



# Blaydon Cycle Club

**BLAYDON CYCLE CLUB PRESENTS**

The 2up open time trial

**Saturday 10th April 2021**

Course: M19

**First Riders: 9:02am**

Timekeepers: Frances Schultz & Peter Schultz

Event Secretary: Paul Wright, 28 Domines Close, Rowlands Gill. NE39 1PA

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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.



# Blaydon Cycle Club

## COVID19 – PLEASE READ CAREFULLY

- 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 before 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 should consider carrying a mobile phone with the organisers number saved in it, extra tubes (etc), a pump and basic tools. If you have a mechanical on course, contact the Organiser.
- 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 leave 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 1 metre+ social distancing rule.
- Riders will need to self-start, with one foot on the ground. **NO track stands**
- Remember, no rear working light (flashing or constant) NO RIDE. Riders MUST bring their own working light, marshals/timekeeper cannot provide a light.
- **DRAFTING – SOCIAL DISTANCING:** If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.



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## HQ/SIGN ON/SIGN OFF

Stannington Village Hall, Main Street. NE61 6EL

Riders will be able to sign on from **8am** - please do not arrive any earlier than one hour before your allocated start time to allow for social distancing. Sign on/off will be set up outside in the car park.

There is parking at the Village hall but with 150 riders if you can ride to the event please do.. The toilet facilities are in the Hall. Please follow the social-distancing signage and guidance from Halls representatives. Strictly no changing within the building. Please come prepared to race.

There will be no post-race buffet or refreshments, so please make sure you have your own water and food for after your race.

HQ is about 2 minute ride from the Start/Finish lines.

**Route from the HQ to start:** *When you leave the hall follow the road to St Marys Inn along Church road towards the first School.*

## COURSE DETAILS

<https://www.cyclingtimetrials.org.uk/course-details/m20>

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

START at lay by on the left, approximately 30 metres past First School, West of Stannington, on Church Road and proceed on Church Road 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 to join the A1 northbound dual carriageway. Proceed north for approx. 1/3 mile to take the slip road leading to Stannington Village, To FINISH on the slip road 25 metres before the Stannington Village sign.



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Safety notes:

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

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 and ensure speed is reduced prior to the 20MPH limit in Stannington.

## **Additional Information**

**Road surface conditions will be assessed periodically, and the current points should be taken in consideration by riders:**

- 1. Road approximately 1.5 miles from start leading to St Mary's has surface FAIR to POOR in places with some potholes on the racing line.**
- 2. North Road, Ponteland- Surface POOR, with holes, ruts and loose surface.**

**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.**

*Note: The Start is just within the village 20mph limit, but this should not present a problem from a standing start.*

**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.**

- You must look ahead and not ride with your head down
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.



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- PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.
- For those competing on ROAD BIKES, please also complete the separate “road bike” sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 60mm, aero helmets with built-in visors and trip socks. Skin suits are permitted – please refer to the N&DCA website for further details (<http://www.nanddca.co.uk/>).
- Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out, race numbers are disposable, please take them with you after the race to dispose of.
- If you forget to sign out, you will be recorded as a “DNF” on the results sheet.
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride. 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.

## **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.
- Any additional safety information will be provided at sign-on.
- Your machine must have a working rear light (flashing or constant) to be permitted to race. In the interests of your own safety, Cycling Time Trials and the event promoters



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strongly advise you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard.

- **All competitors under the age of 18 years MUST wear a hard-shell helmet.**
- 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.

## **ADDITIONAL NOTES TO COMPETITORS:**

### Signing-on Sheet and Signing-out Sheet

(a) 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.

(b) In Type A events a competitor 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

Men's Senior Pair

Women's Senior Pair

Junior/Juvenile Pair

Men's Vet Pair

Women's Vet Pair

Mixed Sex Senior Pair

Mixed Sex Vet Pair

Men's Road Bike Pair

Women's Road Bike Pair

Each Category has a £30 prize which can be donated to Alzheimers or will be bank trans to you if you wish to still collect. Prizes can only be won by teams made up of two riders from the SAME club/team.

## RESULTS

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,**