

MIDDLETON CYCLING CLUB

Founded 1941

Handicap Championship Standards (From April 1996)

This is based upon the rider's best times in the previous three-year period at 25 mile, 50 mile and 100 miles.

If there has been no performance at all at a particular distance, the allowance shall be half the limit (which is known as Novice allowance)

- Scratch to be Gold Standard.
- Limit to be Bronze Standard
- Not including present year, i.e. previous 3 years to racing season.

The Standards are listed below:

	10 Mile	25 Mile	30 Mile	50 Mile	100 Mile	12 Hr
Gold	24.00	1:00.00	1:12.00	2:04.00	4:25.00	245 Miles
Silver	25.00	1:03.00	1:16.00	2:10.00	4:35.00	235 Miles
Bronze	26.00	1:07.00	1:20.00	2:18.00	4:48.00	220 Miles

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Tandem Standards (1989) (Men, Women and Mixed Pairs)

The below standards must comply with RTTC Regulation 26, 'the Steers person must be 18 or above (Male or Female)

10 Mile	Gold	Silver	Bronze
Men	21.30	22.30	23.30
Mixed	23.00	24.00	24.30
Women	24.00	25.00	26.00

25 Miles	Gold	Silver	Bronze
Men	54.00	57.00	1:00.00
Mixed	57.00	59.00	1:03.00
Women	59.00	1:02.00	1:06.30

30 Miles	Gold	Silver	Bronze
Men	1:05.00	1:08.00	1:12.00
Mixed	1:08.00	1:11.00	1:16.00
Women	1:11.00	1:14.00	1:20.00

50 Miles	Gold	Silver	Bronze
Men	1:52.00	1:57.00	2:03.00
Mixed	1:57.00	2:03.00	2:10.00
Women	2:02.00	2:09.00	2:17.00

100 Miles	Gold	Silver	Bronze
Men	3:58.00	4:08.00	4:19.00
Mixed	4:10.00	4:20.00	4:34.00
Women	4:22.00	4:34.00	4:48.00

12 Hr	Gold	Silver	Bronze
Men	270 Miles	258 Miles	242 Miles
Mixed	256 Miles	245 Miles	228 Miles
Women	244 Miles	233 Miles	214 Miles

24 Hr	Gold	Silver	Bronze
Men	495 Miles	473 Miles	440 Miles
Mixed	472 Miles	450 Miles	416 Miles
Women	448 Miles	426 Miles	390 Miles

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Club Standards (as at March 1990)

10 Mile

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies, School Boys / School Girls	26.30	27.30	28.30
Men	24.00	25.00	26.00

25 Miles

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies, School Boys / School Girls	1:06.00	1:09.00	1:14.00
Men	1:00.00	1:03.00	1:07.00

30 Miles

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies	1:19.00	1:22.00	1:29.00
Men	1:12.00	1:16.00	1:20.00

50 Miles

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies	2:16.00	2:23.00	2:32.00
Men	2:04.00	2:10.00	2:18.00

100 Miles

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies	4:52.00	5:04.00	5:20.00
Men	4:25.00	4:35.00	4:48.00

12 Hr

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies	222 Miles	212 Miles	195 Miles
Men	245 Miles	235 Miles	220 Miles

24 Hr

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Ladies	408 Miles	388 Miles	355 Miles
Men	450 Miles	430 Miles	400 Miles

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Men's VETS standards (As at March 1990)

To be beaten

- New standards apply in any 5-year age group.
- A Trophy is only awarded for 4 Standards in any one year.

	<u>10</u>	<u>25</u>	<u>30</u>	<u>50</u>	<u>100</u>	<u>12</u>	<u>24</u>
<u>40-44</u>	24.30	1:01.00	1:13.30	2:06.00	4:30.00	242	440
<u>45-49</u>	24.45	1:02.00	1:14.45	2:08.00	4:35.00	238	430
<u>50-54</u>	25.00	1:03.00	1:16.00	2:10.00	4:40.00	234	420
<u>55-59</u>	25.15	1:04.00	1:17.15	2:12.00	4:45.00	230	410
<u>60-64</u>	25.30	1:05.00	1:18.30	2:14.00	4:50.00	226	400
<u>65-69</u>	26.00	1:06.30	1:20.00	2:18.00	4:56.00	223	390
<u>70-74</u>	27.00	1:08.00	1:21.30	2:21.00	5:03.00	218	382
<u>75-79</u>	28.00	1:10.00	1:24.00	2:25.30	5:12.00	211	370
<u>80-85</u>	29.00	1:12.00	1:26.30	2:30.00	5:21.30	205	359

Women's VETS standards (As at March 1990)

To be beaten

	<u>10</u>	<u>25</u>	<u>30</u>	<u>50</u>	<u>100</u>	<u>12</u>	<u>24</u>
<u>40-44</u>	27.00	1.8.00	1.21.30	2.21.00	5.3.00	218	382
<u>45-49</u>	28.00	1.10.00	1.24.00	2.25.30	5.12.00	211	370
<u>50-54</u>	29.00	1.12.00	1.26.30	2.30.00	5.12.30	205	359
<u>55-59</u>	30.00	1.14.00	1.29.00	2.35.00	5.31.00	198	348