



# Ulster 10 Mile Time Trial Championships 2023

Sunday 9th July 2023



**Sign on and warm up location :** Toomebridge Park & Ride, BT41 3QR

**Number collection from:** 8:15am

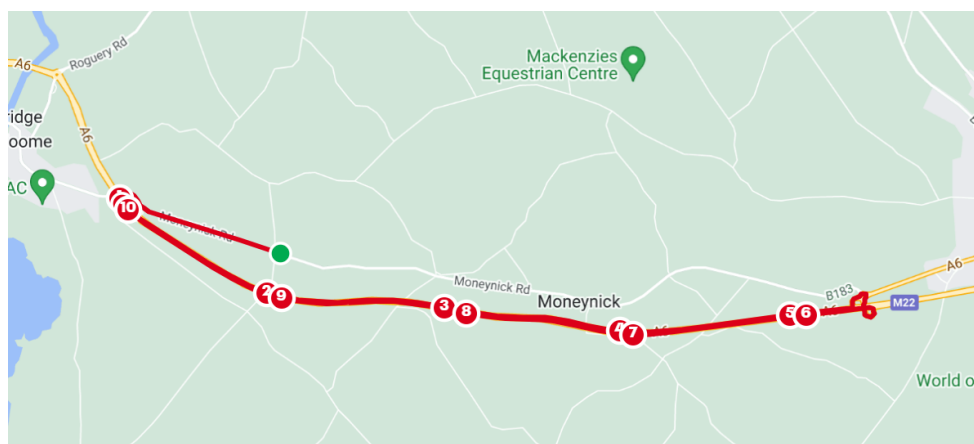
**First rider off at:** 9:01am

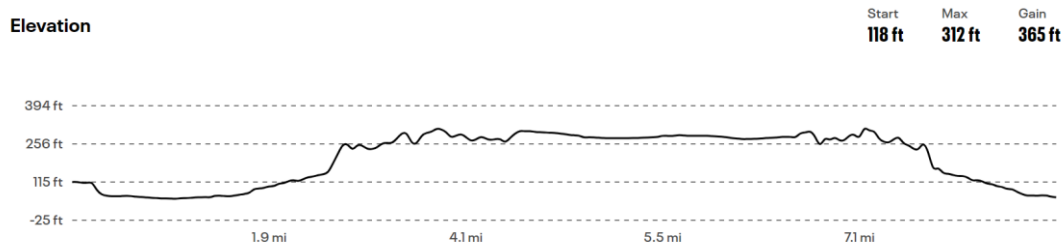
## **Course details**

Riders will commence from the number collection area and turn left onto the Moneynick Road. The start line is situated approx. 1 mile from the Park & Ride. Riders should proceed from the start line to the Drumderg roundabout where they will take the 1st exit. Riders should take the slip road just before the A6 merges onto the M22. At the roundabout riders should take the 3<sup>rd</sup> exit and follow the flyover to merge back onto the A6. The finish is located just before the Drumderg roundabout.. Riders should under no circumstances stop at the finish. They should continue to the roundabout and take the 3<sup>rd</sup> exit which will take them back to the Park & Ride. Marshals will be on the course to control traffic and direct riders but it is the riders responsibility to familiarise themselves with the route.

## **Course Map**

[Map of Route](#)





Pre- registration via Eventmaster is compulsory, no entries will be accepted on the day!

NOTE: Due to some very serious accidents at Cycling Ireland time trial events, Pre entry, with all warning notes, guides and regulations is the only way riders will be allowed to start this event. We want to have all our riders aware of where they are going, what we require of them, and make them fully aware of any risks involved. Your safety is our number one priority. We will no longer accept riders signing on the day of the event. Please do not ask as refusal will cause disappointment.

- **Quality rear light compulsory.** Lights must be presented when collecting your number. No light or a light that is deemed to be poor quality will result in a no start!! If your light can not be removed from bike, bring the bike to number collection! BRC have the right to refuse competitors from starting due to inadequate light or equipment. Please understand the primary aim is to achieve rider safety.

## Race rules and requirements

1. A minimum of a limited competition licence is required. Categories for Ulster Medals are Elite Men, Elite Women, Master Women, M40, M50 and M60 and Juniors.

2. As per UCI Regulations the following applies:

**1.3.033** *Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head.*

**Put simply the competitor's sock length must not be higher than the mid distance between ankle and knee**

**2.4.023** The following vehicle shall follow at least 25 metres behind the rider, shall never overtake them nor draw up level with them. In the case of a breakdown, technical support may be rendered only with the rider and vehicle stationary and the following vehicle shall not hinder anyone else.

**2.4.024** The following vehicle of a rider who is about to be caught shall, as soon as the distance between the two riders drops below 100 metres, drop back behind the vehicle of the other rider.

**2.4.025** The vehicle of a rider who catches another may not take up position between the riders until they are at least 50 metres apart. Should this gap subsequently be reduced, the vehicle shall drop back behind the second rider.

3. Treat all officials, timekeepers and fellow riders with respect if you wish to return.

4. As noted above quality rear light is compulsory. You will not be allowed to start without an effective rear light. No rear light, No Start

5. Although riders are legally entitled to use the same width of roadway as a car, in the interest of good relations with other road users it is recommended that they keep within the area indicated by the red line in the picture. There will be observers to assess behaviour of competitors and those who consistently breach race recommendations will risk disqualification. (See Figure adjacent). There will be both static and mobile marshals observing riders. Riders deemed to be riding in an unsafe manner will be highlighted and disqualified. Competitors can move across to avoid obstructions, or over take other riders but are advised to look over their shoulder to ensure safe to do so.



When approaching/exiting the roundabout competitors to adhere to highway code and respect other road users and maintain their own safety, i.e. do not ride between cars approaching roundabout. Approach roundabout with caution.

6. Do not disturb the timekeeper under any circumstances, they have an even more difficult task than the rider. To assist the time keeper, always wear the numbers; to be positioned on left upper arm. Always shout your number as you approach to assist the spotters and timekeeper. It is YOUR responsibility to do this.

7. Return numbers to the sign on area. There will be a box provided for this purpose. If you accidentally leave with the number. Contact us to return it via post.

8. No warming up on the course once the event starts. If you do need to cross the finish line, sit up, cover your race number with your right hand, visibly slow and shout to warn the timekeeper. If you require advice regarding an area for road warm up please contact BRC prior to event for advice regarding alternative roads off course.

9. Note that it is a riders responsibility to meet their start time. You will add to the work load and delay publication of results if you miss your start. A restart is purely at the discretion of the start and finish teams, and any times recorded will only be ratified after the reasons given for the missed start are authenticated. If any unfair advantage is obtained via change of starting order the promoters reserve the right to exclude the recorded time.

10. In the event of fading light, heavy rainfall, or an accident, the organisers reserve the right to cancel the event, even after the event has started. If the event has started, results will be scrubbed and the event ran at a later date.

11. Times will be collated and published as soon as possible after the event.