NEW TO TT

WOMEN'S LEAGUE

CYCLING ULSTER | WOMEN'S COMMISSION

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What is a TT?

A bike time trial, often called a "TT," is a type of cycling event where you ride a set course on your own, aiming to complete it in the best time you can. Riders set off one at a time at regular intervals, and you're essentially riding solo—just you, your bike, and the road ahead.

There's no racing side by side, and no pressure to keep up with anyone else. It's not about beating others—it's about challenging yourself. You go at your own pace, focusing on how you ride, not what anyone else is doing.

Time trials allow you to ride without distractions, pushing yourself as much or as little as you choose. It's a great way to track your progress, build confidence, and enjoy a focused, personal experience on the bike.

How does it work?

In a time trial, you're riding a set course on your own, aiming to complete it in your best possible time. For our league, we'll be using 10-mile courses, which are a great distance for beginners—long enough to challenge you, but short enough to stay manageable.

You'll start from a standstill at the start line. A marshal can hold your bike steady if you'd like, so you can have both feet clipped into your pedals (if you're using clip-in shoes). This helps you get a smoother and more confident start. If you prefer to start with one foot on the ground, that's completely fine too—just go with whatever makes you feel most comfortable.

Riders set off one at a time, usually at 1-minute intervals. That means you're not riding in a group—you'll have your own space on the road. Most time trial courses are simple "out and back" routes: you ride out to a certain point, usually marked by a marshal or a roundabout, then turn around and ride back the same way to the finish. The route will be clearly marked and marshalled, so you won't need to worry about directions.

The key thing to remember is that this isn't about racing other people—it's about focusing on your own ride, getting into a rhythm, and seeing what you can do.

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What gear do I need to take part?

One of the best things about getting started with time trials is that you don't need a lot of specialist gear. For the New to TT Women's League, we keep things simple and welcoming for newcomers. Here's what you'll need:

- A road bike – For this category, only standard road bikes are permitted. That means no time trial bikes, triathlon bikes, or bikes with aero extensions. Just a regular drop-handlebar road bike is perfect.
- No tri bars or aero bars – In the New to TT category, tri bars (also known as aero bars) are not allowed—even if they're fitted to a road bike. This keeps things safe and consistent for everyone, and helps ensure it's about building confidence and personal progress.
- A helmet – A properly fitting helmet is essential for safety. It must be worn at all times when riding.
- A working rear light – You must have a red rear light fixed to your bike. It should be steady (not flashing), clearly visible, and switched on during the ride. Even if it's a bright day, this is a key part of staying visible to traffic.
- A drink bottle – While time trials are relatively short, you may still want to have a water bottle on your bike. Having a drink handy can help you stay comfortable and hydrated during your ride.

That's it — you don't need a time trial-specific bike, skin suit, or any racing experience. Just a reliable bike, a safe setup, and the willingness to give it a go.

If you already have more experience and wish to use a time trial bike, there is a separate category where that's allowed—but for the New to TT Women's League, we keep it focused on simplicity, safety, and creating a supportive environment where women can try time trials at their own pace, without pressure.

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How does our league work?

There are 7 races in our calendar this season, spread out over the coming months. You're welcome to take part in as many as you like—some riders aim to complete all 7, while others dip in and out depending on their schedule.

To keep things flexible and fun, only your best 4 results will count towards the final league standings. That means if you have a tough day, need to miss an event, or are just getting the hang of things, it won't hurt your chances. It's all about steady progress and showing up when you can.

Our season finishes with a Grand Finale at the Ballymena Road Club 10 Mile TT on 6th August. This event is a little different — points earned here will be worth double. So even if you join the league partway through the season, a strong ride at the finale could still make a big impact.

We'll be running two categories to make sure everyone can take part in a way that suits their experience and equipment:

1. New to TT Category – This is designed especially for women who are new to time trials. Only standard road bikes are permitted, and aero bars or time trial bikes aren't allowed. It's a welcoming space where you can build your confidence and get to know the format without any pressure.
2. Experienced Riders Category – This is for women who've done time trials before. In this category, you're welcome to ride either a road bike or a time trial bike if you have one. It's a great option if you're ready for the next step or want to push your personal bests.

