

TROPHIES ASSOCIATED WITH LEA VALLEY OPEN TIME TRIALS

The "FULLER" Cup for the fastest time in the Comet Open 25, first presented to the Comet CC by Leslie Fuller for the Comet Open 100 in 1937 but, on the withdrawal of that event, was held in reserve. It was later made over to the Open 25 when the "GUYS" Trophy was won outright.

The "AUBURN" Cup, replacing the "ROSENBERG" Bowl as a team award for the Comet 25, was purchased by subscriptions from the Clubmates and friends in memory of Alf Auburn who was responsible for the inauguration of the event in 1921 and was a leading official of the Comet CC for many years.

The "BEAUCHAMP" Cup. By kind permission of Eric Beauchamp this trophy was originally allocated for the fastest pair in the Crescent Wheelers Tandem 30, first run in 1971 and preserves the name of that club as a constituent forming the Lea Valley Road Club in 1969 with the Comet CC. Now awarded for the fastest solo rider in the Crescent 30

The "GORDON ATTWELL" Memorial Trophy. Purchased by subscriptions from Clubmates and friends of this popular official of the Lea Valley Road Club who met his death whilst en route to act as Assistant Timekeeper in the Lea Valley Open Tandem 30 in 1979. This trophy is now awarded to the fastest pair in the "GORDON ATTWELL" Open Tandem 25.

Winners of Open Events, Club Events, Club Championships and Club Records are to be found in the Handbook Supplements which are published and distributed annually.

www.leavalleycc.co.uk



Where you can pick up all the latest information.
Handbook supplements, club records, newsletters etc.
News, views and opinions.
Coaching and race reports
The Forum



2015

HANDBOOK

LEA VALLEY CYCLING CLUB

INAUGURATED IN 1969 BY THE AMALGAMATION OF
CRESCENT WHEELERS C.C. COMET C.C.



FOUNDED 1903



FOUNDED 1904

FURTHER AMALGAMATED IN 2000 WITH
UNIVERSITY CC



FOUNDED 1890

Fastest 50. "BINKS 50" Cup presented to the Crescent Wheelers CC by H. Binks, President and long serving official of the club.

Fastest 100. MEMORIAL Cup purchased by subscription from members of the Comet CC in memory of Clubmates fallen in wars.

Best 12 hour Cup. The "RENEE BLACKBURN" Memorial Cup presented to the Comet CC by W. Blackburn in memory of his wife, for many years a popular Vice President of the Club.

Best 24 hour Cup. Formerly the Crescent Wheelers CC Championship Cup re-presented to that club by the outright winner, Eric Beauchamp.

The "NELLIE COOK" Ladies Award. A silver salver presented in 1983 by Mrs Nellie Cook to be awarded to the Lea Valley CC lady member achieving the most outstanding performance each year.

Hillclimb. The "FIBRAX" Cup presented to the Crescent Wheelers CC by Fibrax Brakes Ltd in 1950.

Clubrun Attendance Cup. Formerly the Comet CC Track Championship Cup.

"GORDON ATTWELL" Tourist Trial Trophy presented by Mrs M. Beaumont, being a cup won by her late husband, Bill Beaumont, when riding with the Leyton Camp Wheelers, Gordon's former club.

The Percy G C Wilding Rollers trophy. Awarded to the person winning the rollers competition or series winner.

Best Helper's Trophy awarded by a ballot of racing members. Presented to the Comet CC by Mr & Mrs A. Cook in 1951. No intrinsic value but a sincere mark of appreciation.

"BETTS" Trophy presented to the Comet cc by C. Betts in 1926 to be awarded annually to the biggest 'MUG' of the year. This object of domestic archaeology is of no value whatsoever but it IS a genuine token of popularity and good sportsmanship.

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LEA VALLEY TROPHY ASSOCIATED WITH THE 32ND ASSOCIATION

The "TONY BICKNELL" Cup donated by Mrs P. Bicknell in memory of her late husband, George Tony Bicknell, a prominent Comet CC Racing member in the 1930's-40's.

