

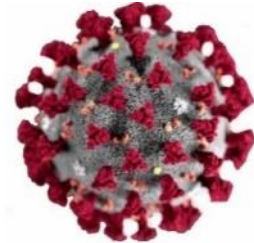
CTT Newsletter – April 2021

It's all systems go as events resume in Scotland and Wales;
but please remain vigilant and do not attend events if you are feeling unwell.

The CTT Board start discussions with Spindata; discount for CTT members when purchasing Michelin star chef and cyclist Alan Murchison's new book; please check your emergency contact details, and more!

Coronavirus

The South Wales District Committee, mindful of the easing of COVID restrictions in Wales, has lifted the embargo on Cycling Time Trials Club events run on Welsh roads within the South Wales DC jurisdiction with effect from 26 April 2021 and for Open events run on Welsh roads within the South Wales DC jurisdiction from 9 May 2021. All events MUST be run to the current COVID risk assessment issued by CTT. There must be no gathering, there will be no result board, no catering etc and all toilet facilities must be carefully monitored. Riders must arrive 'race ready' and no clothing may be left at the start or finish. Further information will be supplied to event organisers in due course.



Similarly, CTT events can now resume in Scotland, also from 26 April 2021.

In all cases, whether that be for events in England, Scotland or Wales, it is essential that the safeguards as set out in the CTT Covid-19 risk assessment are understood and followed. This applies not only to event organisers, but to all competitors in CTT events and all those involved so the event can take place.

Please can everyone make sure they have read the CTT Covid-19 risk assessment which was amended last month to reflect the changes made in the Covid-19 restrictions since 2020. The amended risk assessment is available on the CTT website, plus a tracked version so the changes can be seen:

<https://cyclingtimetrials.org.uk/documents/index/covid-19>

Please remember:

The threat of Covid-19 and the risk of infection still remains. If you are not well or showing signs of Covid-19 then please do not attend any CTT event.



Ranking system

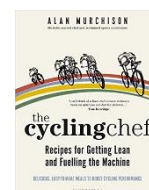
At a recent Cycling Time Trials board meeting, it was unanimously agreed to establish a working group to further discussions with the developers of the Spindata platform. The aim being to identify the mutual benefits of moving forward together, to develop and establish an improved Cycling Time Trials ranking system.

For those who are not familiar with the Spindata platform, please go to: www.spindata.co.uk

Look out for updates on progress and the direction that the new ranking system is going, in future announcements and newsletters.

Cook book

Michelin star chef and cyclist, Alan Murchison has recently had a second cookery book published; 'The Cycling Chef – Recipes for Getting Lean and Fuelling the Machine'. CTT members have been offered a 25% discount when the book is ordered direct through www.bloomsbury.com/tcc if they quote their CTT Rider identity number. Published price is £22.00.



Emergency contact details

Can all riders please ensure their emergency contact details are up to date on their profiles. This can be done by logging on to your profile, clicking on your name (top right), and selecting Settings from the dropdown menu, and then click on My Contact Info. Please do not put your own details in there, this information is needed in case of an emergency. Please remember that if you are injured while participating in a CTT event, you may not be able to give details of whom to contact. Also, can tandem riders please not use their riding partner's contact details, it would be of no help if the tandem were to be involved in an accident.

'Puppy paws'

There have been a number of instances reported to event organisers where competitors are seen riding with their forearms resting on the top of the handlebars; the so-called 'puppy paws' position. This position has been banned in UCI events as it is considered dangerous, even for professional riders.

All competitors are asked to note that riding in such a position is also considered dangerous while competing in CTT events. Riding in such a position will be deemed as being a breach of CTT Regulation 20(a):

20. 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:

(a) not ride in a manner that is unsafe either to themselves or to other road users;

Any competitor in a CTT event observed riding in such a position will be liable to disqualification from the event and possible further disciplinary action.

YOU HAVE BEEN WARNED!

Merlin Classic Series

After two successful rounds of the Merlin Classic Series, the third round, organised by Border City Wheelers on 23 May, closes on 11 May. Also closing on 11 May is the fourth round being organised by South East Midlands DC on 6 June. There are categories for men, women and veterans, paracyclists, juniors and road bikes, so something for everyone!

Awareness of local regulations for roundabouts



Please be aware that for many CTT courses it is not considered safe to ride using the tribars while navigating a roundabout on the course. Many districts have now introduced local regulations so as to prevent this on certain roundabouts on certain courses. Any such local regulation will be printed on the start sheet for the event. Please would you ensure that for every event you ride that you read the start sheet carefully so that you are familiar with any specific requirements in relation to the event and also that you are aware of any local regulations that may be applicable.

Finally – we’ve said it before and we’ll keep saying it – keep your heads up!