

## Notes to competitors

### IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

### This event may be subject to a Doping Control.

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control.

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board.

If your number is displayed you should report immediately to Doping Control which will be nearby.

**Remember, it is up to you to check and ensure that you comply.**

If required you must report to Doping Control after finishing without delay.



# Cycling Time Trials

CYCLING TIME TRIALS IS A COMPANY LIMITED BY GUARANTEE REGISTERED IN ENGLAND No: 4413282

# 2016 RTTC 12 Hours National Championship Sunday 26th June



Promoted for and on behalf of  
*Cycling Time Trials*

under their Rules, Regulations and National Championship Conditions

***By Welsh Cycling Association  
For South Wales District Council***

## Cycling Time Trials Board Representative

Roger Wakeling



### Notes to competitors.

Numbers Championship Condition 2 (j)

Competitors must only use the numbers supplied by the event organiser.

Body numbers should be fitted in accordance with Regulation 16.

Arm numbers should be fitted to the upper arms facing forwards.

Use of Motor vehicles

This event is OVER 100km. Regulation 22 (use of motor vehicles) allows for assistance with a competitor's reasonable feeding and other requirements. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Such vehicle should be driven at normal traffic speed.

### Awards (Both Men & Women)

1st Gilt RTTC Medallion, Championship Trophy & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

Team Gilt RTTC Medallions & Championship Shield

Age awards to fastest

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc

Awards will be presented subject to Championship Condition 2(h)



## 2015 Champions



Rob Townsend



Jasmijn Muller