



RULES OF TransWales 7 day MTB stage Challenge 2010

1. Introduction

These rules shall apply to the TransWales 7 day MTB stage Challenge, hereinafter referred to as TW. MTB Events LTD is the organizer of the TW. By registration, payment and/or participation in the TW every participant accepts these rules and confirms that he/she has read, understood, and accepted the conditions of participation (see 'Required for participation').

1.1 General

The TW is a stage event for solo riders and teams of two and irrespective of personal status open to all MTB riders, i.e. also professionals and pure amateurs.

1.2 Required for participation

By entering the event via the entry form as well as by payment of entry fee riders accept the rules and conditions of participation. Riders have to be 18+ at the starting date of TW. Only MTB bikes will be admitted for participation. No club membership required. Every participant shall make sure that he/she is physically fit to take part in the TW and consult a doctor if considered necessary. On the organizers' request he/she should submit a doctor's certificate of non-objection. The Organizer reserves the right at any time to reject a registration of a participant.

1.3 Registration / Cancellation

Registration can be done by mail by completing a registration form to be signed and sent to MTB Events LTD. This form will be available as a download pdf file on the official website or on request from MTB Events LTD.

The £ 100 deposit is not refundable but an entry is transferable to another rider up to the day of registration.

Further cancellation fees:

- Within the last four week before the start => only 50% of the total entry fee will be paid back
- Within the last week before the event => no refund will be paid back

Please keep in mind that the entry fee/place is fully transferable to another rider up to the day of registration.

In that case you are transferring you entry please inform us as soon as possible via info@mtbtransuk.co.uk or +44 (0) 117 9040139.

There will be the following classifications: Open Men Teams, Open Women Teams, Mixed Teams, Vets Men Teams, Vets Woman Teams, Open Men Solo, Open Woman, Vets Men Solo and Vets Women Solo. For a scoring in the Vets group it will be necessary that both riders are over 40 years old on the day of the first stage.

There will only be scoring for the categories mentioned above. If there are less than three teams or solo riders in a category by the time the registration closes on the 14th August 2010 the category might be amalgamated into another category. Once entered a category (completed by signing on on the 14th August 2010) a team or solo rider will not be able to change the category at a later point during the event. Please check your category before you sign on.

1.4 Bike

Every rider is solely responsible for the perfect working order of their bike for the duration of the event. We strongly advise every rider to check their bike before and after every stage and seek technical support if required.

1.5 Physical fitness

The organiser has the right to take riders / teams out of any stage if they feel that they are physically not capable of finishing the stage in good time and/or that their condition has an effect on other riders / teams.

2. Teams

2.1 General

A team consists either of two riders or solo competitors.

2.2 Scoring

There will be the following classifications: Men, Women, Mixed, Vets and Solo (open and vets). For a scoring in the Vets group it will be necessary that both riders are over 40 years old on the day of the first stage.

There will only be scoring for the categories mentioned above.

Finish registration (team) will be for both and only when the second team-mate has also passed the finishing check-point (only applies for linking stages). Finish registration (solo) will be when the rider has passed the finishing check-



point (only applies for linking stages).

After the first special stage a scoring jersey will be awarded for the leading team/solo rider in each category which has to be worn during the following stage.

To play a part in the over all classification all special stages have to be ridden. If a rider / team decides not to take part in one or more of the special stages they will still get an over all time. The time for the special stage they missed out on will be calculated by the time of the slowest rider/team in that stage plus 10 minutes.

3. Race procedures

3.1 General

The TW is an event that follows certain procedures and thus fixed times.

3.2 Briefings

A briefing will be held for all riders on the preceding evening during the evening meal or in the morning prior to each stage. During such briefings the riders will be informed about special things to be observed, such as hazardous sections, for the stage to come. The briefing will be held by the race director and participation of solo riders and at least one team member (if possible team captain) is required.

3.3 Timekeeping (linking stages)

The linking stages (un-timed) will have a cut-off time which will be announced at the briefing before every linking stage. Riders are asked to get to the stage finish before the cut-off time. If they are delayed a penalty time of 1 second for every minute delayed will be added to the over all time. If the riders get to the stage finish within the time limit the preset time limit will be added to their over all time rather than their actual riding time. For riders who are delayed it will be the preset time limit plus the penalty time.

3.4a Timekeeping (special stages – lap style)

Some special stages are held either as relay time trials or team time trials. If the special stage is a relay time trial one rider per team will start at the official start time while the other rider is waiting in the handover area. Once the start rider comes into the handover area he/she has to hand over the baton to the finisher rider who will then finish the lap. The team time will be stopped when the finish rider comes over the finish line. If the special stage is a team time trial both riders will start together but will have to finish the lap/stage completely. The riders don't have to ride together. Both individual times will be added to get the team time.

The start order will be announced at least 2 hours before the start of the special stage. Once/if a start order has been determined the fastest teams/riders will start followed by the slower ones.

Solo riders start within the teams. There is no difference between team time trials or relay special stage for solo riders – they have to ride the entire stage on their own. They will ride through the team hand over area but do not need to stop.

