



Alton CC segment of the month challenge 2024

Alton CC is hosting its eighth Segment of the Month competition during 2024. 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). The winner of the e-bike category will receive an honorary mention.

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 road bike. 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 2024.

This year's segment challenge age factors are:

Age	Factor	Age	Factor	Age	Factor
40	1	61	1.1100	82	1.2404
41	1.0048	62	1.1157	83	1.2474
42	1.0096	63	1.1216	84	1.2543
43	1.0145	64	1.1274	85	1.2619
44	1.0193	65	1.1332	86	1.2694
45	1.0242	66	1.1391	87	1.2771
46	1.0291	67	1.1451	88	1.2847
47	1.0342	68	1.1510	89	1.2924
48	1.0393	69	1.1570	90	1.3002
49	1.0444	70	1.1631	91	1.3080
50	1.0496	71	1.1693	92	1.3158
51	1.0548	72	1.1755	93	1.3237
52	1.0601	73	1.1817	94	1.3317
53	1.0654	74	1.1880	95	1.3397
54	1.0707	75	1.1943		
55	1.0762	76	1.2006		
56	1.0817	77	1.2070		
57	1.0872	78	1.2134		
58	1.0928	79	1.2198		
59	1.0985	80	1.2266		
60	1.1042	81	1.2335		