



North Tyneside Riders
Presents

M102B Open Time Trial

To be held on Saturday 16th April 2022

Promoted on behalf of Cycling Time Trials under their Rules & Regulations

Event Secretary

Ian Gallon
17 Springfield gardens,
Wallsend.
Tyne & Wear.
NE28 8AJ.
07828900383

Galnufc@msn.com

Time keepers.
Sharon Dyson, Peter & Francis Schultz.

First Rider is off at 8.01 am

Please note any problems on the road please contact Ian Gallon on 07828 900383 who will be looking after the start and HQ while the race is in progress.

HQ – Cramlington Town FC.

Ormston Street, East Hartford, Cramlington, NE23 3BE.

The HQ will be open at 7am to sign on & numbers will be available from then.

There will be Coffee and tea refreshments available.

There will be plenty of parking available in the car park but please park responsibly in the streets & please don't block any driveways.

Start at the North end of the bus stop lay-by just north of the Bassington roundabout on the A1068. Proceed north to Plessey Checks Roundabout. Take the third exit onto the A192 eastbound to start the 1st of 2 circuits. Proceed to Crowhall Lane roundabout. Continue straight on to the Three Horseshoes Roundabout. Encircle the roundabout & take the 5th exit to rejoin the A192 Westbound. Proceed to Crowhall Lane roundabout and continue straight onto Plessey checks roundabout to complete the 1st circuit. Encircle the roundabout and take the 4th exit back onto the A192 eastbound to start the 2nd circuit. At the end of the 2nd circuit FINISH on the A192 westbound the middle one of 3 road signs approx 200 metres before Plessey Checks roundabout.

PLEASE NOTE – At the end of the 1st lap, please stay in the left lane until you pass the timekeepers/finish line before you pull out into the right hand lane to start the **2nd loop**.

Road surface conditions .

- 1. A192 Eastbound has potholes from Plessey Checks.**
- 2. A192 approach to 3 Horseshoes roundabout has several pot holes.**



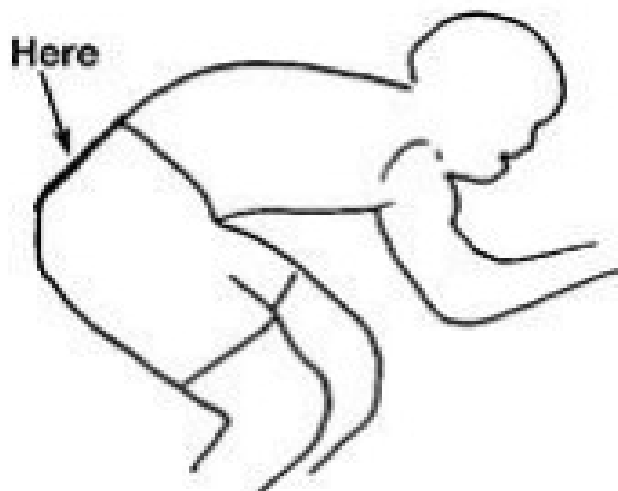
ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP”RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.

Numbers

All riders must sign the “signing on sheet” before collecting their numbers and must sign the sheet again when returning after their ride.

Please make sure your number is placed correctly on jerseys/skinsuits to assist time timekeepers. If the timekeepers are unable to read your number then the time may be void. Below is a diagram for positioning your number on jerseys/skinsuits.

Riders should provide their own safety pins.



Notes

A WORKING FRONT & REAR LIGHT PLUS A HELMET ARE NOW COMPULSORY TO START A CTT EVENT.

- All riders are responsible for their own safety
- You must obey the rules of the road and obey all traffic signs, signage and direction indicators
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times
- You must look ahead and not ride with your head down
- You must not take pace or shelter from any other vehicle or competitor (no drafting)
- Failure to comply with the above may lead to disciplinary action being taken
- No warming up on the course once the race has started
- No dismounting by riders in finishing area.
- Keep strictly to the correct side of the road