



# Blaydon Cycle Club

**BLAYDON CYCLE CLUB PRESENTS**

The N&DCA 50 Mile Championships

**Sunday 6th June 2021**

Course: M50

**First Riders: 7:38am**

Timekeepers: Frances Schultz & Peter Schultz

Event Secretary: Paul Wright, 12 Warkworth Avenue, Whitley Bay. NE26 3PS

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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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## 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.
- 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.

HQ: Cramlington Town FC Ormston Street, East Hartford, Cramlington, NE23 3BE HQ will be opened at 6.30 am and sign on and numbers will be available from then. There will be no after



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race refreshments, please help the race organisers by adhering to the social distancing rules. Sign on, Race, Sign Out, Go Home and Await Results. Although there is parking at HQ, if not parking at HQ vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road use

## **COURSE DETAILS**

<https://www.cyclingtimetrials.org.uk/course-details/m50>

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

## **50 Miles**

**START.**At power cable pole DP14 on the A192, approximately 0.24 mile east of Plessey Checks. Proceed to Crowhall Lane Roundabout. Continue straight on(second exit) to the Three Horseshoes Roundabout. Take the second exit onto slip road and then onto A189. Proceed North on the A189 to North Seaton/Sandy Bay roundabout, proceed straight over (second exit) and on to Woodhorn roundabout. Proceed straight over (second exit) to mini roundabout. Take first exit onto A189. At Linton roundabout, take third exit onto A1068. Continue on A1068 to Widdrington roundabout, where straight on (second exit) remaining on the A1068. Continue until encircling mini roundabout before Amble( 19.75 miles), to retrace route south bound on the A1068. Follow A1068 all the way back through Widdrington to Linton roundabout. Take first exit to retrace route via A189 to Woodhorn and then North Seaton/Sandy Bay roundabouts. Continue along A189 until slip road at Three Horse Shoes roundabout/A192. Take third exit onto A192 and proceed over Crowhall Lane roundabout (second exit) and follow A192 until Plessey Checks. At roundabout take first exit onto A1068 proceeding to the Bassington roundabout. Staying right, encircle the roundabout taking third exit to return North on A1068. Continue to Plessey Checks. At the roundabout, take the 3rd exit to join A192 and the start of second shorter lap.

Proceed as first lap to A189, via Crowhall Lane roundabout, to Three Horse Shoes, taking second exit onto A189.

Proceed along A189 to the second exit, marked Earth Balance. Stay in right lane to join the A1147. Continue bearing right under A189 and onto B1331. Continue around B1331 to re-join A189 Southbound. Proceed South along A189 to take second exit onto the Three Horse Shoes Roundabout.

Proceed to roundabout and take the third exit back onto the A192. Continue over Crowhill Roundabout and to: FINISH At small lay-by .22miles before Plessey Checks.

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

## **Riders:**

- **Take extra care on the approach to and in the negotiation of all roundabouts, and where traffic joins and leaves course via slip roads.**
- **No dismounting in the finishing area.**



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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. (Although you will have to ride on the course to get to the start and from the finish)
- 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.



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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.
- 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 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 Winner - £20

Women's Winner - £20

Male Vet on Standard - £20

Female Vet on Standard - £20

Male Roadbike - £20

Female Roadbike - £20

## **RESULTS**

There will be a live results board at <https://resultsheet.co.uk/s/af597de6>

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,**