



Barnesbury Cycling Club



Est. 1923

Affiliated to: British Cycling, Northumberland & Durham Cycling Association and Cycling Time Trials

Barnesbury CC

Presents

A 3up Team Time Trial

(incorporating the N&DCA Championship)

Sunday 4th July 2021

Course: M15

First Team: 8.04am

Timekeepers: Peter & Frances Schultz and Sharon Dyson

Event Secretary: Gareth Davies
25 Union Street, Blyth, NE24 2ED

Email: Gareth.Cramlington@gmail.com
Tel: 07903434683

**Prizes to be confirmed for best single gender teams, and
best mixed team.**

Results will be posted on the N&DCA Facebook page as soon as they are received from the Timekeepers on the afternoon of the event. Watch out for the link! We are very grateful for the support from riders for this event.



Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

COVID19 – RIDERS PLEASE READ CAREFULLY

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.
- 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) and there is plenty of space in the adjacent industrial estates (as used for Barnesbury club events) for secure warmups on the road.
- Riders should not park in the streets surrounding the event HQ at East Hartford; please park in the nearby industrial estates, and ride to sign on.
- NO SUPPORT can be provided if a Competitor suffers mechanical difficulties during the event. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- 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 if you have failed to finish the event.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park/s, sign-on area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the Sign-on/Car park/s and MUST pack away and leave immediately upon completion of the race.
- **THIS IS IMPORTANT!! 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. Adhere to the 2-metre social distancing rule 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. For CTT events, riders must have their upper arm covered – ie. No tri-suits. Numbers to be secured to the body with safety pins or in a transparent pocket as opposed to a tri-belt. You'll need to bring your own safety pins.

- **COVID19 – RIDERS PLEASE READ CAREFULLY (Continued)**

- Riders will need to self-start, with one foot on the ground. Remember, no rear working light (flashing or constant) **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.

Sign-on/Competitor Parking

Race sign-on and for the event is at East Hartford Community Centre, Scott Street, Cramlington, Northumberland, NE23 3AP. Riders will be able to sign on from 7am – please do not arrive any earlier than one hour before your allocated start time to allow for social distancing. Toilets are available within the community centre on a one in one out basis – please follow the social-distancing signage and guidance from Club representatives. Strictly no changing within the building, so come prepared to race. There will be no post-race refreshments.

PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.

Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out – dispose of your own number responsibly. If you forget to sign out, you will be recorded as a “DNF” on the results sheet. Junior riders **MUST** bring a completed Parental Consent form in order to be allowed to ride.

To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line with CTT regulations. If your number is too high, the Timekeepers may not be able to see it. The number shall be centrally positioned below the waist so as to be clearly visible from the rear when the rider is in his/her normal riding position. If you do not have a no-pinz pocket, use a safety pin in each corner.



THE COURSE (if you don't know the course, please familiarise yourself with it beforehand to save yourself an unnecessary trip to either Newbiggin or the Moor Farm roundabout!!)

- START at minor road adjacent to West Hartford Community Fire Station and Headquarters. Proceed to Crowhall Lane roundabout and take the first exit left onto the A192 eastbound.
- Proceed to the Three Horseshoes roundabout and then take the second exit onto the A189 northbound. Proceed to the North Seaton (Sandy Bay) roundabout and take the third exit to continue northbound on the A189 to the Woodhorn roundabout.
- Encircle the Woodhorn roundabout and take the third exit back onto the A189 southbound and continue to the North Seaton (Sandy Bay) roundabout, taking the second exit to continue southbound on the A189. Retrace back to the Three Horseshoes roundabout by taking the A192 exit slip road.

- Encircle the Three Horseshoes roundabout and take the third exit slip road onto the A192 westbound. Proceed to the Crowhall Lane roundabout, continuing straight to FINISH on the A192 westbound approximately 200 metres before the Plessey Checks roundabout (the finish line is the middle one of 3 road signs – the one depicting the map of the roundabout ahead – same finish line as used for the Barnesbury CC Club 10 TTs).

SAFETY NOTES

- Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
- All riders are responsible for their own safety.
- Any additional safety information will be provided at sign-on.
- Take extra care where traffic enters or leaves the course by way of slip roads and in the negotiation of roundabouts.
- Your machine must have a working rear light (flashing or constant) to be permitted to race.
- 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.**
- No U-turns to be made in the vicinity of the Timekeeper.
- Do not warm-up on the course once the event has started.
- 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.
- You must not take pace or shelter from any other vehicle or team (no drafting) – failure to comply may lead to disciplinary action being taken.

RESULTS

These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors. <https://www.facebook.com/groups/281581491874402/>

Results will not be published on the CTT Website until Wednesday 7th July, 2021, to allow for any queries (these can be made via phone, email or text to the event organiser).

