



Open 10 Mile individual Time Trial

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

Saturday 1st August 2020

Course: T103 (East Cowton – Scorton – East Cowton)

First Rider off at 14:01 hrs

Event Officials: Geoff Watson (Timekeeper)
Steve Fullerton (Assistant Timekeeper)

Event Secretary: Marcel Schubert
21 Bleath Ghyll, Darlington, Co. Durham, DL2 2GS
Email: marcel.schubert@gmx.net
Mobile: 07412 102735

Event Headquarters (HQ): East Cowton Village Hall, DL7 0DF (wooden building) situated on the main road near village center, on the left coming from the east

Important: There will be no parking at the hall, only for event officials and for number collection and signing on and off. Please note further HQ information below.

Please note there will also be no parking in the village itself. This is an agreement we have with the trustees of the hall, allowing us to use it as this unprecedented time. There are several long sections of wide grass verges along the B1263 between northern end of Raby Lane (T-junction) and Northallerton road/A167. Competitors are asked to find suitable parking on public road verges away from private property entries and park in a way to not cause obstructions to traffic incl. larger machines such as tractors. Parking is at the vehicle owners' own risk.

Arrival by bike: Competitors who wish to arrive on bike can leave their backpack at their own risk in the HQ. Please follow guidance of the event official. Strictly no changing in the HQ and all personal belongings packed away in the backpack ready to leave shortly after signing on.

Results: Preliminary results will be posted on the Darlington Cycling Club Facebook page (<https://www.facebook.com/groups/Darlingtoncyclingclub>) as soon as they are received from the timekeepers after the event. Final and official results will be published on the CTT website by Tuesday 4th of August 2020, to allow for any queries (these can be made via phone, email or text to the event organiser).

Prize Awards - One per Rider:

#	MEN	LADIES	ROAD BIKE	JUNIOR	JUVENILE
1	£30	£30	£20	£10	£10
2	£20	£20	£10		
3	£10	£10			



COVID19 – RIDERS PLEASE READ CAREFULLY

CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”, which you may have already seen. Rather than repeating everything here the documents have been included in your Start Sheet mailing and you should read them carefully. However, the following points are of importance.

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

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 warmup.

Ideally all warm-ups should be done on the road, although static warm-ups are now permitted in line with the safety notes detailed below.

Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.

Competitors MUST NOT leave any personal items with the timekeeper.

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.

No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.

It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

IMPORTANT!! Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 5 minutes before your designated start time. Adhere to the 2-metre social distancing rule and take direction from the start marshal.

NO CLOTHING TO BE LEFT ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE. (For CTT events, riders must have their upper arm covered – ie. No tri-suits. Numbers to be secured to the body with safety pins as opposed to a tri-belt). You'll need to bring your own safety pins.

Riders will need to self-start, with one foot on the ground.



Event Sign-On and HQ information

Riders will be able to sign on from 1pm – please do not arrive any earlier than one hour before your allocated start time to allow for social distancing at the village hall entrance.

Signing on and collection of disposable body numbers will be at the HQ. All competitors are required personally to sign the signing out sheet after course completion. Failure to do so will result in the competitor being recorded as DNF. Riders are not to return numbers and dispose of them responsibly. 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

Signing on and Toilet access on a One-In-One-Out Basis only, A one-way entry and exit route is in place, please follow the social distancing signage and guidance from the event official.

Strictly no changing within the building, so come prepared to race. There will also be no post-race refreshments.

All under 18 riders MUST bring a completed Parental Consent form in order to be allowed to ride unless mailed and received by the event secretary prior to race day (relevant entrants have been contacted via separate email on Friday 24th July). Please note that photocopies of signatures are not valid.

Please help the race organisers by adhering to the social distancing rules in order that we can complete the planned calendar of events for 2020.

Sign on, Race, Sign Out, Go Home, Await Results.

Course details:

A downloadable route map with approximate start and finish locations can be found at <https://www.plotaroute.com/route/1051618>

T103/1 official description: Start on south side of B1263 at drain cover 205yds west of Corn Hill Farm entrance and 11yds west of farm lane, to Cowton Moor on north side. Proceed westwards via Atley Hill to Scorton village, keeping left to “Give Way” sign, at southwest corner (4.83mils). Taking a right, circle village green and retrace outward route, to pass start at a point opposite gatepost on north side of road and approx. 30yds west of lane to East Cowton where finish (10mils).

