



Tyneside Vagabonds CC 68th Mountain Time Trial 22nd May 2022

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations This is a Northumberland & Durham Cycling Association BAR Event

Event Secretary David Davison 291 Wingrove Road North, Fenham, Newcastle NE4 9EE.
Telephone 07970 000 535. Email dcdavison214@gmail.com

Timekeepers Peter Schultz, Frances Schultz, Aura Johnson, Sharon Dyson

Event HQ Belsay School Hall, <https://goo.gl/maps/x6ukVyenhe98qJ2V6>

Belsay School Hall will be open from 9am. There is very limited parking at the school – additional parking is available in the lay-by near the start and surrounding lanes (Please respect access to houses).

- Sign on will be in or outside the school hall, depending on weather conditions.
- We recommend you wear a mask inside and maintain social distancing.
- Toilets will be available in the school hall.

Signing on and off

- Preferably bring your own pen to sign on.
- You will be issued with a reusable number – please return it to the HQ.
- It is compulsory for all riders to sign on AND sign back out again after your ride. Do not forget to sign back out or you will be disqualified from the event.

M47 course summary www.cyclingtimetrials.org.uk/race-details/21826

Start at Belsay on unclassified road 200 yds North of junction with the A696 and B6524. Proceed north on unclassified road via Bolam Lake to junction with B6343 (6.4 miles). Turn left to Scots Gap then first right * (Riders take CARE) onto unclassified road to Rothley Crossroads (9.0 miles), and straight ahead to Ewesley Station, Coldrife, Forestburn Gate, Garleigh Summit (15.2m) and descend to Rothbury (17.6m). Bear left immediately after the bridge, past Rothbury church, and left again to Thropton. Bear left down bank to Flotterton at the end of village and bear left to Hepple (23.2m). Continue straight ahead to Bilsmoor timed climb. Proceed to Elsdon (29.2m) and turn left at the end of the village to climb the Gibbet (1:6 or 1:7). Proceed to Harwood Gate House (35.4m) and turn right * onto B6342 for 1.5m where turn right * and proceed to Knowesgate (38.5m). Turn onto the A696 towards Belsay. Half a mile north of Belsay take the slip road to the left and finish (47miles).

Safety notes:

- **Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.**
- **No U-turns to be made in the vicinity of the timekeeper.**
- **No dismounting in the finishing area.**

Riders:

Take extra care at T-junctions, right hand turns, on several steep descents with bends, and through built-up areas. Specifically, the final descent into Rothbury on the approach to the bridge, and the descent into Thropton before the bridge, are both governed by 30mph legal speed limit. Please be mindful of the speed limit, and you must take extra care when approaching the bridge in Thropton. It is a single carriageway bridge where although you have right of way, traffic can build up necessitating reducing your speed. Last year a rider sustained significant injuries as a result of a crash on this descent. PLEASE RIDE RESPONSIBLY.

Additional Information

Road surface conditions will be assessed periodically, and the current points should be taken in consideration by riders:

1. From Middleton Farm - From approach to farm through to Scots Gap Junction B6343, surface POOR to BAD. Potholes, deteriorated patching and loose surface on the racing line.

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

• **Note NE District Regulation re. Right Hand Turns (marked * in Course Details). Riders shall not cut corners at right-hand turn junctions on courses i.e. they must observe road markings and not move to the right-hand side of the road being turned out of or in to. Any rider reported not following this District Regulation shall automatically be disqualified from the event. Organisers of events on courses with righthand turns shall instruct marshals on any corner affected by this local regulation to record the race number(s) of rider(s) in breach of the regulation.**

NOTE – Disqualified riders may appeal to the NE District Committee against their disqualification. Such appeals will normally take the form of a Disciplinary Hearing for a breach of Regulation 20(a).

Warming up

- **Do not warm up on the course once the event has started.**
- **No turbos or rollers to be used. All warm-ups should be done on the road.**

Additional Covid-19 safety information – Riders please read carefully. Although Government Covid restrictions are now lifted, simple measures such as respecting social distancing, wearing face masks where possible, and hand washing/sanitization, are still encouraged.

- Competitors should not attend if they feel ill in ANY way or if they or family members have any symptoms associated with Covid-19 (new onset persistent cough, temperature, or loss of smell and/or taste).
 - 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.
 - It is strongly advised that all competitors carry with them a spare inner tube / tubular, pump and tyre levers if required, so as to minimize the need for roadside assistance in the event of a puncture.
 - 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 on 07970 000535 if you have failed to finish the event.
 - Please respect social distancing in the car parks, sign-on area or elsewhere.
 - Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Please respect social distancing 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.
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- The start line is only 0.5 miles away from HQ.
 - 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.
 - 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.

Additional Rider Information

- Riders should be familiar with <https://www.cyclingtimetrials.org.uk/articles/view/11>
- Riders should familiarise themselves with the route in advance of the race.
- CTT regulations state you MUST wear a HARD SHELL HELMET that meets an internationally accepted safety standard. This is compulsory for all competitors.
- Junior riders should bring their completed Parental Consent form in order to be allowed to ride.
- Remember, **no front and rear working lights** (flashing or constant), and/or **no hard helmet= NO RIDE** (This is in accordance with the most recent CTT regulations). Compliance with these regulations will be checked by the start marshal.
- For CTT events, riders must have their upper arm covered – i.e. No tri-suits.
- All riders are reminded of their responsibility for **'Heads Up'** riding at all times.
- Ensure that your number is placed in accordance with CCT regulations (see link above).
- No U-turns in the vicinity of the timekeeper and no dismounting in the finishing area.
- Please shout your number as you cross the finish line.

Results & Prizes

Provisional results are likely to be available from the N&DC Facebook page as soon as possible after the event. Official results will be on the CCT website and emailed to all competitors once formalised.

There will be a prize giving and buffet available after the event for those who wish to attend. Please respect social distancing and wear a face mask where possible. We will also contact prize winners who are not available for the prize giving, as soon as possible once the results have been verified.

All profits from this event go to the Great North Air Ambulance;

<https://www.greatnorthairambulance.co.uk>.

Please let the event secretary or club treasurer(Alex Buckthorp) know if you prefer to donate your prize to this worthy cause

Trophies

Fastest Time	Marion Bunton Trophy
Fastest Female	Dorothy Dent Trophy
Fastest Junior	Ian Vaughan Trophy
Fastest Vet on Standard	J.K.Marshall Trophy
Fastest Ascent of Bilsmoor (Male)	Russell Thompson Trophy
Fastest Ascent of Bilsmoor (Female)	Ron Steele Trophy

Overall

Category Awards

First	£40	B	
£20			Second
£30	C	£20	
Third	£20	D	
£20			Fourth
£15	E	£20	
Fifth	£10	Road bike	£20

Female

Teams of 3 (each)

First	£40	First	£20
Second	£30	Second	£15
Third	£20	Third	£10

Age Categories

Bilsmoor Climb

Male 40-49	£20	Fastest male	£20
Male 50-59	£20	Fastest female	£20
Male 60-69	£20		
Male 70-79	£20		
Male 80+	£20		

Female 40-49	£20
Male Juvenile / Junior	£20
Female Juvenile / Junior	£20

Thanks to our sponsors Ian and Tina Sutton.

One prize per rider, except for Ascent of Bilsmoor and Team prizes. Category awards will only be awarded if there is more than one competitor in that category.

To enter the **Road Bike Category** you must inform the number steward at signing on and complete the BAR signing on sheet. The rules to be applied are the N&DCA roadman rules.

Category Awards – awarded for the fastest time by a rider in each category (subject to the comment above) in the Spindata ranking – see spindata.co.uk.