

Lincoln Wheelers Cycling Club

Rules for Club Competitions, and Challenges

Amended after the 2019 AGM

Competition Rules

1. Additions and Amendments to these rules

Will need a majority vote at the AGM, but the committee may amend any rule for one year.

2. Eligibility for Awards

Only 1st claim members of Lincoln Wheelers CC are eligible for awards

3. Age Categories

There will be separate men's and women's categories in each of the following age categories

Senior: - A rider who is over **19** and under **40** years on the 31st December of that year

Vet40: - A rider who is over **40** on the 31st December of that year

e.g. for the 2017 season, a **Vet40** has to be between **40** and 49 on the 31st Dec 2017.

Vet50: - A rider who is over **50** on the 31st December of that year.

(N.B. a Senior Vet50 may compete as a Vet40, i.e. in a potentially faster category)

Vet60: - A rider who is over **60** years on the 31st December of that year

(N.B. a Senior Vet60 may compete as a Vet50, i.e. in a potentially faster category)

Vet70: - A rider who is over **70** years on the 31st December of that year

(N.B. a Senior Vet70 may compete as a Vet60, i.e. in a potentially faster category)

Novice: - A rider in his first year of racing on the type of machine that the award is for:-

Junior: - A rider who is over **16** years and under **19** years on the 31st December of that year.

Juvenile: - A rider who is under **16** years on the 31st December of that year.

(N.B. a Juvenile may compete as a Junior, i.e. in a potentially faster category).

4. Racing Season

The racing season runs from the 1st November of one year, to the 31st October the following year. **Note** that the Cyclo Cross League may start before this date.

5. Counting events in Leagues and Competitions

In all Club Leagues, and Competitions, the number of counting events will be **two thirds** of the total events **rounded DOWN**. If a rider has more than this number of scores, their best scores up to the qualifying maximum will count

I.e. if there are 9 counting events riders will count their best 6 event scores

if there are 10 counting events riders will count their best 6 event scores.

if there are 11 counting events riders will count their best 7 event scores.

Note If there are less than six counting events

For 5 counting events, riders will count their best 3 event scores

For 4 (best 3 event scores), 3 (2), 2 (2), and 1 (1)

6. Tie breaker:-

If any riders tie on points, the rider with greater number of maximum scores wins, if it is still a tie the rider with most next highest points wins, and so on.

7. Disciplinary Action & Appeals

- a. Allegations of infringements of these Rules and Regulations, must be reported to the Event Organiser, TT Racing Secretary, or Club Chairman, within 24 hours of the event finishing.
- b. Where an individual or individuals are alleged to have infringed these Rules and Regulations, a **Disciplinary** committee, of the Event Organiser, TT Racing Secretary, Club Chairman, Secretary, and Treasurer will hold an enquiry into the allegations, and upheld, or reject the allegation, and agree any action.
- c. If the allegation is upheld the individual or individuals can be disqualified from the event, have a time penalty imposed, or reprimanded, dependant on the severity of the allegation, and the individuals racing experience.
- d. The rider(s) concerned, shall be notified as soon as possible after the decision.
- e. The individual, or individuals, upon whom or on which any penalty is imposed, shall have a right of appeal to the Club Secretary, by email, or letter, not later than 14 days from the date on which notification of the decision is received by the individual, or individuals,
- f. An **Appeals** committee will be formed by the Chairman of a minimum of 3 members of the committee, not part of the **Disciplinary** committee, who shall review the appeal.
- g. Members of the committee who have passed comments on the allegations, verbally, or on social media, will not be ineligible for the **Appeals** committee

Time Trial Race Regulations

1. National Body,

Lincoln Wheelers club time trials (TT's) are run under the rules and regulations of either the TLI Cycling (TLI), or the Cycling Time Trials (CTT), which will be decided by the committee.

2. Racing Licence

In TT events run under TLI rules and regulations, riders will need to have a TLI licence, which must be presented at the signing on.

A license is not needed for events run under CTT rules and regulations.

3. Signing-on Sheet

The Competitors in all TT's must make themselves aware of any special safety instructions for the event and sign the Official Signing-on Sheet when collecting their number.

4. Safety,

In club TT's, competitors are required to wear a safety helmet and also need to have a functioning front light, and a rear red cycle light when starting the event. (No helmet, no lights, no ride)

5. Navigating the Course

The onus of keeping to the course rests with each rider.

