



Alton CC segment of the month challenge 2020

Alton CC is hosting its fourth Segment of the Month competition during 2020. A friendly competition open to all Alton CC members. Each month a different local Strava segment will be selected. Whoever records the fastest adjusted time (male and female) over the segment is the stage winner and whoever records the fastest actual time is the stage KOM or QOM. Placings contribute to the overall competitions. There are four trophies up for grabs (GC men and women, KOM and QOM).

Rules:

1. The competition is open to all 1st claim members of Alton CC.
2. You must have a personal Strava account and join Alton CC on Strava.
3. Record a time on the nominated segment between 00:01hrs on the 1st of the month and 23:59hrs on the last day of the month.
4. Only your best time counts so have as many goes as you like.
5. An age-based handicap system will operate to give all riders an **adjusted time** (see below).
6. Your time must be recorded on a human-powered bicycle! Time trial bikes are to be used on nominated stages only.
7. Segments will be classified as "Flat", "Rolling", or "Mountain".
8. Flat and Rolling stages must be ridden solo for your time to be counted.
9. At the end of each month the top 10 riders will be announced (male and female) using both adjusted and actual times, points will then be awarded.
10. In addition to the overall cumulative points General Classification (GC) competition, there will be "KOM/QOM" competitions. Points are awarded to both competitors in the event of a tie.
11. There will be 6 stages (April to July, September and October). The riders (male and female) with the highest cumulative points across all stages using both adjusted (GC) and actual times (KOM/QOM) will be declared the winners.
12. The organiser's decision is final in any dispute.
13. A reminder that the rules of the road must be observed and the safety of yourselves and others is always the first priority.

Points:

- GC: 15/12/10/8/6/5/4/3/2/1 for both actual and adjusted times
- KOM: Mountain 10/8/6/4/2, Rolling 5/4/3/2/1 for actual times
- One nominated "mountain" segment will be the Queen Stage with double KOM/QOM points

Handicap system:

This year we are using an adjusted version of last year's handicap system which uses the running age factors in 'Fair and Kaplan 2018'. They are based on world single age records for men compiled by ARRS: World Single Age Records. Four road races were pooled---5km, 10km, half marathon, marathon along with two outdoor track events, 5000 meters and 10000 meters. The data were taken as of June 2, 2017. We are applying these to Cycling and the same factors are used for both men and women. For the purposes of the challenge, age is taken as at 1st April 2020.

Based on last year's cycling results, we have attempted to reduce the gap between adjusted times for different ages by reducing the handicap factors by 50%. This year's segment challenge age factors are:

Age Factor	Age Factor	Age Factor
40 1	61 1.1375	82 1.3461
41 1.0059	62 1.1448	83 1.3764
42 1.0119	63 1.1522	84 1.4122
43 1.0179	64 1.1596	85 1.4539
44 1.0241	65 1.1671	86 1.5023
45 1.0302	66 1.1747	87 1.5580
46 1.0364	67 1.1823	88 1.6219
47 1.0427	68 1.1901	89 1.6951
48 1.0491	69 1.1979	90 1.7789
49 1.0555	70 1.2057	91 1.8745
50 1.0620	71 1.2137	92 1.9838
51 1.0685	72 1.2218	93 2.1088
52 1.0751	73 1.2299	94 2.2519
53 1.0818	74 1.2381	95 2.4159
54 1.0885	75 1.2464	
55 1.0953	76 1.2547	
56 1.1022	77 1.2632	
57 1.1091	78 1.2719	
58 1.1161	79 1.2840	
59 1.1232	80 1.3002	
60 1.1303	81 1.3208	