

## CTT Newsletter – January 2021

CTT continues to review the situation with regards to Coronavirus;  
new anti-doping rules come into effect;  
a new virtual time trial on the R25/3H;  
and availability of some refurbished rev counters.

### Coronavirus

Although the government's figures show that the rate of new infections is slowing down, there is no indication as yet to say when it will be possible to resume competitive sport. CTT continues to keep this under review and as soon as there are any developments, a further release will be issued to provide an update.



Many early season events have already been postponed, with a small number cancelled. If you are promoting an event, if it looks unlikely that your event can proceed, the Board would ask that you look at postponing the event to a later date, rather than cancel it; 2020 was a very difficult year for us all. Everyone would like to see competition once more and the demand is there!

### Police notification forms – open and club events

Although this may have been done already, clubs and organisers are reminded that they should send the PNF to the relevant police authority to ensure the necessary legal requirements will have been complied with and are in place so events can start as soon as we have the go ahead, without having to wait another 28 days.

### Anti-doping

The new 2021 World Anti-Doping Code and new 2021 UK Anti-Doping Rules came into effect on 1 January 2021. The UKAD website has been updated to reflect the changes introduced by the new Code. CTT has also updated its website to reflect the new Code. This includes hyperlinks to the UKAD website so all the information can easily be accessed. This includes advice on what to do should you be taking prescribed medication. Please remember that it is your responsibility to ensure that you comply with the anti-doping rules.

[www.cyclingtimetrials.org.uk/articles/view/30](http://www.cyclingtimetrials.org.uk/articles/view/30)



### Furlough scheme

The Board continue to review CTT's staffing requirements and, as a result of the latest lockdown and knock on effect this is having to our event programme, it has been decided to continue using the Government scheme with three staff members now on furlough in various manners.

## Virtual racing with RGT

Virtual racing continues over the winter months with a 10 mile time trial on RGT Cycling every Monday evening starting at 7pm. Full TT mode has now been released by the online platform with riders starting at 10 second intervals and 'no drafting' events based on the V718 course, your start time is determined by the time you join the server for the event, a countdown timer is visible on your screen. More time trials are being added. To take part in these events you will need the mobile app (free download via the app store) and the screen app (on a laptop/iPad, again a free download via the app store), simply register, add your details and connect your turbo and away you go.



Along with the regular weekly 10 miles based on the virtual V718, a 25 mile event has now been created, based on the R25/3H course in South Wales where Marcin Bialoblocki (42:58) and Hayley Simmonds (49:28) set the current competition records. These are scheduled for Saturday mornings with a 10am start.

The sign-up links are posted on the CTT and RGT Facebook pages, along with the CTT Strava page.

## CTT history books

Christine Minto (North Midlands), has been the fabulous keeper of the competition record books, keeping them up to date and producing the competition certificates for the past 41 years, with her beautiful calligraphy. CTT would like to thank Christine for her hard work and care with the books over the years, it really is very much appreciated. Sadly, Christine has decided the time has come to put her ink-well and blotting paper away and CTT Chairman, Sheila Hardy has asked if anyone knows of someone with calligraphy skills, who might be interested in taking on the role. If so, could they please contact her ([sheilactt@sky.com](mailto:sheilactt@sky.com)).

## Refurbished rev counting devices

CTT director and Teesside district secretary, Gavin Russell has recently organised the refurbishment of a number of rev counting devices. Thanks go to Paul Kitson of Stockton Wheelers, who has undertaken the task of not only refurbishing the counters, but has also changed the fitting kit connections to make them more robust.

By replacing the original soldered-in batteries with battery holders, the user can now replace the battery (size 2032 watch battery) themselves. With further slight modification completed, access can now be gained to the battery by simply removing the four screws on the back plate, as it is now fully detachable.

In sourcing parts to undertake the refurbishment, "Garmin" stick-on mounts have been identified as available, so creating a much better mounting solution. A number of these mounts have been purchased and can be provided on request. We are not supplying the handlebar/stem part of the "Garmin" mount. In a further improvement, instead of the screwed

wire connection to the rev counter head, a simple plug-in solution has been found and can be supplied as an alternative, with the latest refurbished models.

Whilst undertaking the refurbishment and purchasing of parts, Paul has constructed a completely new counter, with all new parts, at a fraction of the cost (£20-£30) of a commercially available counter (£100+). This means that should the occasion arise, where we require to purchase new rev counters, we have an available source.

Gavin now has a number of rev counters plus fitting kits in stock and can post out, when requested. If your district or district course measurers require a refurbished rev counter, please do not hesitate to contact Gavin Russell (gavin\_russell@hotmail.co.uk) with your requirement, together with contact details of where to send them. There is no cost for the supply or postage of the devices.

Should you require any instruction or guidance on the use of the devices, or in how to undertake course measurement, please do not hesitate to contact Gavin, who will arrange for Paul and himself to hold a Zoom meeting with interested parties. If anyone has any defunct rev counters, please do not hesitate to let Gavin know, and he will arrange for their replacement and refurbishment.

## **Safeguarding**

Can all club secretaries please check their own club's safeguarding policies and ensure that everything is up to date. Thank you.

## **Withdrawing entries**

If you have entered an event and can no longer ride you can withdraw your own entry via the website before the closing date, but entries cannot be withdrawn after the closing date. Ensure you are logged in, then click on your name in the top right... My Events > Completed Entries > Receipt > Withdraw. This will automate a refund to the card you used to enter.

## **Changing clubs and updating profiles**

Before the season begins, could all riders please check their profiles and ensure they are happy with the permissions they have agreed to; especially the box for permission for photographs to be used and interviews to be given. To do this, click on your name (top right when logged on to the CTT website), select Settings from the dropdown menu and the Privacy from the list on the main screen.

**Finally – keep safe and keep training,  
hopefully events will start again soon!**