No matter which category you enter, the focus is on supporting each other, enjoying the ride, and seeing how far you can come over the course of the league.

2025 Calendar

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How do I enter?

Step 1: Sign Up via Form

- To get started, sign up via the registration form which will be provided to you.
- After you complete the form, we will confirm your entry to the league.

Step 2: License Upgrade (for New to TT Category)

- If you're entering the New to TT category and need the license upgrade, we will email you with license upgrade information.
- The upgrade costs €10.
- Once you've purchased the upgrade, we will confirm your entry to the league and you will be eligible for all 7 events in the Women's New to TT League.

Step 3: Enter Individual TT Events

- After being confirmed in the league, you'll need to sign up separately for each individual TT event you wish to participate in.
- You can find the entry links for each race on the Cycling Ireland website.

License Requirements

New to TT Category:

- If you have a Leisure License, you'll need to upgrade it to a Limited Competition License for €10. This upgrade will cover you for all 7 league events in the Women's New to TT League.
- Important: This upgrade only applies to the Women's New to TT League and will not cover participation in other Cycling Ireland events outside of our league.
- If you already have a Limited Competition License, no upgrade is required.

Experienced TT Category:

- You will need to already have a Limited Competition License to participate in the Experienced TT category. If you don't have one, you'll need to upgrade your Cycling Ireland membership before entering the races.

If you're unsure whether you've been added to the league or need help with the license process, don't hesitate to reach out—there's plenty of support available to make sure everything is sorted before your first event.

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Prizes

- There will be 1st, 2nd, and 3rd place prizes at each event for both the New to TT and Experienced TT categories.
- There will also be an overall 1st, 2nd, and 3rd for both categories, based on your best results across all league events.
- Additionally, there will be spot prizes for those who take part in the league, adding some extra fun and excitement.

Points

Points will be awarded at each event based on your finishing position. Here's how the points system works:

- 1st place: 20 points
- 2nd place: 18 points
- 3rd place: 16 points
- 4th place: 14 points
- 5th place: 12 points
- 6th place: 10 points
- 7th place: 8 points
- 8th place: 6 points
- 9th place: 4 points
- 10th place: 2 points
- 11th place and beyond: 1 point for participation

This system ensures that participants are rewarded for their performance, with the top 10 finishers in each event earning points. However, even if you finish outside the top 10, you're still rewarded with 1 point for participating, ensuring everyone's effort is recognised.

League Structure
There are 7 rounds in the league, and while all 7 events are important, only your best 4 results will count towards the overall league standings. This allows you to drop your lowest scores and focus on performing well in the events you can make.

Double Points at the Final Round
The final event of the season, Round 7, will be a special event where double points are on offer. This means that the points you earn in Round 7 will be doubled. For example, 1st place in Round 7 will earn 40 points, 2nd place will earn 36 points, and so on. This makes the last round extra exciting and provides an opportunity to make a big leap in the standings.

