GS METRO in association with The Feathers Inn (http://thefeathers.net/)

Hedley on the Hill HC

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



Sunday 13th September 2020 10:00am Start

Course: MH11

First Rider: 10:02am

Time Keepers: Peter & Frances Schultz

Assistant Timekeeper: Sharon Dyson

Event Secretary: Ben Lane, 1 High Ridge View, NE42 6JB

Tel: 07720054210

□ Temperature checks on Competitors will be carried out by a medic on arrival – high temperature (above 37.8oC) = No Ride, Go Home.
□ Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
☐ Riders must provide their own pen to sign on/off the race, NO pens will be provided. Use the hand sanitiser provided pefore and after signing-on/off.
☐ An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
☐ All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers/rollers).
☐ Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
□ Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and eave immediately upon completion of the race.
□ Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 2 metre social distancing rule.
☐ Riders will need to self-start, with one foot on the ground. NO track stands
☐ Spectators are not to be encouraged – you should not bring anyone not racing where at all possible (juniors and juveniles excepted)
Sign on Headquarters

COVID19 – PLEASE READ CAREFULLY

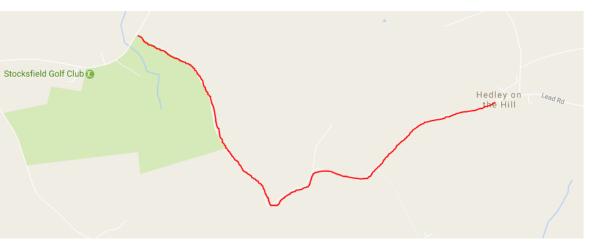
Helen and the team at the Feathers Inn (postcode NE43 7SW) will have the pub open – we'll do sign on in the car park. Numbers available from 09:00. The Feathers is undergoing some renovation work and it is hoped the toilets will be accessible – these will be strictly one in one out as per social distancing guidelines.

Please park considerately in the village – don't park in the pub carpark. No turbos in the village please. There are plenty of roads to warm up on.

Each rider must sign for themselves and nobody else before collecting their number. Once the course has been completed, remember to sign out and return your number. NOTE: Riders who do not sign-out will be recorded as a "DNF" on the official results sheet. Juvenile and Junior riders must hand in a completed parental consent form to be permitted to race.

Course Description

Start near the foot of the hill on minor road leading to Hedley on the Hill – opposite electric pylon approx. 100 metres from the T-junction of the minor New Ridley to Painshawfield road. Proceed up hill for approx. 1.7km to finish at crest of hill approx 85 metres before the Hedley on the hill village boundary pillars



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.
- Due to hard winter the general conditions of road surfaces can be poor. Broken surfaces and/or potholes are likely on the course to some degree. It is the responsibility of the rider to be aware of their line and be aware of road conditions ahead.

Riders:

- No U-turns to be made in the vicinity of the timekeeper.
- You must have a working REAR light either flashing or on constant to start the race. NO LIGHT NO RACE
- There will be no pusher off in line with Covid Risk Assessment you must start with one foot on the ground.
- Please refrain from warming up on the course once the time trial has commenced.
- No dismounting in the finishing area.
- You must look ahead and not ride with your head down.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- 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.
- In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. <u>All competitors under the age of 18 years MUST wear a hard-shell helmet.</u>

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 noted below:



If it's too high and we can't see it, this may result in no time being recorded.

Please shout out your number as you pass the Finish Timekeeper.

Prize List

		1	2	3
Men	Overall	£40.00	£20.00	£10.00
Women	Overall	£40.00	£20.00	£10.00
	MV40	£10.00		
	MV50	£10.00		
	MV60	£10.00		
	MV70	£10.00		
	LV50	£10.00		
	LV40	£10.00		
	MJNR	£10.00		
	FJNR	£10.00		
	JUV	£10.00		
CR Men	03:54.3	£25.00		
CR Women	04:53.4	£25.00		

Prize money will be paid by BACS in the days following the event as we cannot hold a post event presentation under current restrictions.

Rider List

BIB NO	Start Time	Rider Name	club	gender	category	Vet_Cat
2	10:02	Craig Berry	Reifen Racing	Male	Veteran	V40
3	10:03	Ben Flanagan	Derwentside CC	Male	Junior	
4	10:04	Colin Ash	Reifen Racing	Male	Veteran	V40
5	10:05	Rebecca Wren	Racing Metro 15	Female	Junior	
6	10:06	Grace Castle	Mountain Goat Performance Cycle Coaching	Female	Junior	
7	10:07	Daniel Holmes	Derwentside CC	Male	Junior	
8	10:08	Chris Burns	Reifen Racing	Male	Senior	
9	10:09	Hal Kennedy	North Tyneside Riders CC	Male	Juvenile	
10	10:10	Daniel Saba	Vector Racing	Male	Juvenile	
11	10:11	Euan Dinning	Gosforth RC	Male	Juvenile	
12	10:12	Will Roberts	Derwentside CC	Male	Juvenile	
13	10:13	Ben Scott	Racing Metro 15	Male	Juvenile	
14	10:14	Zac Batey	Derwentside CC	Male	Juvenile	
15	10:15	Daniel Thompson	North Tyneside Riders CC	Male	Senior	
16	10:16	Ronnie Batey	Derwentside CC	Male	Veteran	V40
17	10:17	Michael Charlton	Barnesbury CC	Male	Senior	

