



www.derwentsidecyclingclub.co.uk

'The North Pennine Mountain Time Trial' M40 (40 miles)

Sunday 7 May 2017

(A Lakes & Lancs SPOCO, & N&DCA BAR counting event)

(ran under CTT rules & regulations)

Event Secretary:

David Swainson, Tel: 01207 282402, Mobile: 07740432725, Email: djswainy@gmail.com

Timekeeper: Peter McGrath

First Rider off 10:08

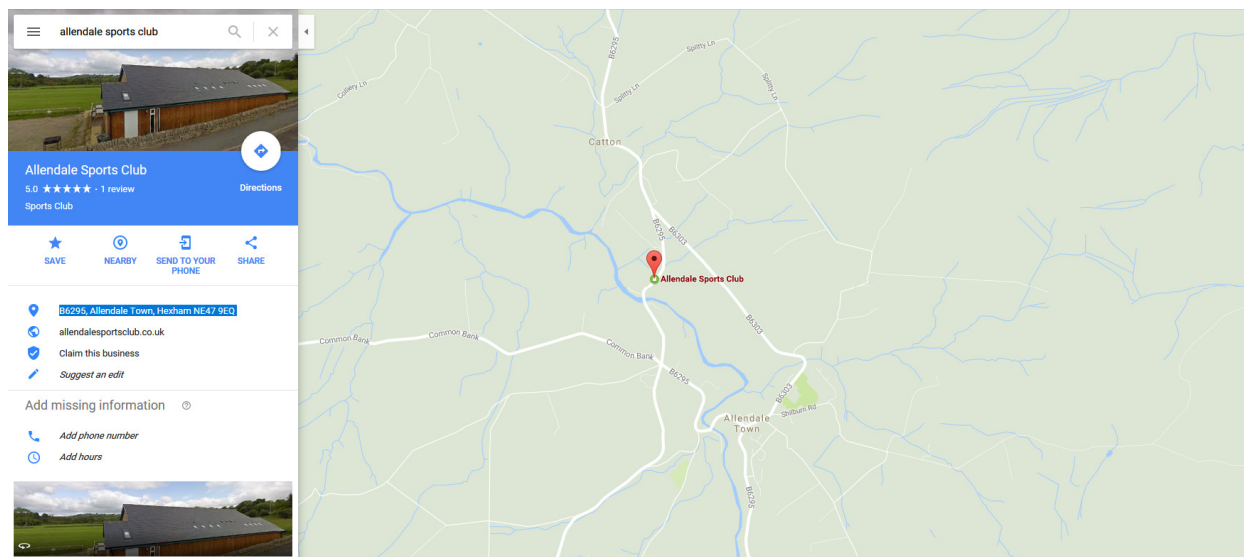
Event Headquarters

Allendale Sports Club (Off B6295), Allendale Town, Hexham NE47 9EQ

Directions:

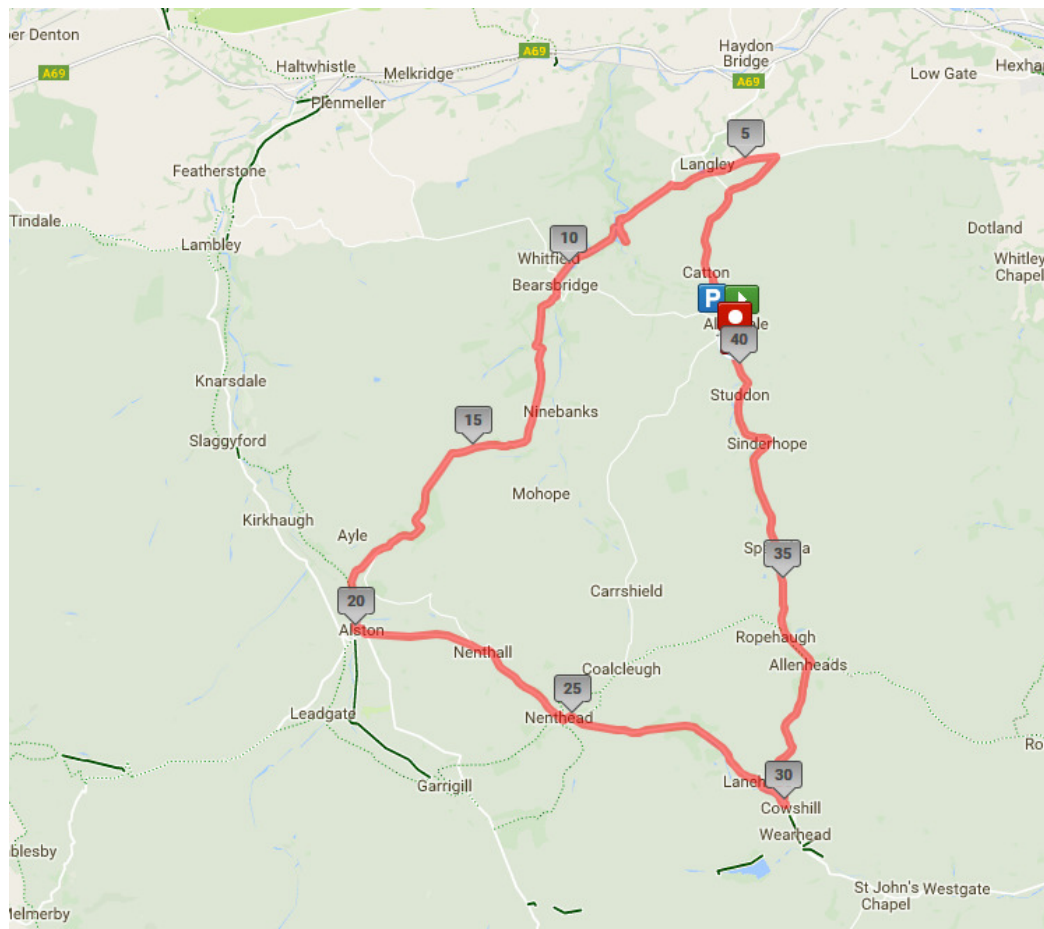
From Hexham (B6305 → B6304 → B6295) heading South through Catton (200 yds) take 1st right staying on B6295. HQ is approximately 400 yds from junction.

