

## Omnium Standards 2016

Age group determined by age at 1st Jan 2016.

Volunteering Duty. Undertake a required role at one of the following. SCC TT event. SCC road race event. Selby Three Swans Sportive event. Committee role. To be verified by event organiser.

### Men Under 40

	Gold	Silver	Bronze	
10 Time Trial	00:23:00	0:24:55	0:27:36	GROUP A
25 Time Trial	01:00:00	01:05:00	01:12:00	GROUP A
Sportive <=100Km	30KPH	28KPH	26KPH	GROUP B
Sportive >100Km	26KPH	24KPH	22KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 5%	Within 15%	Within 30%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 40 to under 45

	Gold	Silver	Bronze	
10 Time Trial	00:25:00	00:27:05	00:30:15	GROUP A
25 Time Trial	01:05:00	01:10:30	01:18:00	GROUP A
Sportive <=100Km	29KPH	27KPH	25KPH	GROUP B
Sportive >100Km	25KPH	23KPH	21KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 7.5%	Within 17.5%	Within 32.5%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 45 to under 50

	Gold	Silver	Bronze	
10 Time Trial	00:26:00	00:28:10	00:31:28	GROUP A
25 Time Trial	01:07:30	01:13:05	00:01:21	GROUP A
Sportive <=100Km	28KPH	26KPH	24KPH	GROUP B
Sportive >100Km	24.5KPH	22.5KPH	20.5KPH	GROUP B
Audax	400K	300K	200K	GROUP C

Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 10%	Within 20%	Within 35%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 50 to under 55

	Gold	Silver	Bronze	
10 Time Trial	00:27:00	0:29:15	0:32:40	GROUP A
25 Time Trial	01:11:00	01:17:00	01:26:00	GROUP A
Sportive <=100Km	26KPH	24KPH	22KPH	GROUP B
Sportive >100Km	24KPH	22KPH	20KPH	GROUP B
Audax	400K	300K	200K	GROUP C

Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 12.5%	Within 22.5%	Within 37.5%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 55 to under 60

	Gold	Silver	Bronze	
10 Time Trial	00:28:00	00:30:20	00:33:50	GROUP A
25 Time Trial	01:14:00	01:20:00	01:29:00	GROUP A
Sportive <=100Km	25.5KPH	23.5KPH	21.5KPH	GROUP B
Sportive >100Km	23.5KPH	21.5KPH	19.5KPH	GROUP B
Audax	400K	300K	200K	GROUP C

Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 15%	Within 25%	Within 40%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 60 to under 70

	Gold	Silver	Bronze	
10 Time Trial	00:29:00	00:31:25	00:35:05	GROUP A
25 Time Trial	01:17:30	01:24:00	01:33:45	GROUP A
Sportive <=100Km	25KPH	23KPH	21KPH	GROUP B
Sportive >100Km	23KPH	21KPH	19KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 17.5%	Within 27.5%	Within 42.5%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Men 70 and over

	Gold	Silver	Bronze	
10 Time Trial	31:00:00	0:33:35	0:37:15	GROUP A
25 Time Trial	01:22:00	01:29:00	01:39:00	GROUP A
Sportive <=100Km	24KPH	22KPH	20KPH	GROUP B
Sportive >100Km	22KPH	20KPH	18KPH	GROUP B
Audax	300K	200K	100K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 25%	Within 35%	Within 50%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

### Women under 40

	Gold	Silver	Bronze	
10 Time Trial	00:26:00	00:28:10	00:21:28	GROUP A
25 Time Trial	01:07:30	01:13:05	00:01:21	GROUP A
Sportive <=100Km	26.5KPH	24.5KPH	22.5KPH	GROUP B
Sportive >100Km	24.5KPH	22.5KPH	20.5KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>65K	>40K	>25K	GROUP E
Club Hill Climb	Within 12.5%	Within 22.5%	Within 37.5%	GROUP F

Volunteering Role                      REQUIRED                                      REQUIRED                                      REQUIRED

**Women 40 to under 45**

	Gold	Silver	Bronze	
10 Time Trial	00:27:00	00:29:15	00:32:40	GROUP A
25 Time Trial	01:11:00	01:17:00	01:26:00	GROUP A
Sportive <=100Km	26KPH	24KPH	22KPH	GROUP B
Sportive >100Km	24KPH	22KPH	20KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 15%	Within 25%	Within 40%	GROUP F

Volunteering Role                      REQUIRED                                      REQUIRED                                      REQUIRED

**Women 45 to under 50**

	Gold	Silver	Bronze	
10 Time Trial	00:28:00	00:30:20	00:33:35	GROUP A
25 Time Trial	01:14:00	01:20:00	01:29:00	GROUP A
Sportive <=100Km	25.5KPH	23.5KPH	21.5KPH	GROUP B
Sportive >100Km	23.5KPH	21.5KPH	19.5KPH	GROUP B
Audax	400K	300K	200K	GROUP C
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Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 17.5%	Within 27.5%	Within 42.5%	GROUP F

Volunteering Role                      REQUIRED                                      REQUIRED                                      REQUIRED

**Women 50 to under 60**

	Gold	Silver	Bronze	
10 Time Trial	00:29:00	00:31:25	00:35:05	GROUP A
25 Time Trial	01:17:30	01:24:00	01:33:45	GROUP A
Sportive <=100Km	25KPH	23KPH	21KPH	GROUP B
Sportive >100Km	23KPH	21KPH	19KPH	GROUP B
Audax	400K	300K	200K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D

Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>90K	>65K	>40K	GROUP E
Club Hill Climb	Within 25%	Within 35%	Within 50%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

**Women 60 and over**

	Gold	Silver	Bronze	
10 Time Trial	00:31:00	00:33:35	00:37:30	GROUP A
25 Time Trial	01:22:00	01:29:00	01:39:00	GROUP A
Sportive <=100Km	24KPH	22KPH	20KPH	GROUP B
Sportive >100Km	22KPH	20KPH	18KPH	GROUP B
Audax	300K	200K	100K	GROUP C
Road Race/Criterium	Moving up a Cat	Points scoring finish	Finishing an event	GROUP D
Cyclo-cross	Top 20% placing in age group over CX race series or top 20% finish in age group 3 Peaks	Top 20% result in age group for one race (not novice) or start 5 CX races or start 3 Peaks	Finish a CX race	GROUP E
Off Road Endurance (Mixed Terrain)	>65K	>40K	>25K	GROUP E
Club Hill Climb	Within 35%	Within 50%	Within 65%	GROUP F
Volunteering Role	REQUIRED	REQUIRED	REQUIRED	

All times are currently preliminary and subject to confirmation.