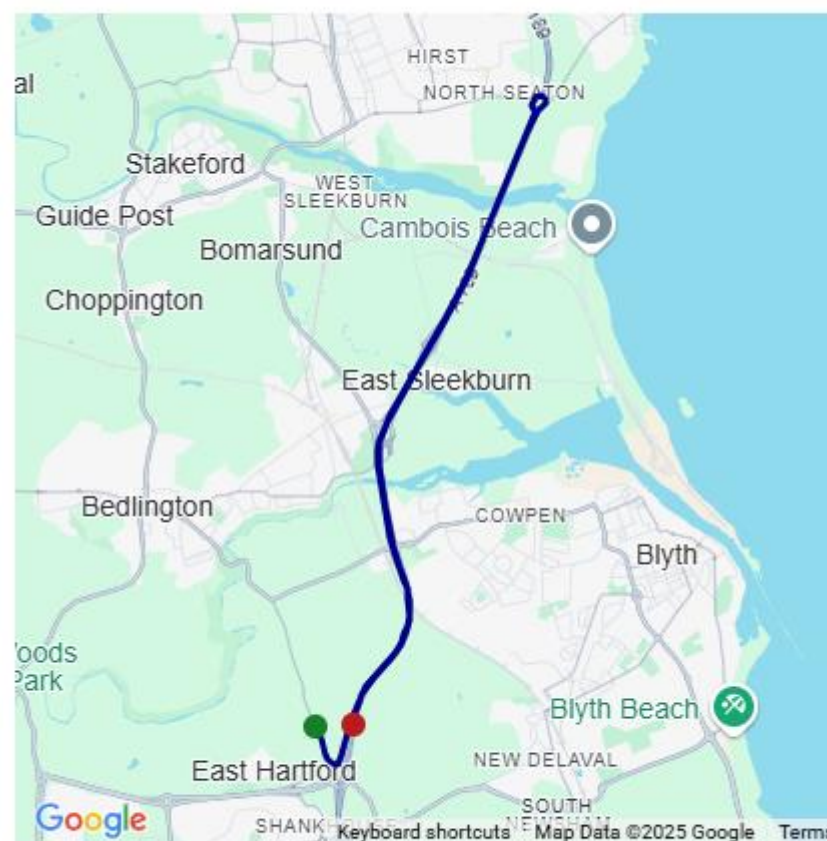


### Risk Assessment proforma

Course	M101
Area	NE District
Description	Dual Carriageway
HQ	Cramlington Town Football Club
Measured	Yes
Measured by	Mel Hall & Jim Bridges
Risk assessed	24.03.24
Assessed by	Sharon Dyson
Date approved	Legacy Course
Type A	Yes
Type B	No
Police Authority	Northumbria
Additional information	See below

#### M101

Single Carriageway | Dual Carriageway | Out And Back



**Distance:**  
10 miles

**Elv Gain:**  
120.5m

**Elv Loss:**  
-131.2m



**Organiser's Information**  
**Best Practice: Risk Assessment Guidance**  
**Issue level: 03**  
**Date: October 2022**

#### Course Description

Three Horseshoes roundabout - North Seaton (Sandy Bay) roundabout - Three Horseshoes (10 Miles).

START at the beginning of the church wall closest to the Three Horseshoes roundabout on the B1505 Horton Road. Proceed to the Three Horseshoes roundabout (0.295m), taking the first exit onto A189 Spine Road northbound. Proceed to North Seaton (Sandy Bay) roundabout, encircle the roundabout (riders take care) to take the fifth exit back onto the A189 Spine Road southbound. Riders retrace to FINISH on the slip road to the A192 Three Horseshoes roundabout.


#### General Safety Notes and Requirements

- Vehicles of competitors/officials/marshals/helpers to be parked safely and without hindrance to other road users.
- Where possible, the number of vehicles positioned at the START line should be limited to one when events are scheduled to take place on Sunday mornings. The Church runs a service at 8.30am on Sunday mornings. Additional vehicles can be parked near to the Three Horseshoes. Where possible, riders to be clear of the Start Line before 8.30am. Organiser to consider notifying the Church of planned Time Trials.
- All officials/marshals/helpers to wear fluorescent jackets or high visibility clothing.
- Marshals are to be briefed as to the extent of their roles/duties prior to the event.
- A marshal's sole duty is to clearly indicate the route the rider is to follow before the rider reaches the marshal point (the rider may be unfamiliar with the course). This is done by either pointing out the direction of travel or holding a directional arrow/marker – marshals should not shout instruction or attempt to control the traffic in any way or interfere with its movement on the highway (Guidance Note 11).
- Whenever possible, marshals should be able to communicate with the organiser by mobile phone in case of accident/emergency

#### Rider Safety Notes

- Riders to take care when approaching and passing slip roads leading onto and off the A189 Spine Road.
- Riders to take care when negotiating the North Seaton (Sandy Bay) roundabout. This is a large roundabout with five exits and three separate lanes in places. On the outward leg, when it is safe to do so, riders should move to the outside lane on approach to the roundabout, to safely negotiate the roundabout.
- On passing the finishing line, riders should continue up the slip road to the Three Horseshoes roundabout and continue back to Race Headquarters – no stopping on the slip road.
- No U-turns to be made in the vicinity of the timekeeper(s).
- Road surface conditions may change depending on the season, weather, or condition of the road. It is the rider's 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 prohibited and will result in disqualification.
- It is the responsibility of the rider to check the On-The-Day Risk Assessment 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 (either constant or flashing). These must be clearly visible (Regulation 14).
- Every rider MUST wear a helmet that conforms to current Safety Standards (Regulation 15), and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.

