

Regulations for Club Time Trial Events

1. Entry Fees – £4 per ride
2. No private trials will be allowed to persons who are not members of an affiliated CTT club. You can ride 1 club event on a “come and try” basis, but you must be a member of Pembrokeshire Velo, or an other CTT-registered club, to ride more than 1 club event per season. Priority will be given to 1st claim Pembrokeshire Velo members in the case of overflow.
3. Any times and points generated by visiting and “come and try” riders will not count in the Club Championships.
4. Riders under 18 years of age will be required to show a fully signed parental approval form before they compete in any club race. These forms are available from the general secretary, in advance, or from the timekeeper at any club event.
5. The British standards approved helmet must be worn by all competitors that club events
6. Please do not bother the timekeeper until all riders finished racing.
7. Volunteers are always needed for timing, marshalling, pushing off etc. So if you are not racing, please feel free to offer your services.
8. All competitors who intend riding club events must be signed in no later than 15 minutes before the official events that time.
9. You must ride entirely alone and unassisted and not take shelter from another rider or vehicle. If one competitor overtakes another, they must pass as widely as is safe. The onus is on the overtaken rider to drop back slightly to avoid drafting.
10. You may not be preceded, accompanied or followed in anyway see the assistance from a motorised vehicle except in events of over 100 miles, where a vehicle is allowed for feeding and backup.
11. The highway code must be observed at all times. Racing a time trial does not give you precedence over other road users. **Riders breaking the law, riding in such a way to bring disrepute to the club, or in any way antagonising other road users in the judgement of any club official present will, following fair review, be disqualified and barred from taking part in any future club events.**
12. To enter the road bike category in any of the club events from 2019 onwards, competitors must follow these additional rules:
 1. No aerobars, clip-on aerobars or aero extensions can be used
 2. Hands must be holding the handlebars or brake levers at all times while racing (i.e. not with forearms resting on the handlebar).
 3. Legs must only be covered to mid calf.
 4. Wheels may have no more than 90mm depth (total tyre plus rim) and must have at least 12 spokes

5. Helmets must have no visor. Ears must not be covered by the helmet. In addition, the use of a Giro Aerohead helmet will not be permitted.

There will be spotters out on course to enforce rule 'b'. Please note that the time for any rider in breach of these rules may still count in the standard (non-road bike) category for the evening. The decision of any or all committee members present at the event is final, though the standard club appeals process (listed elsewhere) remains available.

- 13. Once the time trial has started, there is to be no warming up on the course. And you must not pass the timekeeper.**