the Rules and Regulations of Cycling Time Trials, entirely at his/her risk and without liability whatever on the part of 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.  
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. 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. 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 held wholly or in part on public or private property or on the public highway.  
**I agree to my son/daughter participating in the Drug Testing Programme whenever required to do so.**

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Time Trials – Entering (Internet Entry)

## Event list

[Register to Enter / Login](#)


### Event list

Filter by:

Date

Distance

Results per page

Date	Dist.	Course	Time	G1	G2	Event	Cost
02/02/2014	34KM	GS/989	10:00	IE	Tan	Southdowns Bikes CC (Sporting Classic TT) - 34KM	£9.00 

### Log On

- I have not entered a CTT event on-line
- I have entered a CTT event on-line before



# Time Trials - Entering

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- Send in entry at least two weeks before event
- Some events have earlier closing dates (shown in handbook)
- About a week before event you will receive start sheet
- Start sheets are also posted on CTT and the Time Trialling Forum websites
- Try to avoid ringing up the organiser, they have enough to do already, unless you haven't heard anything by the Wednesday of the race week



# Time Trials – On the Day

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- Check bike (the day before!)
- Arrive early if you haven't been to the venue before (Race HQs can be obscure locations)
- Sign on
- Collect number and pins
- Warm up (ensure you know where start is and how long it takes to get there)
- Wait your turn at start



# Time Trials – The Race

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- Pace yourself
- Obey the marshals
- Look out for traffic
- Follow the course (you did check it out before hand, didn't you?!)
- Enjoy it
- When finished return to Race HQ to get results



# Time Trials – Common Mistakes

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- Starting too hard
- Not warming up hard enough
- Changing position or equipment too close to race day
- Too high or too low a cadence during the event
- Completing warm up efforts too long before start time
- Allowing split times to mentally affect your effort
- Not pushing hard enough from far enough out from the finish
- Being an absolute slave to the numbers
- Not enough training time at Lactate Threshold/CP30 power
- Going out too hard



# Time Trials – More Information

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- CTT
  - <http://www.cyclingtimetrials.org.uk/>
- Time Trialling Forum
  - <http://www.timetriallingforum.co.uk/>

