

## Regularity trials

- A Regularity trial is a timed event where you are given a route schedule with an indicated speed and some reference points. You should then try and maintain the indicated speed and be at the reference point at the correct time.
- There are normally different speed groups, choose the one that you and your bike will be most comfortable with. Remember that if you fall behind it is difficult to catch up again and you might then need to travel faster than what you might be comfortable with.
- You will need a clock or stopwatch that indicates hours, minutes and seconds to be used as your rally time. A second stopwatch is needed to calculate your speed.
- If this is going to be your first rally then you need not go to the expense of making or buying a rally box, you can just tape your route schedule to your petrol tank.
- A good idea is to mark your route schedule with highlighters to indicate changes like left and right turns and speed changes.

## Route Schedule

This is what rallying is all about, it is a printed instruction of where to go, when to turn, what speed and when you should be where.

Route schedules have the following headings:

<b>DIST</b>	<b>SP</b>	<b>Time</b>	<b>INSTRUCTION</b>
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Under the headings will be the information:

<b>DIST</b>	<b>SP</b>	<b>Time</b>	<b>INSTRUCTION</b>
<b>49.80</b>	<b>60</b>	<b>01:03:26</b>	<b>STOP STREET TURN RIGHT R23 BENONI</b>

This tells you that 49.8 kilometres from the start at 01 hour, 3 minutes and 26 seconds you will find a stop street and must turn right, the speed until the next instruction is 60km/h.

The Route Schedule consists of open and regularity sections:

**Open Section:** This is normally included to get safely through built up areas or hazardous areas. There is normally a speed indicated, but you do not need to stick to it.

**Regularity Section:** This is when it gets serious. You need to travel at the indicated speed and get to the reference points on time. There will be marshals within these sections to time you. Each second early or late will incur 1 penalty point.

During this section you need to calculate your speed. Useful things to assist are kilometre stone and white lines markings. There are (should be) about 84 white lines per kilometre or 17 every 200 meters. This will assist you to calculate speeds.

This is not intended as a complete guide to rallying, but just some guidelines, you need to practice and get familiar with the techniques and your bike.