Team VC “Mark Strang Memorial “ Time Trial on the M13 course

Open and Female events

8th June 2024

First rider off 9.01am

Promoted for and on behalf of CTT under their rules & regulations.

This is a Northumberland & Durham Cycling Association BAR Event.

**Event Secretary:** Justine Norman

30 Robsons Way

NE65 0GA

Tel: 07725071072

**Timekeepers:** Ray Luckett

 Peter & Frances Schultz

Sharon Dyson

**Event HQ:** Embleton Village Hall

* Riders should consider carrying a mobile phone and tool kit with them- please make note of the organizer mobile number to contact in case of a mechanical
* Please note you must wear a Helmet and have working front and rear lights

**Event instructions**

* Embleton Village Hall (post code NE66 3UP) is the HQ and will be open from 8am to sign on and collect numbers. – please sign off at the HQ afterwards.
* If you fail to sign out you will be recorded as a DNF on the results sheet.
* Sign in and sign out must be completed by the rider and no one else.
* Numbers are reusable- please return your numbers after competing.
* Numbers should be clearly visible and placement adhere to CTT regulations
* Toilets will be available to use in the Hall.
* Embleton is a small village so please be respectful while parking/warming up in the village. Please do not use turbo trainers in residential areas. There is a small amount of parking at the Hall so parking will need to be around the village but please be respectful to residents when parking.
* Road bikes need to adhere to the CTT Road Bike rules
* Junior riders must bring or email the organiser a completed parental consent form
* All riders must adhere to CTT regulations at all times

**Course M13:**

Start just north of Embleton on the B1339 opposite the lay-by.

Proceed north on the B1339 to turn left on to the B1340 in the direction of Christon Bank. Proceed to the junction with the B1347 at Christon Bank.\*\*\*\* Turn left to continue south on the B1340 to the junction with the minor road near Hocketwell.

Bear left on to minor road and continue south to minor road on left near Littlehoughton. Turn left on to minor road and proceed east to the T-junction with the B1339. Turn left on to the B1339 and proceed north towards Embleton. Finish at the lay-by PRIOR to Embleton village. Please shout your number as you pass the finishing timekeeper.

\*\*\*\*Please be aware that there are 2 traffic calming measures in Christon Bank- one as you ride into Christon Bank (you must give way to traffic) and one after you have turned left in Christon Bank (you have priority). Please treat these traffic calming measures with respect. Marshals will be in the vicinity and any riding deemed to be unsafe will result in disqualification

**Safety Update:**

Note that there have been two accidents in 3 years on this course, both on part of the course highlighted above in red. This is a fast downhill section with a couple of tight corners that may have gravel at the very edges. If you have the opportunity prior to the race, please check this section of the course. Please ride with care and adapt speed to the road conditions.

Please do not warm up around the start area or on the course



**Please note this is a charity event raising money for Maggies Newcastle** [**www.org/get-involved/donate-maggies**](http://www.org/get-involved/donate-maggies)

**Prize list**

* **Overall Open – Trophy**
* **Overall Female- Trophy**

**Safety Notes:**

* Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
* Take extra care at road junctions.
* No U-turns to be made in the vicinity of the timekeeper.
* No pre-race warming up on course.
* Care by riders - do not cross the white line on left hand turns. Crossing the white lines may lead to a DQ
* Care by riders – extra care in built up areas.
* No dismounting by riders in finishing area.
* Extra care in Christon bank re traffic calming- as previously mentioned

T

 If you find that you can no longer ride, please contact

Justine Norman

Justine.norman99@gmail.com