This is awarded annually to the 32nd Association's Best All Rounder but remains the property of the Lea Valley Cycling Club.

TROPHIES FOR CLUB COMPETITION

School-age Time Trial Championship Shield. The “JACK IVORY” Shield awarded annually to a boy or girl under 16. Purchased from a legacy in the will of J. Ivory, a long serving official in the Comet CC.

Junior Time Trial Champion Shield. Formerly the Comet CC Junior Championship Shield

Club Time Trial Championship Shield. Formerly the Comet CC Time Trial Championship Shield.

Long Distance Shield. Formerly the Crescent Wheelers CC “The WYLIE Shield”.

Club Best All Rounder Cup. Formerly the “ROSENBERG” Bowl presented to the Comet CC by Davies Rosenberg Esq 19 1921 as a team award in the Comet Open 25 until it was superseded by the “AUBURN” Trophy for that purpose.

School-age Circuit Racing Championship Cup. Awarded annually to a boy or girl under 16. Purchased by money raised from the auction of an engraved tankard presented by Mrs Nellie Cook, Past President of the Lea Valley Road Club.

Junior Road Race Championship Trophy. The “KEEN” Trophy presented to the Lea Valley Road Club by the Keen family whose members include 4 current Club Record Holders and three Past Presidents.

Road Race Championship Shield. Formerly the Comet CC Massed-start Shield.

Time Trials Handicap Shield. Formerly the “OPPY” Shield presented to the Crescent Wheelers CC by the Cyclo Gear Co.

Track Championship Cup. Formerly the “HUMPHREY’S” Cup presented to the Comet CC by H. Humphrey, for many years a notable official.

Fastest 10. The “STOKES MEMORIAL” Cup purchased in 1966 by subscriptions from members of the Comet CC in memory of Herbert Stokes, for more than 40 years a devoted official.

Fastest Junior 10. The “DOROTHY” Cup presented to the Crescent Wheelers CC by the Alpha Café in 1952.

Fastest 25. The “ALWORTHY” Cup presented to the Comet CC by Tom Allworthy, Club President 1921-1974.

Fastest 30. The “ALBION” Bowl presented to the Crescent Wheelers CC in 1953 by the Albion Cycling Club.

THIS HANDBOOK COVERS THE YEARS 2015, 2016, 2017, 2018 & 2019

PLEASE TAKE CARE OF IT

Each of these years is also covered by a separate SUPPLEMENT giving details of current Club Officials, fixtures. Etc, together with any amendments to the General and Racing Rules which may be made at the foregoing Annual General Meeting and any other alterations to this main handbook that may be required.

CLUBROOM: Every Tuesday at St Gabriels Church Hall,
Havant Road, Walthamstow, E17 3JF

8pm – 10pm. Newsround is at 9 pm.

A basic church hall where you are welcome to take your bikes in to. Reasonable kitchen from where we run ‘cake and tea’ refreshments.

On the 3rd Tuesday of every month we meet at a local pub. Keep your ears open to know where.

From 2nd week in May for 11 weeks we meet at the London Velopark from 6.30pm.

COUNTRY QUARTERS: The Lea Valley Cycling Club bungalow, adjacent to The Ash Public House, Burton End, Nr Stansted Mountfitchett, Essex. CM24 8UQ. About 2 miles east of the B1383 and a few miles from the E1 time trial courses.

Erected in 1938, it is a well-maintained timber building with sleeping accommodation for both sexes, totalling 16. A common room, kitchen, flushing toilets and shower. Cooking and lighting is by Calor gas and heating is from a solid fuel stoves.

The Lea Valley Cycling Club race HQ, North Hall Road, Ugley, Essex. CM22 6JD. About 2 miles east of the Chequers public house which is on the B1383, 2 miles north of Stansted. Situated with the other 32nd association club bungalows.

A 1960’s built bungalow of brick and timber with sleeping accommodation for both sexes, totalling 10. An open plan common room, kitchen and dining area heated with a solid fuel stove. Cooking is by Calor gas. Lighting is electric with shower and flushing toilets.

Available for hire by non-club members.

