



Presents

MH26 Hill Climb Paradise Bank

To be held on Saturday 16th September 2023

Promoted for & on behalf of Cycling Time Trials under their Rules & Regulations

Event Secretary

John Sample
9 Thorntree Gill
Peterlee
SR8 4SP

07894964078

Timekeepers

Frances & Peter Schultz, Sharon Dyson

Event Team

HQ & Sign-on: Stephen Hannah, John Sample
Start area marshals: Ian Sime,
On-course marshals - Graham Webster
Paradise Farm: Col Humphrey
Ox Close Farm: Paul Westgarth
Finish area marshal: Dave Loynes

HQ and Parking

HQ: Ludworth Community Centre, Ludworth, DH6 1NF

There will be parking available at the centre, if you need to park in the village please do so considerately.

The start of the climb is just under 1 mile from the HQ - allow yourself plenty of time to get to the start area.

Course - MH26

This event is being run on the MH26 course.

Paradise Bank, Shadforth (0.96 miles)

START on the minor Paradise Bank road and proceed south uphill, climbing for 0.4 miles before passing Ox Close Farm (on your left). The road dips before rising again for a further 0.4 miles to FINISH at marked drain cover approximately 100yds before the T-Junction with the A181.

Numbers & Results:

Sign-on will be open from 9am - All riders must sign the "signing on sheet" before collecting their numbers and must sign the sheet again when returning after their ride.

Please make sure your number is placed correctly on jerseys/skinsuits to assist timekeepers. If the timekeepers are unable to read your number then the time may be void. There will be safety pins at the HQ.

Safety notes:

It is compulsory to wear a helmet and have working FRONT & REAR lights on your bike

The centre has kindly allowed us to use the toilets and the hall

Vehicles of competitors/officials/marshals/helpers to be parked safely and without hindrance to other road users.

Riders:

No U-turns to be made in the vicinity of the timekeeper.

No dismounting in the finishing area

All riders are responsible for their own safety

You must obey the rules of the road and obey all traffic signs, signage and direction indicators

It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times

You must look ahead and not ride with your head down

You must not take pace or shelter from any other vehicle or competitor (no drafting)

Failure to comply with the above may lead to disciplinary action being taken

No warming up on the course once the race has started - aim to arrive at the start no more than 5 minutes before your start time.

No dismounting by riders in finishing area.

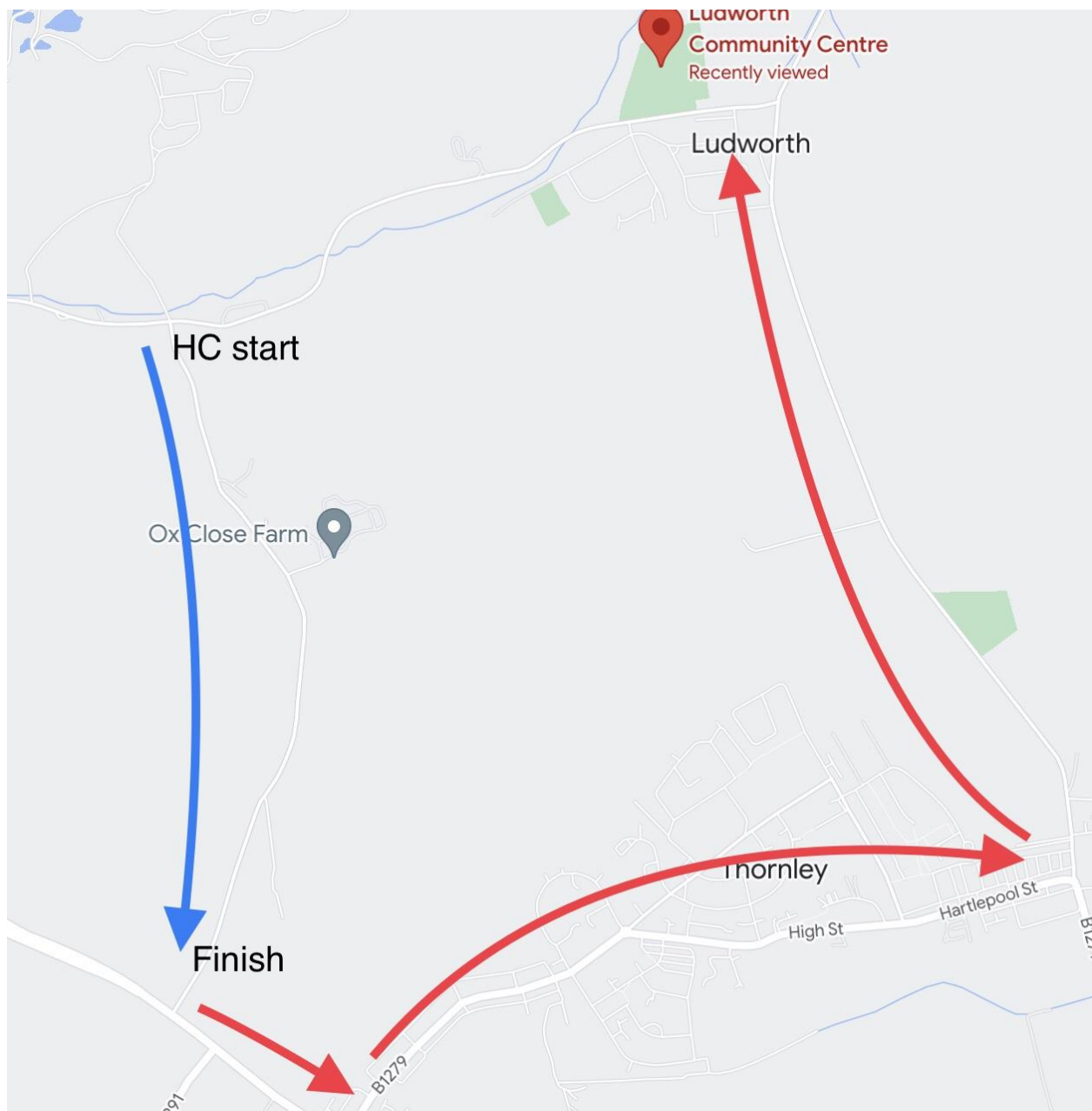
Keep strictly to the correct side of the road - not adhering to this may result in disqualification - only move out into the road if/when passing a fellow competitor.

FARM / LITTER

Please take extra care if descending the hill climb.

There is an alternative loop back to the HQ which avoids this, see map below

Take your litter home, we have been in contact with the local farmers who are supportive of the event and want to retain this support.



Prize list

Prize Money is One prize per person.

	Prizes
Category	Cash unless stated
Overall 1,2,3	30x2

(Male & Female)	20x2 10x2
1st Protech Velo rider	Steve Goodings Trophy
Team 1,2 (3 riders)	20 15
V70	20
V60	20
V50	20
V40	20
Junior	20
82kg +	20 (Aviator voucher)
Most Improved on 2022	15
Course Record	20
Lantern Rouge	10

Loads of goodies to be given out in addition to above and as well as Spot prizes!!!

Fastest Protech Rider to be presented with the Steve Goodings Memorial Trophy 🏆

"It's a hill, get over it"