



Blaydon Cycle Club

BLAYDON CYCLE CLUB PRESENTS

The 2up open time trial

Saturday 13th April 2024

Course: M19S

First Riders: 9:02am

Timekeepers: Frances Schultz & Peter Schultz

Event Secretary: Neil Wilkinson, 103 Cromarty, Ouston, Chester-le-Street DH2 1JU

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Results will be posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the Timekeepers on the afternoon of the event.



Promoted for and on behalf of Cycling Time Trials under their rules and regulations.



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HQ / SIGN ON / SIGN OFF

Stannington First School Church Road. NE61 6HJ

Riders will be able to sign on from **8:15am**

HQ is right by the start.

There is LIMITED parking at the School or Church but if these are full you must find other safe parking in the village. There is space by the community center off Green Close.

If you can ride to the event please do..

The toilet facilities are in the School.

There will be post-race cakes, teas and coffees after the event.

COURSE DETAILS

<https://www.cyclingtimetrials.org.uk/course-details/m19s>

**** If you don't know the course, please familiarize yourself with it prior to the event****

Stannington – Tranwell – Ponteland – Blagdon – Stannington

START at lay by on the left, approximately 30 metres past Stannington First School on Church Road and proceed towards Tranwell Village, via Bets Lane and then through Tranwell until T junction with the B6524. Turn left onto B6524 and continue along B6524 until taking the second left, Gubeon (sign posted Ponteland). Continue past Kirkley Hall and Gardens onto North Road and onto Ponteland. Turn left onto Berwick Hill Road. Proceed up to Berwick Hill and north east past Horton Grange to the T-junction with the old A1 /Blagdon road. Turn left on the old A1 and continue down slip road towards the A1 slipway.

FINISH approx. 500m before slipway at the bus stop before descent (18.1 Miles).

This is a shortened version of the M19 course which misses out the short section of the A1 to return to Stannington.



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COURSE SAFETY NOTES

Riders:

- Be aware of sharp bends on the Stannington to Tranwell stretch of the course, in particular the right-hand bend at St. Mary's Park. Take extra care at all road junctions, in particular passing through St Mary's, Tranwell Village and Ponteland.
- No U-turns to be made in the vicinity of the timekeeper(s).
- No dismounting in the finishing area.
- Riders can return to Stannington Village either via the short section of the A1, or via the cycle path, cutting onto Vale View into Stannington.
- Road surface conditions may change depending on the season, weather, or condition of the road. It is the rider's responsibility to ride in such a manner that allows them to ride safely and with consideration to other road users at all times.
- It is the responsibility of the rider to check the On-The-Day Risk Assessment to be aware of any extra hazards or changes they should be aware of.

All riders to be aware that many roads are in places, suffering from poor surface conditions and as such, should adopt caution and keep their head up, to ensure their own safety.

All riders to be aware that there are several stables on the course and the possibility of horses/riders on the course at any time. Caution when passing.

**ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR
"HEADS UP" RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.**



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SAFETY NOTES

- Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
- All riders are responsible for their own safety.
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- Head down riding is prohibited and will result in disqualification
- Every competitor MUST have, fixed to their machine, both a front and rear-facing, working light (either constant or flashing). These must be clearly visible (Regulation 14).
- Every rider MUST wear a helmet that conforms to current Safety Standards (Regulation 15), and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.

ADDITIONAL NOTES TO COMPETITORS

- The Start is just within the village 20mph limit, therefore there will be no holders i.e. **Standing start.**
- You must not take pace or shelter from any other vehicle or competitor (no drafting) –
- failure to comply may lead to disciplinary action being taken.
- To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line with CTT regulations. If your number is too high, the Timekeepers may not be able to see it. The number shall be centrally positioned below the waist so as to be clearly visible from the rear when the rider is in his/her normal riding position.

When competing on road bikes

- a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.



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- b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

Skin suits are permitted – please refer to the CTT website for further details

<https://www.cyclingtimetrials.org.uk/articles/view/11> Point 29.

Signing-on Sheet and Signing-out Sheet

- The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.
- Junior riders should bring or complete a Parental Consent form on the day in order to be allowed to ride.
- Competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



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AWARDS CATEGORIES

Open Pair

Female Pair

Junior/Juvenile Pair

Open Vet Pair

Female Vet Pair

Mixed Sex Pair

Open Road Bike Pair

Female Road Bike Pair

Mixed Sex Road Bike Pair

RESULTS

We will announce all winner after the event AND These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors.

Please contact the Event Secretary before the Event day if you have any queries / concerns / comments on any of the above.