Both buildings are run on youth hostel lines. Users are expected to help with the chores and those staying overnight must use individual sleeping bags. Blankets and pillows are provided. Regular users are welcome to keep their sleeping bags etc. at either bungalow. These should be kept in a suitable plastic bag and clearly marked with the owners’ name.

THE LEA VALLEY CYCLING CLUB CANNOT ACCEPT RESPONSIBILITY FOR MEMBERS’ PROPERTY.

Equipment for cooking is provided but members must bring their own food, except for tea, coffee, sugar and condiments, which are included in the overnight charges. These charges are subject to revision to cover running costs but are always reasonable. Prior bookings are necessary only at busy weekends (Club Reunion, Tourist Trial etc.) but it is advisable to contact a Hut Warden or the Club Secretary if in doubt. See supplement for current information.

There are no special rules except to cheerfully give a hand with the chores but REMEMBER TO NOT BE A NUISANCE TO THE LOCAL PEOPLE WHETHER BY NOISE, LITTER OR DAMAGE TO CROPS. THIS IS MOST IMPORTANT.

Current fees are listed in the supplement

GENERAL RULES

1. Object and name of the club: The object of the Lea Valley Cycling Club is to promote sport and sociability. The club operates an equal opportunities policy and does not prevent any person from joining due to race, gender or ability.

2. Management of the Club: The Club is to be managed by a Main Committee of the Officials plus two Committee-persons elected at a General Meeting or as necessary. 25% to form a quorum. The Main Committee to meet at least once each calendar month and have the power to co-opt additional members as necessary. The Main Committee to be assisted in routine matters by such sub-committees as may be required. These may be comprised of any class of member but at least one must be a member of the Main Committee. Minutes of all sub-committee meetings to be available at the next Main Committee Meeting for confirmation.

3. Financial: The Clubs' financial year to end on 31st October. No expenses to be incurred outside the normal duties of office without the written authority of the Committee.

4. General Meetings: The Annual General Meeting to be held not later than the second week in December with a Half-Yearly General Meeting for date fixing and affiliations to be held not later than 30th July. Special General Meetings may be called at any time by the Committee or by written request of 12 members. The General Secretary to give 21 days notice of Annual and Half-Yearly General Meetings. Agendas to be circulated 7 days prior to same. Closing date for resolutions for the A.G.M. to be 24th October. Any proposed alterations to Rules must have a majority of two-thirds of those present and voting to be effective. 20% of paid up members to form a quorum at the A.G.M. Official's reports for the A.G.M. to be submitted by October 24th.

5. Membership:

(a) Life Membership to be awarded at General Meetings for special services to the club.

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|------------------------|--|
| (b) Seniors | (e) Juniors (under 18 on January 1 st) |
| (c) Full Time Students | (f) Schoolage (under 16 and at school) |
| (d) Senior Citizens | (g) Social |

(h) Annual subscriptions are due on 1st January and will cover to 31st December of the same year. New members joining on or after 1st July and before 31st October to pay 50% of annual subscription. New members joining after 31st October to pay full subscriptions, which will cover the remainder of the current year and the whole of the following year. For rates see supplement to this handbook.

(i) All members except Social are entitled to vote at meetings and to hold office providing that they are not in arrears with Club subscriptions.

(b) Ladies Road Race Championship: The same points system and same award as for Seniors shall apply.

(c) Junior Road Race Championship: The same points system and same award as for Seniors shall apply.

(d) Veterans Road Race Championship: The same points system and the same award as for Seniors shall apply.

(e) The Road Race Championship Shield shall go to the rider who has gained the highest number of points in a season irrespective of category; (a) Senior (b) Lady (c) Junior (d) Veteran

Rule 11. Track Championship:

(a) To be awarded under the following points system:-

Placing	Finals	
	Sprints / Handicaps	Other Events
1 st	4 pts	4 pts
2 nd	3 pts	3 pts
3 rd	2 pts	2 pts
4 th	--	1 pt
Finish	1 pt	

No points for novice events, course-des-primés or lap prizes.

