



Gosforth Road Club 12 Mile Open Time Trial (Tandems)

Sunday 30th July 2023 10.00 am

**Event promoted for and on behalf of Cycling Time Trials under their
Rules and Regulations**

Northumberland & Durham Cycling Association Best All Rounder 2023

This event is a counting event in the N&DCA BAR for 2023. In order to be eligible for BAR points and awards your club or team or you as an individual must have affiliated to the N&DCA before the day of the race. For information on how to do this, visit <http://nanddca.org.uk/>

Organiser / Event Secretary :

Richard Exley, 82 Lodore Road, High West Jesmond, Newcastle NE2 3NR
richexley211@btinternet.com 07712 183201

Timekeepers: Peter Schultz , Frances Schultz and Ewa Johnson

HQ: Stamfordham Village Hall

The Hall is on the right side of the road into the village just beyond the school. Maps and details are given on the website:

<http://www.stamfordhamvillagehall.co.uk>

- HQ will be opened at 8.30 am and sign on and numbers will be available from 9.00 am.
- Competitors under the age of 18 **must** provide a signed Parental Consent Form at Sign on. Link below to forms:

<https://www.cyclingtimetrials.org.uk/documents/download/3743>

- NDCA BAR Road bike category riders must state this at sign on using the separate sheet provided
- **Competitors must sign off at the HQ after finishing in order to be counted as a finisher.**
- There are toilet/change facilities in the HQ.
- Light refreshments will be available in the HQ after your ride.
- Presentations will be made when the Timekeepers have confirmed the results

Parking

There is limited parking at the HQ and in adjacent laybys

Further parking is available in the laybys near the Bay Horse pub in the village.

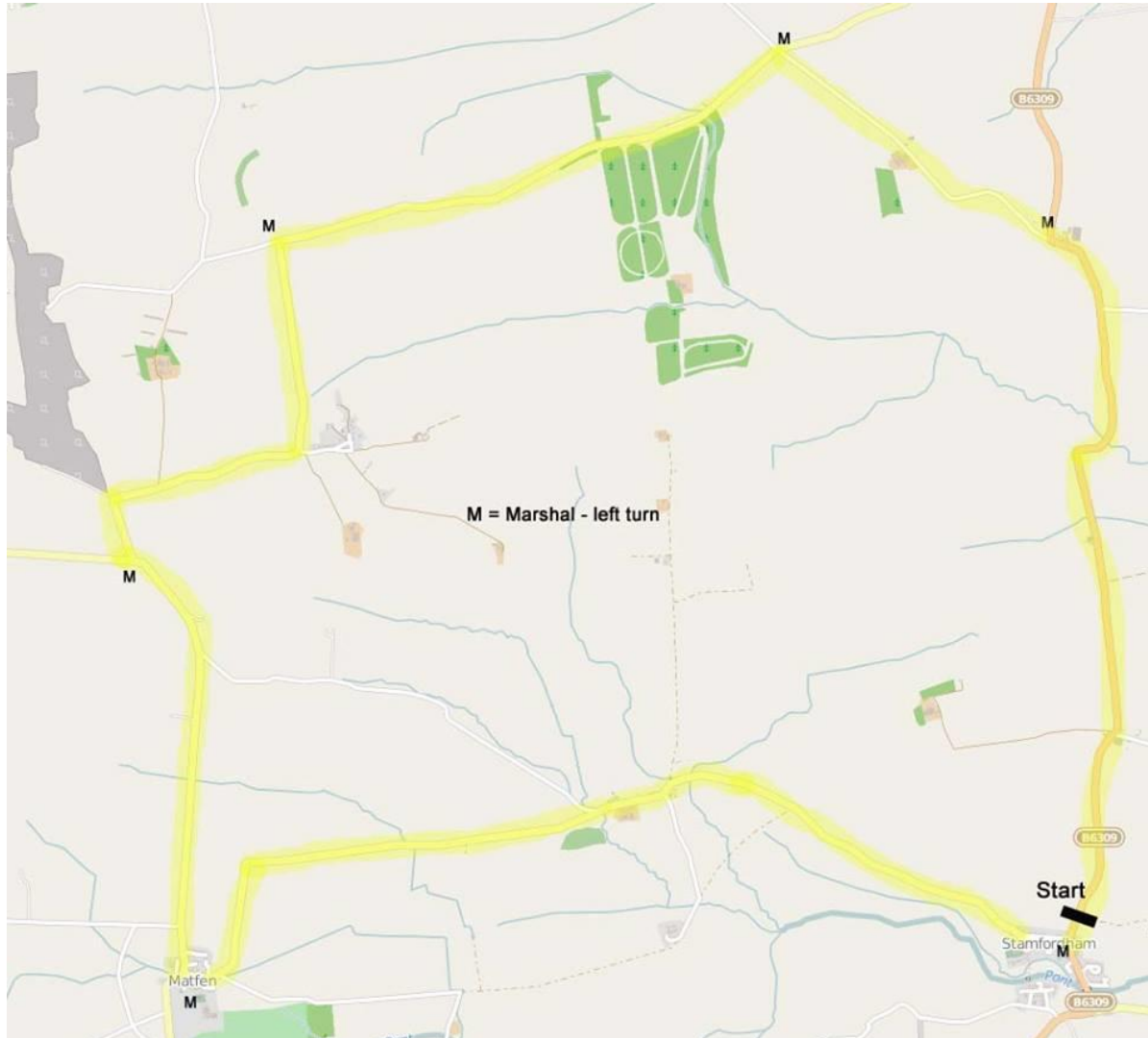
Please park considerately in the Village. Stamfordham is used to hosting cycle events and all riders are asked to help maintain the sports cordial relationship with the residents.

Do NOT Park on North and South Side residential roads either side of the village green or on the Green itself There are lay-bys next to the First School **THOUGH THESE MAY BE BUSY**

Description of Course M12S

Stamfordham - Black Heddon - Ingoe - Matfen – Stamfordham

12 Miles



Start ½ mile north of Stamfordham on the B6309. Proceed north to Black Heddon, and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left towards Ingoe, left to Matfen, left to Stamfordham, to Finish at the small lay-by just beyond the Stamfordham sign and at the 20 MPH speed warning.

GENERAL RIDER SAFETY NOTES and INSTRUCTIONS

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
- Take extra care at road junctions, on descents, and when passing through villages.
- In wet conditions, descents and sharp bends can be particularly hazardous and should be negotiated with extreme care.
- Keep to the left at all times, and especially so on narrow roads with right hand bends.
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area and riders to proceed carefully into village observing the 20mph speed limit on crossing the finishing line.
- Road surface conditions may change depending on the season, weather or condition of the road. It is the riders' responsibility to ride in such a manner that allows them to ride safely and with consideration to other road users at all times.
- Head down riding is dangerous.
- It is the responsibility of the rider to check the Risk Assessment on the day to be aware of any extra hazards or changes they should be aware of.
- Every Competitor **MUST have**, fixed to their machine, both a **front and rear facing, working light**. These must be clearly visible (Regulation 14). No lights , no ride.
- Every rider **MUST wear a helmet** that conforms to current Safety Standards (Regulation15) and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.
- 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

Road surface conditions should be taken into consideration by riders:

The course has been subject to considerable improvement in surface quality over the last 2 years. Nevertheless riders should note there is still a section of relatively rough road approaching the farm at Black Heddon (the first marshal point on map) and should exercise due care and attention at all times.

Prizes

Competitors completing the event successfully will receive a prize !

Additional Prizes may be awarded !