

RACE RULES – Do you know them?

Just to help you, here are the most common rules people break, are you aware of them?

DRAFTING – It's cheating and can result in the police stopping the event as it is not sanctioned as a cycling road race. Stay at least 7m (5 bike lengths) apart.

HELMETS NOT BUCKLED / UNBUCKLED TOO EARLY – Safety. It must remain on and securely fastened from when you touch your bike to when you rack it.

RACE NUMBER – You must wear it, and it cannot be cut, folded or altered. Safety, this identifies you as a participant in the race and sponsors / organisers pay to have their name on it.

RIDING IN TRANSITION – Safety, do not get on your bike till you reach the mount line and you dismount before going back into transition.

ARRIVING LATE / GOING INTO TRANSITION WHEN IT HAS CLOSED – Events run to timetables to minimise hassle for organisers. Transitions are secure areas and only competitors are allowed in. It closes prior to the race for safety and security reasons.

ABUSIVE CONDUCT – Marshals and helpers are volunteers and there unpaid, do not abuse them.

TRANSITION SPACE MUST BE TIDY – Safety, do not throw stuff down, keep transition as clear and tidy as possible, rack your bike properly and in the right space.

ROAD TRAFFIC VIOLATIONS – Riding in the middle of the road, not giving way at junctions, cutting up cars etc. All of these can get you killed and will put future events in jeopardy.

This list is not exhaustive and it is YOUR responsibility to know the rules!