Aylesbury CC 10ml Open TT

Rules for “Road Bike Only” event

1. No aerobars, clip on aerobars or aero extensions can be used  
2. Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)  
3. Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 90mm  
4. Helmets must have no visor  
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)