18	10:18	Christian Roberts	Derwentside CC	Male	Veteran	V40
19	10:19	Richard Francksen	Allen Valley Velo	Male	Senior	
20	10:20	Matthew Williams	Muckle Cycle Club	Male	Senior	
21	10:21	Callum Martin	Blaydon CC	Male	Senior	
22	10:22	Jacob Anderson	South Shields Velo Cycling Club	Male	Senior	
23	10:23	Joe Leiserach	Blaydon CC	Male	Senior	
24	10:24	Nick Munro	Royal Air Force Cycling Association	Male	Senior	
25	10:25	Joe McMillan	Blaydon CC	Male	Veteran	V70
26	10:26	Frank Devlin	South Shields Velo Cycling Club	Male	Veteran	V60
27	10:27	Michael Trow	Blaydon CC	Male	Veteran	V60
28	10:28	Barry Holyoak	South Shields Velo Cycling Club	Male	Veteran	V60
29	10:29	John Flanagan	Moonglu CC	Male	Veteran	V60
30	10:30	Colin Blacklock	Muckle Cycle Club	Male	Veteran	V60
31	10:31	David Goodwin	Newcastle Cheviot CC	Male	Veteran	V50
32	10:32	Brian Johnson	Reifen Racing	Male	Veteran	V50
33	10:33	Ian Gallon	North Tyneside Riders CC	Male	Veteran	V50
34	10:34	Keith Siddle	Reifen Racing	Male	Veteran	V50
35	10:35	Howie Buckingham	Allen Valley Velo	Male	Veteran	V40
36	10:36	Noel Stoddart	Blaydon CC	Male	Veteran	V40
37	10:37	Robert Scandle	Allen Valley Velo	Male	Veteran	V40
38	10:38	Nathan O'Neill	Royal Air Force Cycling Association	Male	Veteran	V40
39	10:39	Mark Douglas	Tri Northumberland (Tri North)	Male	Veteran	V40
40	10:40	Guillaume Zoppi	North Tyneside Riders CC	Male	Veteran	V40
41	10:41	Sam Leng	AIMS Cycling	Male	Senior	
42	10:42	Joe Reed	Muckle Cycle Club	Male	Senior	
43	10:43	Peter Stokoe	Reifen Racing	Male	Senior	
		Christopher				
44	10:44	Wilcock	Muckle Cycle Club	Male	Senior	
45	10:45	David Martin	Holmfirth C C	Male	Senior	
46	10:46	Michael Noble	Muckle Cycle Club	Male	Senior	
47	10:47	Scott Robertson	Tyne & Wear Fire & Rescue Service CC	Male	Senior	
48	10:48	Wilson-Jay Brown	PM Racing UK	Male	Senior	
49	10:49	Brendan McMillan	Tyne & Wear Fire & Rescue Service CC	Male	Senior	
50	10:50	Theodor Obholzer	Durham University Cycling Club	Male	Espoir	
51	10:51	Angela McGurk	Blaydon CC	Female	Senior	
52	10:52	Grace Inglis	Muckle Cycle Club	Female	Senior	
53	10:53	Sarah Wilkinson	Blaydon CC	Female	Veteran	V50
54	10:54	Lucy Siddle	Reifen Racing	Female	Veteran	V40
55	10:55	Rachel Galler	Blaydon CC	Female	Senior	
56	10:56	Josie Cram	PMRR	Female	Senior	
57	10:57	Natalie Batey	Tyne & Wear Fire & Rescue Service CC	Female	Senior	
58	10:58	Georgia Campbell	Blaydon CC	Female	Senior	
59	10:59	Miriam Jessett	Team Kirkley Cycles	Female	Espoir	
60	11:00	Hannah Farran Rebecca	Team Boompods	Female	Senior	
61	11:01	Richardson	Team Brother UK	Female	Senior	

62	11:02	Benjamin Butler	Deeside Thistle CC	Male	Senior	
63	11:03	Edward Kingsley	Darlington Cycling Club	Male	Senior	
64	11:04	Danny Hedley	Royal Air Force Cycling Association	Male	Espoir	
65	11:05	Tom Harcourt	Team Bikestop Tyrekey	Male	Senior	
66	11:06	Joshua Hodgson	GS Metro	Male	Senior	
67	11:07	Michael Harcourt	Team Bikestop Tyrekey	Male	Senior	
68	11:08	Richard Morgan	Barrow Central Wheelers	Male	Senior	
69	11:09	Tom Fricker	Farnham RC	Male	Senior	
70	11:10	Tony Fawcett	Newcastle Cheviot CC	Male	Veteran	V40
71	11:11	Peter Hawkins	Muckle Cycle Club	Male	Senior	
72	11:12	Lee Ager	Blaydon CC	Male	Senior	
73	11:13	Lee Cuthbertson	Muckle Cycle Club	Male	Senior	
74	11:14	Adam Martin	Newcastle Cheviot CC	Male	Senior	
75	11:15	Nathan Smith	CYCLING SHEFFIELD	Male	Espoir	
76	11:16	Graeme Wardale	South Shields Velo Cycling Club	Male	Veteran	V40
77	11:17	Rick Bailey	Team Lifting Gear Products/Cycles In Motion	Male	Senior	
78	11:18	Colin Atkinson	Muckle Cycle Club	Male	Veteran	V50
79	11:19	Marcus Cram	Blaydon CC	Male	Senior	
80	11:20	Ed Laverack	VAMos.CC	Male	Senior	