



Bristol South Cycling Club

How to series...How to enter a time trial.

A time trial is a race generally over a set distance in which the riders complete the course in the fastest time which they are able to. Riders depart singly at minute intervals, and are timed to the finish.

You will need your regular road bike, ensure the gears and brakes are working properly. If you are under-18 years you need to bring a parent/guardian to sign permission. It is advisable to wear a helmet, and have a rear red-flashing light; but these items are not compulsory. These races are run under the Cycling Time Trials organising body; you do not need a British Cycling race licence.

Club Events

For our club's classic league on a Wednesday evening:

http://www.bristolsouthcc.co.uk/djk/Club_Events/classic_league.php

You need to have paid your club membership subscription; the club 'year' is from 1st September to 31st August, at less than £1/month.

http://www.bristolsouthcc.co.uk/djk/Club_Info/join_bsccl.php

You do not need to enter in advance; just turn up on the day, and sign on the entry form, near the start. Race entry fee is £3 of which £2 is paid to Cycling Time Trials as their event levy, and provides 3rd party liability insurance. Or, you can enter all 17 of the Wednesday races for £30.

It is advisable to get there early, to ensure you know where the route goes, get your race number pinned on, and ensure you do not miss your start-time.

The event starts at 7:01 pm and riders leave at minute intervals in line with your race number; so number 5 starts at 7:05 pm, no 23 at 7:23 pm etc.

Open Events

This is for a race which is open to riders of all clubs, you need to plan ahead a bit more.

You need to have paid your club membership subscription; the club 'year' is from 1st September to 31st August, at less than £1/month.

http://www.bristolsouthcc.co.uk/djk/Club_Info/join_bsccl.php

You should enter at least a couple of weeks in advance of the event - the closing date for entries is usually at midnight 10 days before the race is due to take place. This is to give the organiser time to arrange the rider's start order, allocate race numbers, prepare a race programme and prize schedule and advise his crew of helpers and timekeepers as well as all the entrants.

To find your race visit the Cycling Time Trials website, and proceed as follows;

CTT home page <https://www.cyclingtimetrials.org.uk/>

On your first visit – register <https://www.cyclingtimetrials.org.uk/register>

When entering your details make sure you enter them accurately as this will save the organiser time correcting any errors. Common mistakes are incorrect date of birth, forename and surname around the wrong way, not using capitals correctly.



(you might like to save this image to your profile)

On subsequent visits – log in <https://www.cyclingtimetrials.org.uk/login>

The second tab on the ribbon at the top of the page is 'events'



To find an event held locally, you can use these criteria on the side bar to the left:

Date 01-01-2017 - 31-12-2017 Select the dates which suit you.

District We are in West District

Distance

Or multiple selections as 10 miles, 25 miles, other

If you know which event you are looking for ~

Choose an event from the main part on the screen and select **'Enter'**

Otherwise if you are unsure about the event ~

Choose an event from the main part on the screen, if you click on the organising club's name it will show you a map of where the course is, the elevation profile, and other details. From here you can **'Enter now'**, or go back and try another event.

Check your details are correct.

Confirm by check-box that you agree to the terms and conditions at the bottom of the page.

I agree to the [terms and conditions](#)

Select **..Proceed..**

You are then asked what is your best result in similar races, however if this is your first event please provide an estimate and check in the box to say so. This time enables the race organiser to spread the entrants through the race evenly by their ability.

I do not have any previous results that fit this criteria - This is an estimate

Select **..Proceed..**

You are taken to the payment screen where you can pay by card. Open events are more expensive than club events as the organiser has additional costs to cover, typically around £8 to £10.

That's it. Your entry is made.

You will receive an e-mail from the organiser, usually 1 week prior to the event, confirming the race details, HQ location, course route, your start number and time of departure. Make sure you get to the HQ in plenty of time. You should aim to arrive with enough time to complete the steps below and complete any warm up you want to do. You will need to:

- sign on a paper start-sheet
- collect your race number and pin it on using the 4 pins provided

- confirm you know where you are going
- check for any last minute safety advice which should be next to the signing on sheet
- make sure you know your way to and from the start/finish and how long it will take

Do not be late at the start line for your start time; if you miss your start time the timekeeper will try and fit you in (if there is a gap later in the start schedule), but he will also give you a time handicap depending how late you turn up.

Like to know a bit more?

Try the CTT advice page via <https://www.cyclingtimetrials.org.uk/articles/view/9>

Or from the CTT ribbon



About > Getting Started > Basic Information for Beginners

Top tips:

- 1 Don't start too fast: you need to keep your pace going for the full distance. If you have spare energy left with a mile to go that is the time to wind it up.
- 2 Perception of effort: that headwind/uphill will make the effort required to maintain a fixed speed increase markedly so it's time to keep within your limit, and then push-on faster on the tailwind/downhill section to even out your energy use.
- 3 Next time you will be faster: as you get used to the course, and fitter from riding your bike you will improve your times over the series. Constancy of purpose is the secret of success.
- 4 Ride aero: you do can ride perfectly well on a normal road bike, but improve your position efficiency by riding on the drops, wearing non-flapping clothing, and ditching all that touring luggage before the start. Do you really need a drinks bottle during the race? If not, don't take one. Most of the aero drag is created by the rider, so tuck your elbows in, and align your head, shoulders and back in a smooth profile.
- 5 Your first event will be your personal best: it does not matter how fast you were, but finish and you now have a starting point to consider what you would improve next time around, and only a week to go to find out what those changes will bring.