6. Awareness of Surroundings

Competitors must not wear head/earphones associated with audio equipment except hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

7. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating

to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

Not ride in a manner that is unsafe either to themselves or to other road users

Ride on the left-hand side of the road except for safe overtaking and when making right hand turns

Conform to all traffic signs, signals and direction indicators

When making any turn before, during or after the event, ensure that it is safe to do so.

8. **At the Finish,**

When passing the finish, if possible, competitors should shout out their race number.

Riders must not stop within 200 metres of the finish.

9. **Marshalls**

Marshalls must not seek to regulate or interfere with other traffic.

10. **Paced & Company Riding**

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles.

A competitor overtaking another must pass without receiving or giving shelter.

The onus of avoiding company riding shall be upon the rider overtaken.

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.

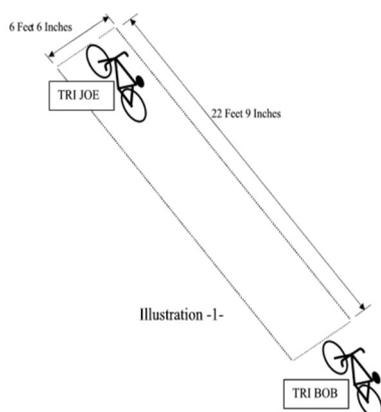
You must set your own pace and not use another rider as a pace maker.

Nor is it in order to ride alongside or a few metres behind for any appreciable distance.

In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move.

For events run under TLI Rules & Regs the following drafting definition (British Triathlon) will apply.

The drafting zone is defined as a rectangular area 7 metres long (23 feet) by 2 metres wide (6 feet 6 inches) surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts, each being one metre wide.



11. **Use of Motor Vehicles**

A competitor shall not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle

12. **Feeding**

Competitors may only be handed food, drink or equipment from a helper who is on foot. Every precaution must be taken to ensure that other traffic is not impeded.

13. Handicaps:-

The Racing Secretary is the Club Handicapper, this role may be delegated.

The handicaps for LWCC club TT's will be based on riders fastest ride (by speed) in any LWCC club time trial of any distance during the current season and the previous three.

Times recorded in events using emergency or short courses may be included at the discretion of the committee.

14. Veterans Age Standards:-

In Age Standard events, the rider or team who beats their Age Standard time, by the most time is the winner.

A rider's Age Standard is determined from the relevant Age Standard table agreed by the committee.

The rider's age used in this method is their age on the day of the event.

A Team's Age Standard is that of the older team rider.

Event, and Competition Rules

1. Rider of the Season (RoS)

Counting Events:-

The committee will nominate annually the events, competitions and leagues, to count for the Rider of the Season.competition

Points:-

The points awarded for 1st to 29th places in each event are **50 44 40 36 33 30 28 26 24 22 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2**, with all other finishers getting **1** point.

Competitions:-

Where two or more individual events are formed into a competition to count for the Ros (i.e. the Restricted Gear), the same points as above will be awarded for each event in the competition.

The points scored in all of the events in the competition, will be added together to get a result of the competition

If any riders tie on points, the tie breaker will be used

Awards:-

The **Presidents Bowl** is awarded to the rider with the highest points.

The **Irene Brown Memorial Trophy** is awarded to the highest placed *Lady* rider..

The **Junior BAR Trophy** is awarded to the highest placed *Junior* rider.

The **Schoolboy BAR Trophy** is awarded to the highest placed *Juvenile* rider

The **Neil Kenworthy 100 Trophy** is awarded to the most improved rider, to be decided by the committee.

Gold, Silver and Bronze awards are given for the Age Categories defined under Competition Rules above with the following conditions,

if between 1 and 4 riders in a category then only a Gold will be awarded

if between 5 and 8 riders in a category then only Gold and Silver will be awarded

if there are 9 or more riders in a category then there will be Gold, Silver and Bronze awards

2. Best All Rounder's (BAR)

The **Lincoln Wheelers BAR Trophy** is awarded to the rider with the fastest average speed over 25 miles, 50 miles, 100 miles and 12 hour, during the racing season.

The **Ladies Cup** is awarded to the Lady with the fastest cumulative time, for two 10 mile time trials, and two 25 mile time trials, during the racing season.

3. Club Championship Time Trials

The club has championships over 10, 15, 20, 25, 30, and 50 miles, and Hill climb

The 10 mile, 15 mile, 20 mile, and Hill Climb championships are club events.

The 25, 30 and 50 mile championships are usually held in conjunction with the **LRRRA**.