No points unless a marked up programme is submitted to the Track Secretary by October 31st each year.

(b) There are separate Championships for Ladies, Seniors Males and Junior Males. Awards to be a medal for the highest number of points gained each season in each season.

(c) The Track Championship Cup will go to the Member who gains the highest number of points in a year irrespective of category; Lady, Senior Male, Junior Male.

Rule 12. MEMBERS NOT CLEAR FINANCIALLY IN ALL RESPECTS with the Club are not allowed to compete in Club events or to use the Club's name when entering other competitive cycling event or to use the Club's name for any other purpose.

Rule 13. The Committee has power to deal fully with any matter not covered by these rules.

Rule 14. The Lea Valley Cycling Club accepts the principle of sponsorship for specific events.

Rule 8. School-age Circuit Race Championship.

(a) For races for under 16 years old the same points system as for BC Regional B circuit races will be allocated.

For races restricted to under 15 years old the points system to be as follows:-

1st 6pts, 2nd 5pts, 3rd 4pts, 4th 3pts, 5th 2pts,
All other finishers 1pt.

(b) School-age Time Trial Championship to be decided each year by the fastest aggregate of three 10 mile time trials including the Eastway 10 series.

Rule 9. BC Licenses:

Applications to BC for track and road racing licenses must be made through the Club. Such applications will not be accepted from members not clear on the Club's books.

Rule 10. Road Race Championship.

Official result sheets to be submitted with all claims to the Road Racing Secretary by October 31st each year.

(a) Senior Road Race Championship to be decided each year on a points system based on the BC race categories :-

National A Road

1st 11pts, 2nd 10pts, 3rd 9pts, 4th 8pts, 5th 7pts, 6th 6pts, all other finishers 5 points

National B Road (Inc National A Circuit)

1st 10pts, 2nd 9 pts, 3rd 8 pts, 4th 7 pts, 5th 6 pts, 6th 5 pts, all other finishers 4 pts.

Regional A Road (Inc National B Circuit)

1st 9pts, 2nd 8pts, 3rd 7pts, 4th 6pts, 5th 5pts, 6th 4pts, all other finishers 3 pts.

Regional B Road (Inc Regional A Circuit)

1st 8pts, 2nd 7pts, 3rd 6pts, 4th 5pts, 5th 4pts, 6th 3pts, all other finishers 2 pts.

Regional C+ Road (Inc Regional B Circuit)

1st 7pts, 2nd 6pts, 3rd 5pts, 4th 4pts, 5th 3pts, 6th 2pts, all other finishers 1 pt.

The Len Cooper circuit race, TLI (The League International) and LVRC (League of Veteran Racing Cyclists) events will be allocated points as Regional C+ races. Training races etc. will be disregarded.

- (j) All prospective members except Social will be required to complete an application form. The applicant will then be introduced at a Club meeting and accepted within a reasonable period of time providing there are no objections or if nothing adverse is known. If accepted his or her annual subscription is immediately due. On payment a Club badge will be issued, same to remain Club property. If excluded the applicant may not re-apply within 12 months. In the case of a prospective member being under the age of 18 the signature of his or her parent or legal guardian will also be required on the application form.
- (k) New Social members are not required to submit an application form and will be accepted on the recommendation of an existing member subject to Committee confirmation.
- (l) The minimum age of membership is 12 years (either sex). Members between the ages of 12 and 18 will be permitted to enter only competitive cycling events approved by the Committee.
- (m) The Committee has power to take action of suspension or expulsion against any member acting to the detriment of the Club.
- (n) Subscriptions must be fully paid before a member can race or vote at any meeting.

OFFICIAL NOTICES

Members will receive an emailed newsletter. It will be posted to those without computer facility. It is usually published every other month. Members are invited to send in items especially news to fellow members, race results and 'what's on' in the cycling world. Poetry and humour are always welcome.

For club runs from Walthamstow Town Hall, Bank Holiday runs based on our country HQ's, weekend and longer tours contact the Club Secretary or Chairman. – See handbook supplement or watch for announcements of such events in the newsletter and on the website.

