

Eastern Cycling Club Championship Information

1. Overview

The following instructions are for Eastern Cycling Club Championships.

The club holds three age-based championships during the year;

- Club Criterium Championships, held in April
- Club Time Trial Championships, held in conjunction with the Rob Graham memorial time trial.
- Club Road Championships, held in October

Championship races are raced in five year age groups; 30-34 women, 35-39 women and men, 40-44, 45-49 etc.

Championship races are only open to Eastern Cycling Club members who qualify to compete. Qualification entails participation in at least three club races in the season that the championship is for:

- for the Criterium Championship this means three races with the club from 1st November to the date of the championship,
- for the Road Championship three races from May 1st to the date of the championship and
- for the Time Trial three races from January 1st to the date of the Rob Graham memorial time trial

Qualifying races include all races run by the Eastern Cycling Club, these include Saturday afternoon races, Wednesday morning races at the loop and Tuesday evening races at METEC during summer. Duty does not count as a qualifying race.

All participants are eligible for championship status in their age group regardless of the number of competitors in their age group. This means that if there is only one starter in an age group that rider will be awarded the title of Club Champion provided they complete the course.

There are no race entry fees for the Criterium and Road Championships, there are no prize money for these races, there will be medals for the top three in each age group.

2. Club Criteriums

1. For the Criterium Championship this means three races with the club from 1st November to the date of the championship.
2. The below is the racing time per age group plus one lap.
 - M1/W1 (30 – 34) Grade - 60 minutes
 - M2/W2 (35 – 39) Grade - 60 minutes
 - M3/W3 (40 – 44) Grade - 55 minutes
 - M4/W4 (45 – 49) Grade - 55 minutes
 - M5/W5 (50 – 54) Grade - 50 minutes
 - M6/W6 (55 – 59) Grade – 50 minutes
 - M7/W7 (60 – 64) Grade - 45 minutes
 - M8/W8 (65 – 69) Grade - 45 minutes
 - M9/W9 (70 – 74) Grade - 40 minutes
 - M10/W10 (75 – 79) Grade - 40 minutes
 - M11/W11 (80 – 84) Grade - 35 minutes
 - M12/W12 (85 – 89) Grade - 35 minutes

3. Club Road Race Championships

1. For the Road Championship three races from May 1st to the date of the championship.
2. The below is the number of laps per age group for Yarra Glen or Gruyere
 - M1/W1 (30 – 34) Grade - 12 laps
 - M2/W2 (35 – 39) Grade - 12 laps
 - M3/W3 (40 – 44) Grade - 12 laps
 - M4/W4 (45 – 49) Grade - 9 laps
 - M5/W5 (50 – 54) Grade - 9 laps
 - M6/W6 (55 – 59) Grade – 9 laps
 - M7/W7 (60 – 64) Grade - 9 laps
 - M8/W8 (65 – 69) Grade – 6 laps
 - M9/W9 (70 – 74) Grade – 6 laps
 - M10/W10 (75 – 79) Grade – 6 laps
 - M11/W11 (80 – 84) Grade – 6 laps
 - M12/W12 (85 – 89) Grade – 6 laps

Note: if there is only one rider in a grade then they can request less laps, but no less than 6.

4. Individual Time Trial Championships

The Time Trial Championship differs from the Criterium and Road Championships in that it is run in conjunction with a regular club race – the Rob Graham memorial time trial. The Rob Graham is open to any AusCycling licensed rider, the standard race entry fee applies to all competitors, prize money will be awarded for place getters in the Rob Graham memorial time trial. All ECC members will be competing for the Club Championship in their age group. Medals will be awarded to the top three placegetters in each age group.

All riders do 1 lap of the Thornton Course.

Arrangements:

1. Send riders off in the order provided by the handicapper, at 1 min intervals
2. Keep a record of rider numbers as they depart, and the time elapsed after the first rider.
3. If a rider is a no show at the start, leave a gap and start the next rider after 2 min, or greater interval if more than one no show in a row. Record this.
4. If a rider is late to the start, hold them until the very end and send them off 1 min after the last scheduled rider, or at 1 min intervals if more than one. Record this.
5. Start at least two stopwatches as the first rider leaves the start.
6. Record time of each rider as they finish as stated on the stopwatch.
7. Don't worry about assigning times to riders until all riders have finished.
8. Supply a record of rider numbers in finishing order with the stopwatch time to the handicapper.
9. Handicapper to calculate the actual time based on the departure time and the stopwatch time.