NOTE TO THE ORGANISER: All of the above information should be included in the Start Sheet Information.

What 3 Words	Course description	Distance	Risk (L/M/H)	Risk description	Minimum management (Without prejudice)
	B1505 Horton Road - North of Three Horseshoes Roundabout, before M101 start.		M		1. Cycle event sign positioned on crest of hill to warn traffic approaching from Bedlington.
///hamsters.shift.cared	B1505 - M101 START - Church wall north of Three Horseshoes Roundabout.	0 Miles	M		1. Marshal to assist Timekeeper. 
	B1505 - Three Horseshoes Roundabout (first exit onto A189 northbound).	0.3 Miles	M		1. Marshal. 2. Cycle event sign positioned on the roundabout at lamp standard BF10 midway between where the A192 from Cramlington and the B1505 from Bedlington enter the roundabout.
	A189 northbound - Bottom of slip road from Three Horseshoes Roundabout.		M		See Safety Notes to Riders
	A189 northbound - Slip road on left to		M		See Safety Notes to Riders




**Organiser's Information**  
**Best Practice: Risk Assessment Guidance**  
**Issue level: 03**  
**Date: October 2022**

	Blyth (Kitty Brewster). Riders exposed for a period of time to traffic leaving course route by way of slip road.				
	A189 northbound - Slip road on left from Blyth (Asda Roundabout). Riders exposed for a period of time to traffic joining course route by way of slip road.		M		<ol style="list-style-type: none"> <li>1. Cycle Event Sign positioned towards the bottom of the slip road/junction with the A189 northbound.</li> <li>2. See Safety Notes to Riders.</li> </ol>
	A189 northbound - Slip road on left to Bedlington. Riders exposed for a period of time to traffic leaving course route by way of slip road.		M		See Safety Notes to Riders.
	A189 northbound - Slip road on left from Bedlington. Riders exposed for a period of time to traffic joining course route by way of slip road.		M		See Safety Notes to Riders.
	A189 northbound - Minor slip road on left to Cambois/Sleekburn. Riders exposed for a period of time to traffic leaving course route by way of slip road.		M		See Safety Notes to Riders.



**Organiser's Information**  
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	A189 northbound - Minor slip road on left from Cambois / Sleekburn. Riders exposed for a period of time to traffic joining course route by way of slip road.		M		See Safety Notes to Riders.
	A189 - North Seaton (Sandy Bay) Roundabout (M101 TURN)	5.14 Miles	M		<ol style="list-style-type: none"> <li>1. Two Marshals – 1 positioned on the northbound exit and the other in between the exit to Newbiggin and the A189 southbound exit.</li> <li>2. Cycle event sign positioned on B1334 approach from Ashington approx. 75 metres from Roundabout at lamp standard 5K.</li> <li>3. Cycle event sign positioned on A189 approach from Woodhorn approx. 50 metres from roundabout.</li> <li>4. Cycle event sign positioned on B1334 approach from Newbiggin approx. 60 metres from roundabout at lamp standard.</li> <li>5. Cycle event sign positioned on Ashwood Drive, on exit from industrial Estate approx. 20 metres from roundabout.</li> <li>6. Directional arrows as considered appropriate.</li> </ol>

<p>///scar.blacked.sofas</p>					 <p>See Safety Notes to Riders.</p>
	<p>A189 southbound - Minor slip road on left to Cambois. Riders exposed for a period of time to traffic leaving course route by way of slip road.</p>		<p>M</p>		<p>See Safety Notes to Riders.</p>
	<p>A189 southbound – Minor slip road on left from Cambois. Riders exposed for a period of time to traffic joining course route by way of slip road.</p>		<p>M</p>		<p>See Safety Notes to Riders.</p>
	<p>A189 southbound - Slip road on left to</p>		<p>M</p>		<p>See Safety Notes to Riders.</p>





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	Bedlington. Riders exposed for a period of time to traffic leaving course route by way of slip road.				
	A189 southbound – Slip road on left from Bedlington. Riders exposed for a period of time to traffic joining course route by way of slip road.		M		See Safety Notes to Riders.
	A189 southbound - Slip road on left to Blyth (Kitty Brewster). Riders exposed for a period of time to traffic leaving course route by way of slip road.		M		See Safety Notes to Riders.
	A189 southbound - Slip road on left from Blyth (Asda Roundabout). Riders exposed for a period of time to traffic joining course route by way of slip road.		M		1. Cycle Event sign positioned towards the bottom of the slip road from the Asda Roundabout leading to the A189 Spine Road (southbound carriageway)
///duet.gallons.spirit	A189 southbound - Bottom of slip road to Three Horseshoes Roundabout and A192 (take slip road left).	9.98 Miles	M		1. Marshal positioned at the closest point of the slip road to the approaching rider. 2. Directional arrow (left turn) positioned at the very bottom of the slip road leading up to the A192 slip road.
///supply.abundance.chilling	A189 - M101 FINISH on slip road.	10 Miles	M		1. Marshal to assist Timekeeper.

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See Rider Safety Notes.

Requirements	
Marshals	6
Event Signs	8
RH Directional Arrow	As appropriate
LH Directional Arrow	1

### **References:**

***CTT GN22 – Risk Assessment***