Third Party Insurance. Full members of 'British Cycling' or the 'Cyclist Touring Club' are automatically covered for this risk. Others not wishing to pay full subscription to either of these bodies are recommended to become Associate Members of 'British Cycling'. Details from the Membership Secretary.

RACING RULES

Notes: The word 'Club' in these rules signifies the Lea Valley Cycling Club.
Age categories shall be as those defined from time to time by relevant National Bodies

Road Time Trial Council (RTTC) is now Cycling Time Trials Ltd. (CTT)

British Cycling Federation (BCF) is now British Cycling Ltd (BC)

Rule 1. Club Time Trials

(a) All 32nd association events are 'Club Events'. Members may compete in Club events except where rule 12 applies. Social members are not eligible for awards or prizes.

IT IS ADVISABLE THAT ALL MEMBERS BELOW THE AGE OF 16 YEARS SEEK THE GUIDANCE OF A CLUB OFFICIAL AS TO WHAT EVENT TO RIDE

(b) The normal closing date for all Club events to be 12 days before the event. Entries will be accepted on the line in all Club events but will not count in the handicap section of the event. Entries from members under the age of 18 must be accompanied by a consent form signed by a parent or legal guardian (CTT Regulations).

Members will not be allowed to start in any Club event without having signed a normal entry form or a combined Club entry form (signing on sheet).

For entry fees see current Handbook Supplement. An optional fee covering the whole season to be set by the Main Committee and notified to the club not later than March 1st each year. Members taking advantage of the optional fee must pay same before they ride in any Club event.

This rule does not apply to the evening 10's on the Velopark Circuit which have their own fees payable to the Velopark Tuesday Tens TT Club.

(c) Start sheets to be circulated to all competitors whenever practical. Any competitor not starting to the time allocated to lose time up to the time he or she reports to the timekeeper.

(d) A basic scratch mark shall be applied in Club events each season.

(e) An appointed Club timekeeper may co-opt any credible person to act as assistant timekeeper in Club events. such a person must use a watch with a face of over one inch diameter divided into 60 or more equal parts with a centre sweep second hand or an electronic timer of CTT approved type.

The watch or timer to be synchronised with the timekeeper's watch not more than 30 minutes before the start of the event and checked with the timekeeper's watch not more than 30 minutes after the event and any variation to be taken into account.

	3 rd	2 nd	1st
Ladies Tandem Bicycle			
10 miles	27-00	25-00	23-00
25 miles	1-04-00	1-00-00	57-00
30 miles	1-16-00	1-11-00	1-07-00
50 miles	2-15-00	2-06-00	1-59-00
100 miles	5-10-00	4-45-00	4-25-00
12 hours	200 miles	220 miles	230 miles
24 hours	370 miles	385 miles	400 miles

Men's Tandem Bicycle

10 miles	25-00	23-00	21-00
25 miles	1-00-00	57-00	53-00
30 miles	1-11-00	1-07-00	1-04-00
50 miles	2-04-00	1-57-00	1-52-00
100 miles	4-36-00	4-18-00	4-00-00
12 hours	227 miles	240 miles	250 miles
24 miles	405 miles	430 miles	450 miles

Men's Tandem Tricycle

10 miles	27-30	25-30	24-00
25 miles	1-07-00	1-03-30	1-00-00
30 miles	1-17-00	1-14-00	1-10-00
50 miles	2-15-00	2-09-00	2-04-00
100 miles	4-50-00	4-35-00	4-20-00
12 hours	202 miles	220 miles	225 miles
24 hours	370 miles	395 miles	410 miles

Rule 7. Club Records.

Note:- By ruling of the inaugural meeting in 1969 original records are to be built up on each type of machine at each distance at the end of the Club's first year or subsequent years until all are set.

(a) Individual records: In the event of a member breaking a Club Record a special plaque will be awarded (one per rider per distance per machine type). Separate sets of records are applicable to Ladies and Men. From 1983 separate sets of records are to be built up for Juniors, male and female, below the age of 19 years.