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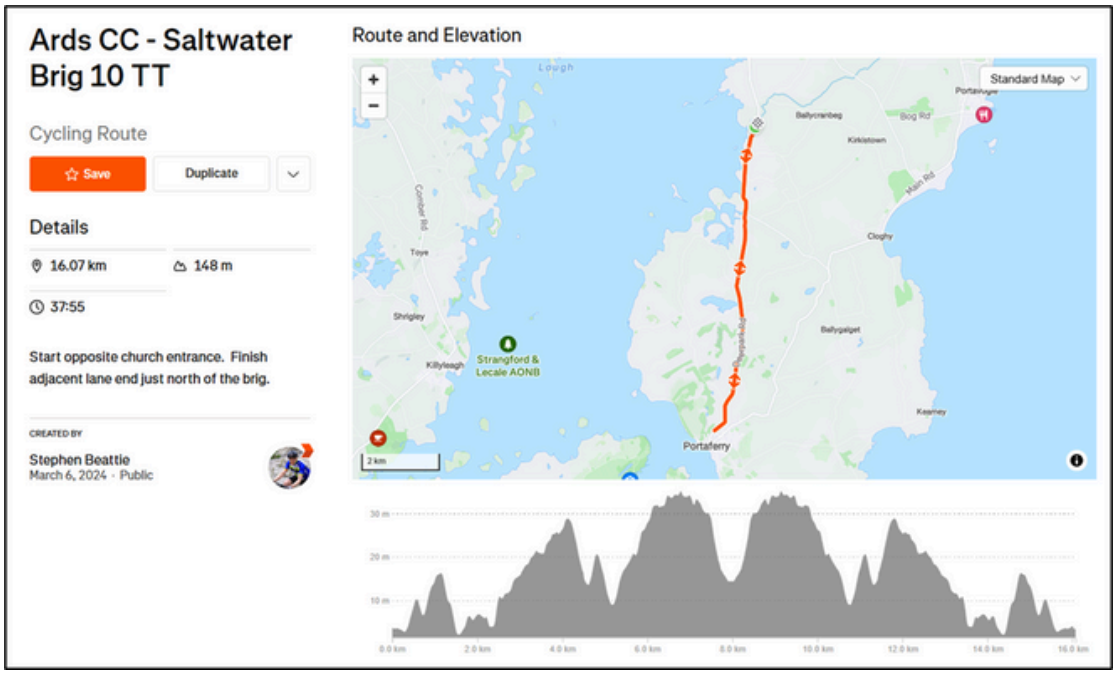
Round 1 - 15th April

Club: Ards CC
Location: Kircubbin
Distance: 10 miles
Route: https://www.strava.com/routes/3200554240772172452



Round 2 - 13th May

Club: Phoenix CC
Location: Ballyclare
Distance: 10 miles
Route:

Map Pending

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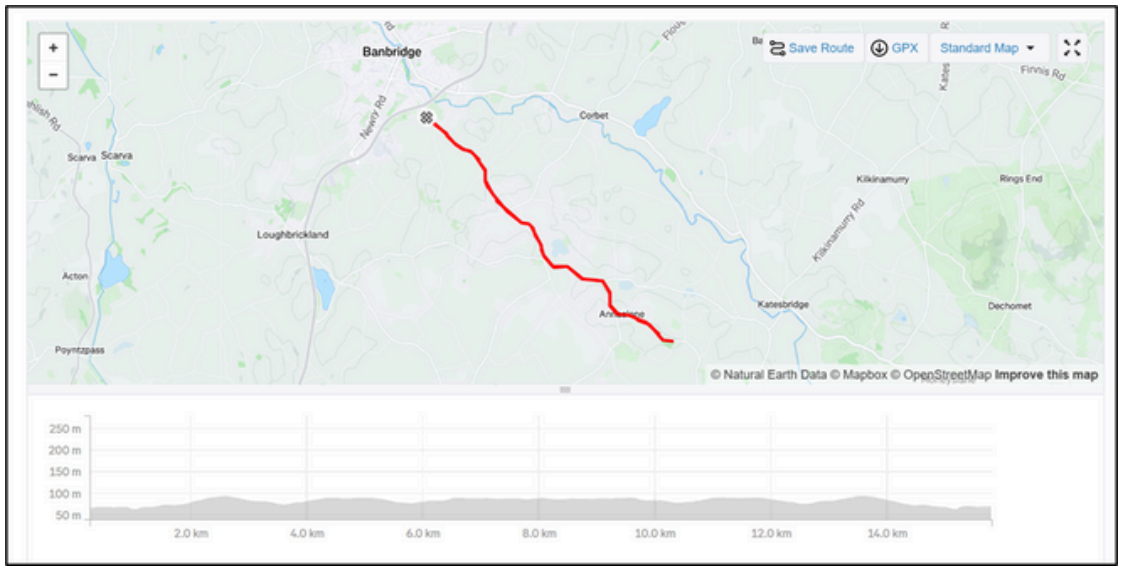
Round 3 - 27th May

Club: Carn Wheelers
Location: Curran
Distance: 10 miles
Route: https://www.strava.com/routes/3200554240772172452
Notes: Parking is on the side of the road at the start point, halfway between Tobermore and Curran.