All riders will be equipped with a timing chip (or similar) which needs to be secured on the bike (or be carried by the rider – depending on technical requirements) for the entire duration of the TW (see details in 5.5).

3.4b Timekeeping (special stages – within style)

The majority of special stages are held as 'within' stages. These special stages are part of the linking stage and clearly marked as such. Riders will be told the location of the special stage in advance. When arriving at the start of the 'within' special stage riders have to follow the instructions of the timing marshal. There is no predetermined starting order – riders start in the order they arrive at the start. All riders have to ride the timed section as it is a part of the linking stage and the achieved time will be added to the over all time of the day.

3.5 Timekeeping (over all)

The over all time will be the preset riding times (cut-off minus start time for example start time 9.00am, cut off time 4.00pm = 7 hours), plus penalty time in case the team/solo rider was delayed at any of the linking stages plus the time of the special stages. The over all time determines the leader in the various categories and the starting position in the special stages from the 2nd special stage onwards.

3.6 Start (linking stage)

Riders should be ready in good time for the start. Start will be a mass start. Depending on the stage it can be a start with or without a pace car. If it is a neutralized start (i.e. behind a pace car) overtaking in general and especially overtaking of the lead vehicle is strictly prohibited.



From the official starting time the start will remain open for another 10 minutes. Late riders will start the stage with the relevant time lag. Riders arriving later than these 10 minutes will not be admitted to the stage and scored on this day.

3.7 Checkpoints

There will be up to three checkpoints along each stage course, which the riders do not know, checkpoints need to be passed by all teams and solo riders. All these points are manned and the rider number will be registered. For each checkpoint not passed by a solo rider, team or team-mate the solo rider or team will receive a time penalty of 60 minutes (which equals 60 seconds penalty time added to the over all time) as soon as the solo rider/team has reached the stage finish.

3.8 Finish (linking stages)

Both team-mates have to finish jointly. A team-mate will be permitted to be maximum two minutes ahead of the other one. The leading team-mate, however, has to wait for his/her partner before they get registered. The solo rider finishes by coming over the finish line.

3.9 Finish (special stages)

If the special stage is a relay time trial one rider per team will start at the official start time while the other rider is waiting in the handover area. Once the start rider comes into the handover area he/she has to hand over the baton to the finisher rider who will then finish the lap/stage. The team time will be stopped when the finish rider comes over the finish line. If the special stage is a team time trial both riders will start together but will have to finish the lap completely. The riders don't have to ride together. Both individual times will be added to get the team time.

There is no difference between team time trials or relay special stage for solo riders – they have to ride the entire stage on their own. They will ride through the team hand over area but do not need to stop. The solo rider time will be stopped when the rider comes over the finish line.

4. Dropout of TW

Riders not reaching a stage finish will get penalised.

4.1 Withdrawal from TW

Teams or individual participants who, for whatever reason, want to withdraw from the race, shall immediately notify the race director, race office or call the published emergency telephone number. No refund will be paid in case of withdrawal. If a rider fails to do so, the organizers reserve the right to instigate organized searches at the rider's cost.

In the event that one team-mate drops out, the other rider can carry on as a one man team (will stay in team rather than in solo rankings) and officially finish the TW. He/she can be day stage winner of the solo category for every remaining special stage but cannot win the over all solo category.

4.2 Dropout of one stage

There may be various reasons for a solo rider or team not to finish a stage within the official time limit: injury, defect, losing the way, exhaustion etc. Teams or solo riders not arriving at the finish for one or several of such reasons will receive an official time from start to finish plus a 120 minutes penalty (which equals 120 seconds penalty time added to the over all time).

In this case the solo rider or teams will be allowed to take part in the next stage and get classified.

4.3 No-shows

In the event a solo rider, team-mate or the whole team does not appear for a stage, they will be taken out of the official TW scoring. In case of hardships it shall be at the race committee's discretion whether riders appearing later than 10 minutes after the official starting time may remain in official scoring. If a team-mate is unable to take part, attempts will be made to integrate the other team-mate in a team as set forth in 4.1. or let him/her ride on his/her own.

5. Equipment

5.1 Helmet

Wearing a helmet is compulsory at all times. Helmets must meet the accepted safety standards and fit the head size of the rider.

5.2 Clothing and equipment

In view of the fact that it will be a seven days off road event across Wales where the weather can change quickly and be



rather severe every rider has to equip him/herself accordingly. This includes suitable clothing for all weather conditions, a cycle computer, spare tubes a space blanket and a first aid kit. Also recommended are tools and spares as well as a fully charged mobile phone per team/solo rider (number has to be submitted to the event HQ) to be carried along. On top of that sufficient food and drink as well as sufficient lighting for the night stage are needed. Please be prepared to be checked on these items.

5.3 Race number

Every rider will receive a race number which has to be attached to the handlebar. Both team riders have the same number but either an 'A' or 'B' behind that number for easy identification. Solo riders will have only a number. The numbers cannot be changed at any stage in the event. The number has to be worn during all stages and must be clearly visible at all times during the event. The race numbers will be registered at the checkpoints along the course and at the finish line.