Times by PTT's in other clubs' events will not be accepted.

(b) Team Records: Certificates are to be awarded for team records. There are to be Junior Team Record, Ladies' Team Record, Men's Team Record and Club Team Record (3 riders per team)

All Team Records must be obtained in competition in Open or Association events.

Rule 6 continued

Standard 10 mile times for Junior and School-age members:

Age		3rd	2nd	1st
12	male	34-00	32-00	30-00
	female	37-30	35-00	32-30
13	male	32-30	30-00	28-30
	female	35-00	33-30	31-30
14	male	30-30	28-30	26-30
	female	34-00	32-00	30-00
15	male	29-00	27-00	25-00
	female	33-00	31-00	29-00
16	male	27-30	25-30	24-30
	female	31-00	29-30	27-30
17	male	27-00	25-00	23-30
	female	30-00	28-00	26-00

To arrive at Standard Time for 25 miles, multiply each 10 mile time by 2 ½ then add 2 ½ minutes. For 30 mile Standard, multiply each 10 mile time by 3 then add 3 minutes. For 50 mile Standard, multiply each 10 mile time by 5 then add 6 ½ minutes. For 100 mile Standard, multiply each 10 mile time by 10 then add 32 minutes.

SENIORS

Bicycle	3 rd	2 nd	1 st
10 miles	26-00	24-30	23-00
25 miles	1-07-00	1-02-00	58-00
30 miles	1-18-30	1-14-30	1-10-00
50 miles	2-18-00	2-09-00	2-01-30
100 miles	4-45-00	4-30-00	4-18-00
12 hours	211 miles	232 miles	248 miles
24 hours	390 miles	415 miles	430 miles

Tricycle and Ladies Bicycle

	3 rd	2 nd	1 st
10 miles	29-00	27-00	25-30
25 miles	1-14-00	1-09-30	1-05-00
30 miles	1-29-00	1-23-30	1-18-00
50 miles	2-32-00	2-24-30	2-15-00
100 miles	5-30-00	5-09-00	4-51-00
12 hours	190 miles	210 miles	220 miles
24 hours	365 miles	385 miles	400 miles

(f) Privately Sponsored Time Trials:

“Bill major 25”, Velopark 10’s series and other specified events (see rule 14). Prizes and conditions for prizes in privately sponsored Club time trials are to be at the sponsor’s discretion subject to any directive that the Committee wish to impose.

Club Racing Rules that apply to privately sponsored Club time trials are:- “Bill Major 25”, Racing Rule 1(a) (b) (c) (e). Rule 3 (a) (b) (f) (g). Rule 5 & 6 all sections. Rule 8 (b). Rules 12, 13, 14. “Helopark 10’s”, Rule 1 (a) (e). Rule 3 (b) (c) (f). Rule 6 all sections. Rule 8 (b). Rule 12, 13, 14. “Specific Events” as for “Bill Major 25”.

Rule 2. Awards in Club Events.

(This rule does not apply to the Velopark 10’s.)

(a) Medals or plaques (at the committee’s discretion) incorporating the Club badge to be the award in all Club events, same to be coloured Gold, Silver or Bronze to denote 1st, 2nd or 3rd. Alternatively, prize winners may choose to take a monetary prize instead. Such values to be set by the main Committee and notified to the members not later than 1st March each year. Members choosing a monetary prize for any event must notify the Time Trial Secretary within 7 days of the nominated Club Hill Climb date.

(b) In all Club events (excepting the Hill Climb) a 1st handicap will be give. A 2nd award will be given if entries exceed 6 and a 3rd if entries exceed 10.

(c) In all Club events except for a series overall a fastest award will be given. A 2nd award will be given if the entries exceed 10 and a 3rd if entries exceed 15.

(d) In all Club events except in any series of events when the award shall be for the series overall there will be an award for the fastest Junior. A 2nd award will be given if junior entries exceed 8 and a 3rd if junior entries exceed 12.

(e) In all Club events except in any series of events when the award shall be for the series overall there will be an award for the fastest Lady. A 2nd award will be given if lady entries exceed 6 and a 3rd if lady entries exceed 10.

