

Introduction to Time Trialling

Whilst time trialling is a form of competitive cycling, do not let that put you off if you are considering taking part for the first time and are nervous about the experience. Time trialling, when undertaken at Club level, is a really enjoyable and sociable activity. With riders setting off at one-minute intervals and cycling as individuals, there is absolutely no danger of you being left behind. It is a race against the clock, with achievement measured by your fastest time over a set distance, or on a set course. Often the best achievement at an event is set by one of the slowest riders!

You will see people on fancy bikes with all sorts of expensive and specialist kit but this is simply not necessary. All that is required is a roadworthy bike and a standard helmet. Some riders have done time trials on mountain bikes. Most will start on a standard road bike, and many continue to ride the events on that same bike.

The insurance requirements do dictate that you must be a member of a Cycling Time Trials (CTT) affiliated Club. Border City Wheelers has a temporary membership scheme for new starters (£2.00 for a calendar month) which will allow you to experience Time Trialing before committing to full membership. Riders must be aged 12 years or older and any rider under the age of 18 years must have a parental [authorisation form](#) signed. Every rider must then pay a further £3.00 at each event, comprising of £2.00 levies to the CTT and £1.00 to the Club to cover the expenses of village hall hire etc.

Border City Wheelers would suggest starting on one of our shorter events (namely a 10 miler). These are held normally every other week during the racing season (April to September). The website has full details of the calendar and contains all the information required in relation to start venues etc. In order to allow us to make the necessary arrangements on the day, riders must sign-on at least 20 minutes before the actual event start time (and the organiser of each event is usually there about an hour before). There will also be many others there to provide assistance and give their own advice for your first time trial!

After the event, riders usually wait to view the time-keepers result sheet. This is when the personal achievements are confirmed (or otherwise) and competitors relive their rides and share their delight. There is no requirement to stay should you need to leave promptly after your ride. Handing your race number in confirms your safe return and ride times are posted later on the Club website.

So we look forward to welcoming you to your first time trial! If you do have any further questions about taking part, please do not hesitate to email the [Time Trial Secretary](#) and we will try and answer them as quickly as possible.

For further CTT info:

[Your First Time Trial](#)

[Basic Information for Beginners](#)