

CESTRIA CYCLING CLUB

**Promoted for and on behalf of
Cycling Time Trials
Under their Rules and Regulations
PETH BANK OPEN HILL CLIMB
Saturday 3rd October 2020**

Event Secretary: Stuart Cook 07867973585
stucook66@gmail.com

**Timekeepers Frances and Peter Schultz
Sharon Dyson
First Rider off at 10.01**

**EVENT HQ: Lanchester Community Centre.
Newbiggin Lane
Lanchester DH7 0NT**

Sign on will be open from 9am

COVID19 – PLEASE READ CAREFULLY

- Competitors should not attend if they feel unwell in ANY way or if family members have any symptoms.
- Temperature checks on Competitors will be carried out on arrival – high temperature (above 37.8°C) = No Ride and you must leave & Go Home.
 - Riders must provide their own pen to sign on/off the race, NO pens will be provided.
 - Use the hand sanitizer 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,
 - 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. 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 parks 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 2 metre social distancing rule. Riders will need to self-start, with one foot on the ground. NO track stands
 - **You MUST have a working rear light (flashing or constant)**
- Riders MUST bring their own working light, marshals/timekeeper cannot provide a light. NO LIGHT NO RIDE
- 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.

Please find a suitable place to park and that it is not obstructing anyone's business or residential property, or use the car parks as suggested.

The format is Sign on, Race, Sign Out, then leave the event and Await Results. All riders must sign the "signing on sheet" before collecting their disposable number and must sign the sheet again when returning after their ride. Please make sure your number is placed correctly on jerseys/skinsuits to assist 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 **MUST** provide their own safety pins.

PARKING.

NO PARKING IN THE HQ CAR PARK

There is a free car park 100 yards UP from HQ.

With kind permission of The Kings Head Lanchester, parking is also allowed there (please use the far side of the car park)

Course MH2

This event is being held on the MH2 course
1 Mile (Hill Climb).

Start approximately 200 yards from Lanchester All Saints Church corner
Proceed uphill to FINISH 150 yards before the junction with Maiden Law-
Burnhope

Riders reminders:

- No U-turns to be made in the vicinity of the timekeeper.
- You must have a working REAR light either flashing or on constant to start the race.
NO LIGHT NO RACE
- There will be no pusher off even though it is now permitted in line with Covid Risk Assessment – we will continue as previous RA and you must start with one foot on the ground.
- Please refrain from warming up on the course once the time trial has commenced.
- No dismounting in the finishing area.
- You must look ahead and not ride with your head down.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- Competitors **MUST NOT** leave any personal items with the time keeper
- 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.
- 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.



CESTRIA

CYCLING CLUB

Cestria C.C Hill Climb

Saturday 3rd October 2020

Peth Bank Lanchester

1st Place Overall	£25
2nd Place Overall	£15
3rd Place Overall	£10
1st Place Female	£25
1st Juvenile Female	£20
1st Juvenile Male	£20
1 st Junior Male	£20
1 st Junior Female	£20
1st Vet V40 Male	£15
1st Vet V50 Male	£15
1st Vet V60 Male	£15
1st Vet V70 Male	£15
1st Vet V40 Female	£15
1st Vet V50 Female	£15
1 st Male Cestrian	£15
1 st Female Cestrian	£15

All cash prizes will only be awarded once at the highest value, in the event the same rider winning 2 categories the top prize will be awarded to next in line