Round 4 - 25th June

Club: Banbridge CC
Location: Banbridge
Distance: 10 miles
Route: https://www.strava.com/routes/3337933570700647638
Notes: Starts on the flyover just out of Banbridge on the Rathfriland Road, goes out to Annaclone GAA Club, turn and back. There is plenty of parking at the Park & Ride opposite Summerhill housing development.



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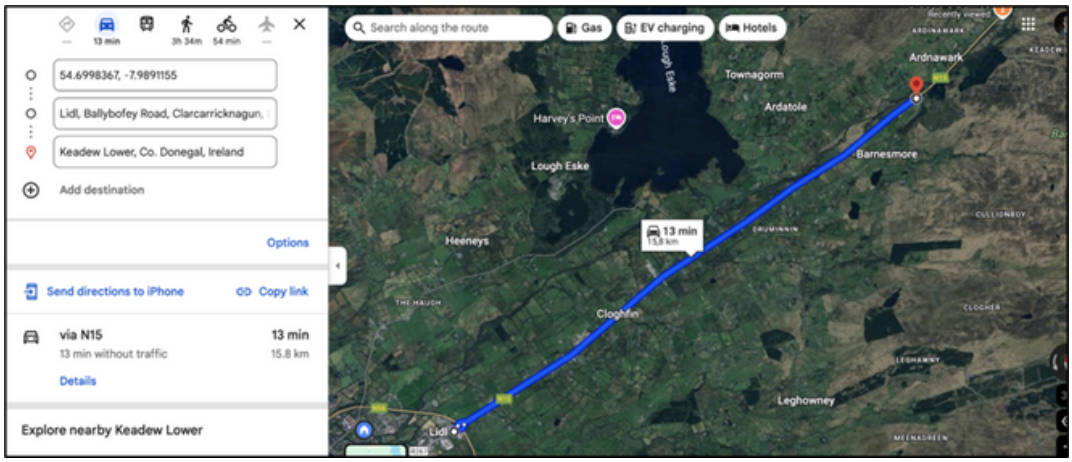
Round 5 - 10th July

Club: Donegal Bay CC
Location: Donegal Town
Distance: 10 miles
Route:
Notes: Route starts and ends near Biddy O'Barne's Pub, parking available outside of Donegal Town F94 HP22. The route is straight out and back from there to Lidl and back again with marshals positioned on the main roundabout to stop traffic.



Round 6 - 31st July

Club: Island Wheelers
Location: Frosses
Distance: 10 miles
Route: https://www.strava.com/routes/3337933570700647638
Notes: Sign on location: Apple Green, 153 Crankill Rd, Ballymena BT44 9HA
Please use the lorry stop. i.e., when entering gate turn left onto gravel parking area. DO NOT park on the main premises forecourt or anywhere within the red area in the image below, this area is reserved for shop customers only. This is a condition for our use of Applegreen's premises. Failure to comply will mean we no longer can run the league. Riders failing to follow this instruction will have their times forfeited.

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Round 7 - 6th August

Club: Ballymena Road Club
Location: Frosses
Distance: 10 miles
Route: https://www.strava.com/routes/emss_3992073265712237952
Notes: Sign on at Carnlea Orange Hall, Kildowney Rd, Glarryford, Ballymena, BT44 9EY. Please use the lorry stop. i.e., when entering gate turn left onto gravel parking area. DO NOT park on the main premises forecourt or anywhere within the red area in the image below, this area is reserved for shop customers only. This is a condition for our use of Applegreen's premises. Failure to comply will mean we no longer can run the league. Riders failing to follow this instruction will have their times forfeited.