The **10 Trophy** is awarded to the fastest rider in the 10 mile championship

The **15 Trophy** is awarded to the fastest rider in the 15 mile championship

The **20 Trophy** is awarded to the fastest rider in the 20 mile championship

The **25 Trophy** is awarded to the fastest rider in the 25 mile championship

The **Ladies 10 Trophy** is awarded to the fastest lady in the 10 mile championship

The **Ladies 15 Trophy** is awarded to the fastest lady in the 15 mile championship

The **Ladies 20 Trophy** is awarded to the fastest lady in the 20 mile championship

The **Ladies 25 Trophy** is awarded to the fastest lady in the 25 mile championship

The **Hill Climb Trophy** is awarded to the fastest rider in the Hill Climb championship.

The **B & C 30 Trophy** is awarded to the fastest rider in the 30 mile championship

The **Ashley Trophy** is awarded to the fastest rider in the 50 mile championship

The **Ces Smith Trophy** is awarded to the fastest rider on Handicap in the 50 Champs.

The handicap is worked out from the riders fastest 50 mile TT in any event in the current and last 3 seasons, if a rider has no 50 time, their fastest 25 mile TT time may be doubled to give an estimated 50 time.

The **John Elsom Trophy** is awarded to the club's fastest rider over 100 miles during the season.

4. Other Club Time Trial events

Restricted Gear events,

The **West Lincoln Committee Trophy** was formerly awarded to the fastest rider in the Low Gear event, but is now awarded to the fastest rider in the **Road Bike TT**

The **Faulkner Shield** is awarded to the fastest rider in the Medium Gear event

The race distance for both events, is to be around 10 miles.

The *Low gear* event has a maximum gear of **53 x 21**, which is a **68"** gear, which is a maximum distance of **17' 6½"** per pedal revolution

The *Medium gear* event has a maximum gear of **53 x 19**, which is a **75"** gear, which is a maximum distance of **19' 4½"** per pedal revolution

Road Bike TT

The **West Lincoln Committee Trophy** is awarded to the fastest rider

Riders machines must have No tri-bars, and No Aero Disc Wheels,

Also riders must wear separate shorts and jerseys

Lottery 2 up TTT

The **2 up TTT Trophy** is awarded to the fastest team on *Handicap*

The teams will be selected using a seeded draw.

In the event of having an odd number of riders, the last rider to enter, will ride solo.

The handicap of a team is the average handicap times of both riders

The race distance is to be around 15 miles.

Grand Prix de Gentlemen

The **Fred Dutton Shield** is awarded to the fastest team on *Age Standard*,
A team must have at least one rider who is a *Veteran* in order to qualify for the result.
The Age Standard of a team, is the Age Standard time of the oldest rider.
The race distance is to be around 15 miles.

New Year day TT

The **Winter Double Trophy** is awarded for the winner of the New Year's Day TT

Interclub Events

Interclub events may be arranged as and when dates and challengers can be found.

5. Time Trial Leagues,

In all time trial league events the **1st** rider gets **40** points, with the **40th** rider getting **1** point,

If any riders tie, they will get the average of the point scores, rounded up.

Spring and Autumn 5 mile leagues

There are separate leagues for scratch and handicap

The **Spring 5 League Trophy** is awarded to the winner of the Spring Scratch league

The **Spring 5 Handicap Trophy** is awarded to the winner of the Spring Handicap league

The **Autumn 5 League Trophy** is awarded to the winner of the *Autumn* Scratch league

The **Autumn 5 Handicap Trophy** is awarded to the winner of the *Autumn* Handicap lge

The **Five mile Trophy** is awarded to the Juvenile rider with the most points, after adding their best four, Spring and Autumn 5 league Scratch or Handicap points together.

Spring and Summer Time Trial leagues

The race distance for the league events, is to be around 10 miles.

There are separate leagues for scratch and handicap.

The **Evening League Trophy** is awarded to the Scratch winner of the Summer TT league

The **Midsummer Trophy** is awarded to the Handicap winner of the Summer TT league

The **Spring League Scratch Trophy** is awarded to the Scratch winner of the Spring TT league

The **Spring League Handicap Trophy** is awarded to the Handicap winner of the Spring TT league

The **Ellis Smith Trophy** is awarded to the Lady rider with the most points after adding their Spring and Summer TT league Scratch and Handicap points together,

Veterans Standard Challenge

The winner is awarded the **Nicholson Challenge Trophy**.

