# Active After Work Preston Park Velodrome Challenge

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| **Entrant list** | **Number** | **Name** | **Age** | **Gender** | **Factor** | **Registration Form** |
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# Timings

* Event date: **Friday 24th June 2016**
* Sign on and get your race number from 18.00
* **You can warm up until racing starts, which is at 19.00 prompt**
* The 200-metre and 1 lap aces run in number order one from each team, so 1,11,21,31,41,51,61, then 2, 12,22,32,42,52,62 etc
* This is a fun event, but please note the rules below.

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| **Rules** |

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| The Challenge consists of all team members competing at three timed distances on Preston Park Cycle Track: 200 metres, 1 lap and 3 laps (notionally 1 mile). The Challenge is for teams of 4 or more riders, which must contain a mix of gender. Team members must be 16 years or older. Times will be converted into scores using handicap factors based on age and gender. The winning team will be the one with the lowest score. Times and results will be published live on the web on the night. URL available on the night. There will be no paper results. You must wear a cycle helmet. |

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| **200m** |
| 1. Each rider is set off as previous gets to the 100 meters mark, marked by a traffic cone. 2. Team held starts if wanted. 3. When not racing do not ride on the track in the 200-metre competition area or on the finishing straight. |

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| **1 lap** |
| 1. Next rider is set off as previous gets to the 1/2 lap mark, marked by a traffic cone. 2. Team held starts if wanted. 3. When finishing stay above the blue line but away from the fence to avoid collision with other riders and impeding other riders. Exit track on to the grass only when you have checked it is safe to do so. |

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| **1 mile [3 laps]** |
| 1. We will use a team pursuit style format; this is where each team has their own start and finish point around the track. 2. Team held starts if wanted, 3. When finishing ride straight to avoid collision with other riders and impeding other riders. Exit track on to the grass only when you have checked it is safe to do so. 4. Clear drafting can attract a 10 second penalty so please overtake, drop back or move out if you find yourself continuously 10 metres or less behind another rider. It is the riders responsibility to observe this rule. |

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| **Factoring**: 8% for every 1 year under 16 (n.a. for this event), 6% for every 5 years of age from 40 upwards, 12% for female gender, 12% for clearly knobbly tyres, 6% for anyone who its deemed has good reason to lack confidence in their bikes ability to move quickly (judge has final decision). |
| **Results**:  All times will be converted into positions, with the fastest time scoring the lowest position, whereby positions represent points and the team with the lowest averaged points wins.  A draw will be decided by count back on team-factored positions from the 1-mile through to 200 metres in reverse race order. If a draw still exists teams can nominate a single rider [without reference to the the other team’s decision], to complete a deciding factored lap. |