5.4 Wrist bands

Every rider will receive a TW wrist band showing his/her name and race number. This wrist band must be kept by the rider at all times and entitles him/her to receive food, use the facilities and serves as identification. In case a wrist band breaks, please take it to the timing officials so that it can be exchanged for a new one.

Any improper use of this wrist band, such as passing on to third parties to allow such persons to make use of services reserved for participants, will be punished by immediate disqualification of the rider.

5.5 Timing Chips

Every rider will receive a timing chip (or similar) which has to be mounted in front of the bottom bracket with the bigger part of the chip pointing towards the ground (can vary depending on technical requirements). It is the rider's responsibility to ensure the chip is properly mounted and/or carried. If done incorrectly or not done at all no time can be given at the special stages. If uncertain please ask a member of staff. The timing chip has to be securely fitted on the competitor's bike (can vary depending on technical requirements) and cannot be changed at any stage in the event. Every rider will have to pay a deposit for the timing chip at the signing on, which will be refunded upon return of the chip at the end of the TW. The various special stages require recoding of the timing chips. It is the competitor's responsibility that this is done in time and correctly.

6. General

6.1 Environmental protection/ Refuse disposal

The TW will travel through one of the world's most beautiful landscapes. So, the rules are simple: those discarding any waste objects (inc. drinking bottles) outside the checkpoints or catering stations will receive a 60 minutes time penalty and be disqualified after the third reprimand.

6.2 Assistance by third parties

The TW is a competition for teams of two and solo riders. Assistance by third parties - except falls, injuries and any other emergency situation - will be prohibited. Food, drinks, clothing or spare parts may be accepted during racing. Prohibited, however, shall be any pulling or pushing by third parties. Assistance by anything other than an official escort vehicle (e.g. team vehicle) shall be prohibited at all times during the race. Riders are allowed to push and support each other.

6.3 Doping

The TW organizers distance themselves from any person taking prohibited drugs of any kind with the intention to give him/her an advantage. In case of reasonable grounds for suspicion the rider will be immediately disqualified. The organizers expressly reserve the right to make unannounced drug tests.

7. The TransWales rules

7.1

The TransWales will partly take place on public roads and restricted trails. That's why all riders must strictly follow the Highway code at all times – that includes linking and special stages as well as the commuting from the event village to the start of the stage.

7.2

Riders must ride on the left side of the road/track/path at all times. Corner cutting shall be prohibited under all circumstances.



7.3

Slow riders shall make way for faster riders who want to overtake, especially in areas where bikes are pushed, for example. Please warn slower riders before overtaking by calling out 'on your left' or 'on your right'. This is extremely important during special stages. Please don't ride aggressively and respect slower riders who might not be familiar with race etiquette. As the trails cannot be closed to other non TransWales riders please show those riders RESPECT by given plenty of friendly warning when you want to overtake.

7.4

At any time the principles of courtesy, sportsmanlike and fair behaviour shall be applied among the riders.

7.5

Riders should ride according to their abilities, all sections of the course, especially those not easy to survey, should be used with utmost care and the readiness for braking always be maintained, especially downhill.

IMPORTANT: The race will be on public roads not cordoned off for the TW. Oncoming traffic will be possible or even likely. Any potential hazards should be notified to other riders.

7.6

In case of defects or injuries the road must be cleared to the extent possible for first aid or repair at the roadside.

7.7

No lane shall be changed in case of a final sprint.

7.8

Closed gates must be closed after passing through. Please follow instructions on gates as to whether they have to be closed or kept open.

8. Race committee, jury, protest, penalties and other sanctions

8.1 Race committee and commissioner

The race committee and the race commissioner take decisions relating to the race procedure.

8.2 Protest

There may, however, occur wilful or unintentional violations of rules by participants but also by the race committee. If the latter cannot take a decision in the case concerned, every participant shall be free to raise a protest against suspected rule violations up to one hour after the stage has finished. The event organiser will only accept protest in writing. For this protest a bail of £ 30.00 has to be deposited that will be kept by the organizers in case of a lost protest.

8.3 Jury

The protest will be decided by a jury appointed by the organizers. Within the framework of the TW all riders shall submit to the ruling by this jury and waive any further claims.

8.4 Penalties and other sanctions

It is impossible and also not intended to list all offences or violations. That's why only a few of them are listed herein with the express information that the race committee in coordination with the organizers may penalise actions not listed herein.

A penalty in the first instance will always be a time penalty if no disqualification or expulsion is required because of the severity of the offence.

The following offences will be punished with a time penalty as the minimum:

- Unsportsmanlike riding/conduct
- Discarding refuse or other objects
- Riding without helmet
- Modified or against the rules attachment of race numbers or timing chips
- Pushing or pulling by a third party
- Shortcutting

The following offence, among others, will result in immediate expulsion

- Wilful dangerous riding endangering other riders

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