The Committee to designate any series and the number of events counting for the series in Rules 2 (c), (d) and (e)

(f) Consolation Award (a plaque). This prize is to be awarded on the last Club 25 of each season in addition to the normal Club awards. The recipient will be the fastest on handicap from all those who have competed in at least 4 Club events in the current season without taking any prize or award excluding the Hill Climb and Christmas morning event, if run.

Rule 3. Club Time Trial Championship.

In all sections except (b) and (f) the winner will receive a trophy to be held one year and also a medal (coloured gold) .

Each runner up will receive a medal (coloured silver). In sections (b) and (f) the winner will receive (at present) a plaque (coloured gold) and the runner up a medal (coloured silver).

Performances in Club, Association and Open events will count in all sections except (g) and claims must be submitted in each instance. Section (g) is confined to Club events only and will be awarded automatically.

(a) Club Time Trial Championship.

To be decided each year by the fastest aggregate time over one 10, one 25, one 30 and one 50, a total of 115 miles

(b) Ladies Time Trial Championship.

To be decided each year by the fastest aggregate time over one 10, one 25 and one 50, a total of 85 miles.

(c) Junior Time Trial Championship.

To be decided each year by the fastest aggregate time over two 10's and two 25's, a total of 70 miles.

(d) Best All Rounder Time Trial Championship.

To be decided each year by the best aggregate over one 25, one 50 and one 100. A total of 175 miles.

(e) Long Distance Time Trial Championship.

To be decided each year by the best aggregate over one 50, one 100 and one 12 hour.

(f) Veterans Time Trial Championship.

To be decided each year by the best aggregate age standard over one 10, one 25 and one 50, a total of 85 miles. Result Sheets giving ACTUAL TIMES must be submitted.

(g) Club Time Trial Handicap Championship.

To be decided each year by the best aggregate handicap time in Club events only over one 25, one 50 and one 100, a total of 175 miles.

(h) School-age Time Trial Championship to be decided each year by the fastest aggregate of three 10 mile time trials including the Velopark 10 series.

Rule 4. Claims for Prizes and Awards.

Only times done in Open, Association or Club events will count.

(a) Every member must give the Time Trial Secretary result sheets for their fastest ride at every distance on every machine type each year by October 31st unless done in a Club event.

(b) Members must claim and show proof of any awards including Standards that they believe they have won excluding all awards for Club events which will be awarded automatically.

Rule 5. Private Time Trials.

The entry fee for privates from other clubs in our Club Events will be the same for Seniors. PTT's by Club Members in Club events are not allowed.

Only PTT's ridden under CTT Regulations will be recognised for Club Records or awards with the exception of tandem rides.

Rule 6. Standard Time Certificates.

(a) Entry fees for standards for the whole season or for individual attempts may be found in the current Handbook Supplement.

(b) Only times by a recognised timekeeper will be accepted.

(c) Members must beat Standard Times or their previous best Standard at each distance on each type of machine.

(d) No member except in the case of a tandemist competing with different partners to receive more than one 1st or one 2nd or one 3rd class certificate at each distance on each type of machine in any one year. For School-age, Juniors and Veterans a year shall be 12 months from birthday.

(e) Separate standards will apply to Seniors, Ladies, Juniors, School-age and Veterans as individual riders.

Separate Standards will apply to Mens tandem bicycle and to Ladies tandem bicycle. Mixed tandems (one male, one female) are to be 50% of the difference in time or distance between mens tandem bicycle and that of ladies tandem bicycle. Tricycle and Tandem Tricycle are to be awarded for machine type.

(f) Veterans' Standards are as current VTTA Standards. Veterans' Standards for 10 miles arrived at by deducting 3 minutes from each 25 mile time and taking two-fifths of the remainder. Veterans' to qualify for any standard in any group must beat Veterans' standard time for their group or their previous best time in their age group.

(g) Awards for achieving the following Standard Times are:-

1 st Class	Gold Certificate
2 nd Class	Silver Certificate
3 rd Class	Bronze Certificate