Safety Notes

1. No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.
2. Strictly no U-Turns will be permitted in the vicinity of the Start and Finish. Do not proceed to the start line unless within 5 minutes of your allocated start time. Proceed to start line from Raby Lane T-junction only, don't enter the course from any of the other joining roads.
3. Riders are not to warm up on any part of the course, whilst the event has started.
4. **Important note applicable to points 1, 2 and 3 above:** This includes the road segment in the westward direction immediately after Raby Lane T-junction on the B1263, see map below. Not adhering to this guidance will lead to disqualification of the rider.
5. Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
6. All riders are responsible for their own safety.

7. All riders under the age of 18 must wear a safety-approved helmet. All other riders are advised to do so by the governing body.
8. **NO LIGHT - NO RIDE!** no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
9. When signing in/out please be considerate to locals, no blocking of driveways and footpaths.
10. No turbo trainers are to be used for warming up within 100 yards of any inhabited properties.
11. No dismounting in the finishing area, proceed straight on towards Raby Lane T-junction.
12. You must look ahead and not ride with your head down.
13. It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
14. 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.

DRAFTING REGULATIONS: 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. You must set your own pace and not use another rider as a pacemaker. The onus on avoiding company riding shall be on the rider overtaken. Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/meters.

Diagram 1 Distance of drafting zone for ALL competitors

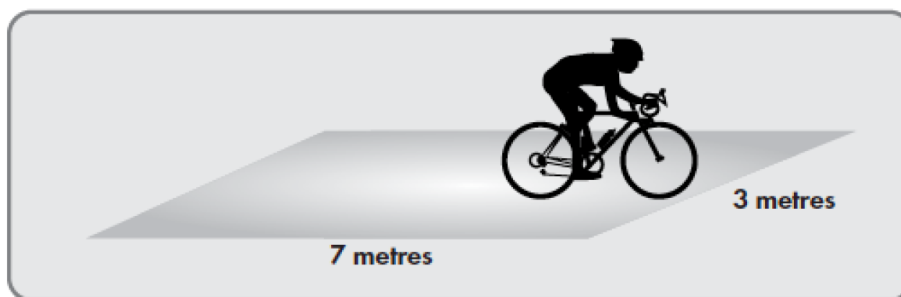
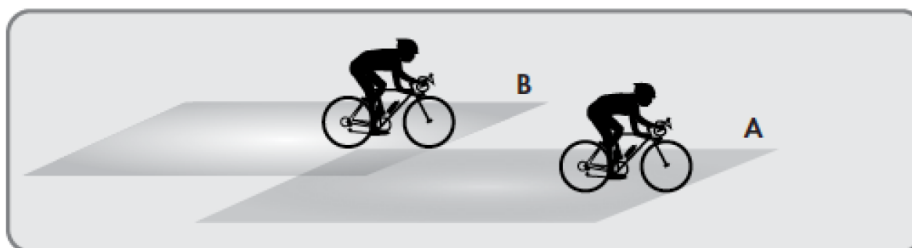


Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to repass **A**. **A** must move to the Left Hand Side of the road when safe. **B** can only overtake **A** on **A**'s Right Hand Side.

Dashed Line = Race Course - - - - -

No Entry to course until 5 minutes prior to allocated start time and only via indicated course entry location (Raby Lane T-Junction)! No course entry at any time from other locations! Riders to leave course immediately after finishing. This strict guidance is required due to the large field of competitors. Not adhering to this guidance will lead to rider disqualification. A marshal will be positioned at Raby Lane T-junction.





Road Bike Category Specification for Teesside District Events

Riders competing on road bike must ensure to put an R in the appropriate field of the sign-on sheet. If this is not done the entry will be included in the main TT bike category.

The Rider

No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors and over ear covers are to be worn.

No trip socks but the use of skinsuits and overshoes is permitted.

No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

The Machine

The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.

No time trial style or triathlon forward extension bars with or without elbow pads will be present.

Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 65mm