This is an *Veterans Age Standard* competition with **6** counting events, the events to be selected by the committee (Usually Club Championships, and LRRRA events)

The **1st** rider in each event gets **1** point, the **2nd** rider gets **2 points**, the **3rd** rider gets **3 points**, and so on. A rider's best four scores to count.

The winner is the rider with the lowest score.

In the event of a tie, the standard times for those events which are common to the tied riders shall be totaled, with the highest total standard being the winner.

Bernard Rosen Handicap Challenge

The winner is awarded **The Handicap Trophy**.

This is a *Handicap* competition, with 3 counting events, the **Championship 15, 20, & 25**

Note - that the counting events may be changed at the discretion of the committee.

6. Club TT Records

Records are recorded for both genders over 10, 15, 25, 30, 50, 100 miles, 12, and 24 hours, for *Senior*, *Veteran*, and *Junior* riders, riding *Bicycles*, and *Tricycles*, also for *Male*, *Female*, and *Mixed* teams, on *Tandems*, and *Tandem Tricycles*.

Records are also recorded for *Juvenile Boys*, and *Girls*, over 10, 25, 30, and 50 miles, riding *Bicycles*

Records are also recorded for *Under 14 Boys*, and *Girls*, over 5 mile, riding *Bicycles*

Team records are recorded for *Male*, and *Female*, teams of 3 riders riding *Bicycles*, over 10, 25, 30 and 50 miles

Tricycle team records are recorded for teams of 3 riders riding *Tricycles*, over 10, 15, 25, 30, 50 and 100 miles

7. Circuit Races

The Circuit Races are run under the rules and regulations of the TLI,

Note - this may be changed at the discretion of the committee.

Each competitor's cycle should meet the regulations of the chosen governing body.

Note - The organiser and officials, have the right to alter the event formats, to take into account weather conditions, and any course issues.

Circuit Race League

The **Lindum Trophy** is awarded to the winner of the Circuit Race League

Each league event consists of a *Scratch race*, and a *Handicap Race*.

In each race the **1st** rider gets **20** points, with the **20th** rider getting **1** point,

The points from each of the 2 races are added together to give a result for each event

In each circuit race event, the **1st** rider gets **20** points, with the **20th** rider getting **1** point,

Circuit Race Championship

The **Circuit Race Championship Trophy** is awarded to the winner of the Circuit Race Championship

8. Tandems and Tricycles

The **Fullwood Trophy** is awarded for the most meritorious ride by a *LWCC* rider or riders, at the "Trike/Tandem Weekend", decided by the President, Chairman, and Event Organiser.

The **Gwyneth Trophy** is awarded for the best novice trike rider, decided by the President, Chairman, and Event Organiser.

The **Trike Trophy** is awarded to the Trike rider with the fastest ride (by speed) during the season

The **Tandem Trophy** is awarded to the Tandem team with the fastest ride (by speed) during the season

9. Cyclo Cross

The **Cyclo Cross Trophy** is awarded to the first *LWCC* rider in the Lincs League Cyclo X event, nominated by the committee as the Club championship.

The **Cyclo Cross League Trophy** is awarded to the first *LWCC* rider the Cyclo X League Challenge.

10. Road Racing

The **Road Race Trophy** is awarded to the best overall *LWCC* rider in the three Lincs League Handicap Road Race events nominated by the committee.

Non Competitive Awards

1. Mile Eater Challenge

The mileage club members cover in Lincoln Wheelers organised club runs will qualify for the Mile Eater Challenge,

Riders achieving more than **1000** miles get a **Silver** certificate,

Riders achieving more than **2000** miles get a **Gold** certificate,

Riders achieving more than **3000** miles get a **Platinum** certificate.

2. Other Awards

The **Agfa Trophy** is awarded as an “acknowledgement for achievement”; this is voted for at the club AGM annually. The Committee will propose a short list of nominations for the AGM.

The **Carolyn Dumbleton Trophy** is awarded for an “Outstanding achievement”; not in a race, by a Lady. The winner will be decided by the Committee.

3. Freewheeling

The **Willerby Tankard** is awarded to the rider freewheeling the furthest, in the “Freewheeling competition”.

4. Speed Judging Events

- Speed Judging events are not a race, it is a test of your ability to accurately judge your speed.
- The riders are told the distance and route of the circuit and they must estimate how long it will take them to ride.
- The junctions may not be marshalled, the onus of keeping to the course rests with each rider.
- The rider must compete without any time pieces. i.e. no Watches GPS, or Mobile phones.
- Riders must start with one foot on the floor
- The rider who completes the course in the nearest time, to their estimated time is the winner.