From Allendale Town on B6303 take 1st left onto B6295 (approximately 1 mile from Allendale Town). HQ is approximately 400 yds from junction of B6303 and B6295.



Course Details: Allendale - Whitfield – Alston – Cowshill – Allendale: Start alongside gate of Village Hall opposite Middle School just north of Allendale Town market square, and proceed north on the B6303 to Catton. Continue north on the B6295 and bear right on to the B6304 over Stublick Moor to the junction with the B6305 at Branchend (4.4 miles). Turn left on to the B6305 and proceed west to junction with the A686 (6.5 miles). Turn left and proceed south west on the A686 to Alston. Turn left in Alston on to the A689 (19.8 miles), and proceed through Alston to the junction with the B6277 (20.2 miles). Turn left to continue on the A689 to the T-junction with the B6295 at Cowshill (29.8 miles). Turn left on to the B6295 and proceed north through Allenheads to Finish at the south boundary sign of Allendale Town (40.4 miles).

<http://www.mapmyride.com/routes/view/29375502>



Rider safety:

- Take extra care on several steep descents with bends, and especially that of Staward Peel, indicated by red flags and which ends with a left hand turn onto a narrow bridge. Pothole on entry to bridge.
- Take extra care also in the built-up areas of Alston and Allenheads and at all road junctions.
- Keep strictly to the correct side of the road at all times.
- No U-turns to be made in the vicinity of the timekeeper/starter.
- No dismounting in the finishing area.
- If wet take care on cobbled climb through Alston.
- No riding on the pavement on the aforementioned cobbled climb through Alston, please note there will be an observer here and any rider doing so will be disqualified.
- Take care on sharp left turns at Branchend and Cowshill, especially Cowshill as it has a steep ramp on exit.
- All riders must sign out at the event Headquarters once they have completed the course. Failure to do so will result in disqualification.
- All riders pulling out of the race on course must notify the organiser or nearest marshal as soon as possible.
- Riders should familiarise themselves with the route in advance of the race.
- Riders must not pass red lights at roadworks (if encountered).
- The race route reaches an elevation of approximately 650m above sea level and is remote at times. It is the rider's responsibility to wear/carry appropriate clothing/equipment for the conditions on the day.
- **In The Interests of Your Own Safety:** CTT and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted standard, **this is compulsory for all junior competitors under the age of 18 years**. It is also recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active whilst the machine is in use.

Event Guidelines:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users and local residents.
- No cars to be parked at start/finish, except officials.
- No use of turbo trainers/rollers within 100yds of inhabited property.
- No warming up on course once event has started.
- Sign on and collect numbers from HQ after 09:00.
- All competitors must sign out at the event HQ on completion of the course.
- The start is approximately 1 mile from the event headquarters. Allow plenty of time to get there!
- Refreshments afterwards at the event headquarters. Please be considerate.
- No cycling shoes to be worn inside the event headquarters.
- Please use the facilities with respect.

Prize List: (1 prize per rider except team competition. Highest value)

Overall 1st £35 2nd £25 3rd £20

Veteran (40+) 1st £35 2nd £25 3rd £20

Ladies 1st £35 2nd £25 3rd £20

Espoir / Junior 1st £20 (under 23 yrs)

Over 40 1st £20 2nd £15

Over 50 1st £20 2nd £15

Over 60 1st £20 2nd £15

Roadman 1st £20 2nd £15

Team Competition (4 riders including at least 1 lady)

1st £60

2nd £40

Have a great race!

David Swainson (Event Secretary)