



TEESSIDE SPOCO POINTS COMPETITION RULES AND REGULATIONS

1. The competition is known as the Teesside SPOCO and is administered by the Tees-side District of Cycling Time Trials under their rules and regulations. There is no additional levy for competing in each of the qualifying event.

2. The competition is open to any rider whose club is affiliated to the Teesside District of Cycling Time Trials. The competition is run on a points basis. Individual riders do not have to make any claims for points since they are awarded automatically after each event.

3. For each event, 1 point will be awarded for first place, increasing proportionally for each subsequent place. Only competitors appearing on the result sheet will be awarded points. DNF will be award last place points +1. DNS will be awarded last place points +2. Only Teesside affiliated club riders will be allocated points in the league table.

4. There are 9 qualifying events. Riders can enter as many events as they wish. The general competition is determined by each lady/junior/senior rider's best 5 results and for Juveniles (under 16's) their best 3 results.

The 2019 events are listed below:-

10/03/2019 T211R Cleveland Wheelers CC

24/03/2019 T244/1 Teesdale CRC

07/04/2019 T235 Stockton Wheelers CC

14/04/2019 T405 Teesdale CRC

28/04/2018 T256 Cleveland Wheelers CC

18/05/2019 T243 Richmond CC

16/06/2019 T255 Cleveland Wheelers CC

14/07/2019 T091x2 Cleveland Wheelers CC

18/08/2019 T101 Cleveland Wheelers CC

5. A separate points competition covering Hill Climbs will be issued

6. The Juvenile competition will follow the senior format. With each rider's best 3 results to count.

7. Riders not completing the required number of events will be eliminated from the final league table and will not be eligible for the team competition.

8. A detailed league table will be displayed on the Teesside District Facebook page Event secretaries should send their start sheets and results sheets to the administrator as quickly as possible (preferably electronically). The aim is to have a provisional result posted on the website within 24 hours of each event, which will be finalised with the receipt of the official result.

9. Categories will be: Seniors; Ladies; Juniors; Under 16; Veterans 40 -44,45-49,50-54,55-59,60-64,65-69,70-74 and 75 and above and Teams of 3. The Teesside SPOCO Administrator's judgment on the allocation of riders to the appropriate categories will be final.

10. A Trophy will be awarded to the overall winner and medals will be awarded in each category Ties for the prize categories in the final league table will be resolved by counting the number of 1st places. If still equal, 2nd places will be counted, then 3rds, etc.

11. The age category of each competitor is determined by their age on the 1st of March 2018, and they remain in that age category for the duration of the year's competition.

12. A rider who changes club during the year will transfer his/her points to the new club provided the rider informs the Teesside SPOCO Administrator and the change complies with CTT rules and regulations.

13. Each club can nominate a Teesside SPOCO contact who is responsible for distributing any SPOCO information to their club. If a club makes no specific nomination then any correspondence will be sent to the Club CTT Contact.



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14. Riders wishing to supply the Tees SPOCO Administrator with their email address will receive updates, where appropriate, throughout the season. (Email addresses will be stored securely and will not be distributed to any 3rd parties.)