



## Alton CC segment of the month challenge 2026

Alton CC is hosting its tenth annual Segment of the Month competition during 2026. This is a friendly competition open to all Alton CC members. Each month a different local Strava segment will be selected. To help level the playing field across all ages, times will be adjusted based on age using a set of factors. 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 competitions up for grabs (GC men and women, KOM and QOM).

### Rules:

1. The competition is open to all 1<sup>st</sup> 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 1<sup>st</sup> 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 bonus system will operate to give all riders an **adjusted time** (see below).
6. Your time must be recorded on a manual road bike.
7. All stages must be ridden solo for your time to be counted.
8. At the start of each stage and before you attempt the segment, you must declare whether you wish to play your '**Joker**' which will double your GC points for that and only that one stage in the competition.
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: 25/18/15/12/10/8/6/4/2/1 for adjusted times
- Mountain: 10/8/6/4/2 for actual times
- Joker: Riders may nominate one stage (before they attempt the segment) as their 'joker stage' where double GC points may be earned

## 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 1<sup>st</sup> April 2026.

This year's segment challenge age factors are:

Age	Factor	Age	Factor	Age	Factor
40	1	61	1.0935	82	1.2044
41	1.0041	62	1.0984	83	1.2103
42	1.0082	63	1.1033	84	1.2162
43	1.0123	64	1.1083	85	1.2226
44	1.0164	65	1.1133	86	1.2290
45	1.0206	66	1.1183	87	1.2355
46	1.0248	67	1.1233	88	1.2420
47	1.0291	68	1.1284	89	1.2486
48	1.0334	69	1.1335	90	1.2552
49	1.0377	70	1.1387	91	1.2618
50	1.0421	71	1.1439	92	1.2685
51	1.0466	72	1.1492	93	1.2752
52	1.0511	73	1.1545	94	1.2819
53	1.0556	74	1.1598	95	1.2887
54	1.0601	75	1.1651		
55	1.0648	76	1.1705		
56	1.0694	77	1.1759		
57	1.0741	78	1.1814		
58	1.0789	79	1.1868		
59	1.0837	80	1.1926		
60	1.0886	81	1.1985		