



The Highway Code

The following rules are extracts from The Highway Code which have specific relevance to this event. Please ensure you are familiar with them and the remainder of The Code

45: Clothing. You should wear

- a cycle helmet which conforms to current regulations
- appropriate clothes for cycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights
- light-coloured or fluorescent clothing which helps other road users to see you in daylight and poor light reflective clothing and/or accessories (belt, arm or ankle bands) in the dark.

48: Cycle Tracks. These are normally located away from the road, but may occasionally be found alongside footpaths or pavements. Cyclists and pedestrians may be segregated or they may share the same space (unsegregated). When using segregated tracks you **MUST** keep to the side intended for cyclists. Take care when passing pedestrians, especially children, elderly or disabled people, and allow them plenty of room. Always be prepared to slow down and stop if necessary.

Law HA 1835 sect 72

49: Cycle Lanes. These are marked by a white line (which may be broken) along the carriageway (see [Rule 119](#)). Keep within the lane wherever possible.

50: You **MUST** obey all traffic signs and traffic light signals.

Laws RTA 1988 sect 36, TSRGD reg 10(1)

51: You should keep both hands on the handlebars except when signalling or changing gear

- keep both feet on the pedals
- not ride more than two abreast
- ride in single file on narrow or busy roads
- not ride close behind another vehicle
- not carry anything which will affect your balance or may get tangled up with your wheels or chain
- be considerate of other road users, particularly blind and partially sighted pedestrians. Let them know you are there when necessary, for example by ringing your bell.

52: You should

- look all around before moving away from the kerb, turning or manoeuvring, to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do
- look well ahead for obstructions in the road, such as drains, pot-holes and parked vehicles so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened into your path take extra care near road humps, narrowings and other traffic calming features.

53: You **MUST NOT**

- carry a passenger unless your cycle has been built or adapted to carry one
- hold on to a moving vehicle or trailer
- ride in a dangerous, careless or inconsiderate manner
- ride when under the influence of drink or drugs.

Law RTA 1988 sects 24, 26, 28, 29 & 30 as amended by RTA 1991

54: You **MUST NOT** cycle on a pavement. Do not leave your cycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use cycle parking facilities where provided.

Laws HA 1835 sect 72 & R(S)A sect 129

Road junctions

57: On the left. When approaching a junction on the left, watch out for vehicles turning in front of you, out of or into the side road. Do not ride on the inside of vehicles signalling or slowing down to turn left.

58: Pay particular attention to long vehicles which need a lot of room to manoeuvre at corners. They may have to move over to the right before turning left. Wait until they have completed the manoeuvre because the rear wheels come very close to the kerb while turning. Do not be tempted to ride in the space between them and the kerb.

59: On the right. If you are turning right, check the traffic to ensure it is safe, then signal and move to the centre of the road. Wait until there is a safe gap in the oncoming traffic before completing the turn. It may be safer to wait on the left until there is a safe gap or to dismount and push your cycle across the road.

Crossing the road

64: Do not ride across a pelican, puffin or zebra crossing. Dismount and wheel your cycle across.

65: Toucan crossings. These are light-controlled crossings which allow cyclists and pedestrians to cross at the same time. They are push button operated. Pedestrians and cyclists will see the green signal together. Cyclists are permitted to ride across.

66: Cycle-only crossings. Cycle tracks on opposite sides of the road may be linked by signalled crossings. You may ride across but you **MUST NOT** cross until the green cycle symbol is showing.

TSRGD reg 36(1)

Please note that marshals have no authority to control or stop other traffic