



Alton CC segment of the month challenge 2023

Alton CC is hosting its seventh Segment of the Month competition during 2023. 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 evolved version of the handicap system which we have used since 2019 that uses an adjusted version of 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 2023.

This year's segment challenge age factors are:

Age Factor	Age Factor	Age Factor
40 1	61 1.1100	82 1.2769
41 1.0048	62 1.1159	83 1.3012
42 1.0096	63 1.1217	84 1.3298
43 1.0144	64 1.1277	85 1.3631
44 1.0192	65 1.1337	86 1.4018
45 1.0242	66 1.1397	87 1.4464
46 1.0291	67 1.1459	88 1.4975
47 1.0342	68 1.1521	89 1.5561
48 1.0393	69 1.1583	90 1.6231
49 1.0444	70 1.1646	91 1.6996
50 1.0496	71 1.1710	92 1.7871
51 1.0548	72 1.1774	93 1.8870
52 1.0601	73 1.1839	94 2.0015
53 1.0654	74 1.1905	95 2.1327
54 1.0708	75 1.1971	
55 1.0762	76 1.2038	
56 1.0817	77 1.2105	
57 1.0873	78 1.2175	
58 1.0929	79 1.2272	
59 1.0985	80 1.2402	
60 1.1043	81 1.2567	