



# Barnesbury Cycling Club



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

## **Barnesbury CC and Velo Culture**

### **Open 10 Mile Time Trial**

**Sunday 10<sup>th</sup> April, 2022**

**Course: M101**

**First Rider: 8:02**

**Timekeepers: Ray Luckett, Peter & Frances Schultz**

Event Secretary: Sharon Dyson  
8 Horton Manor, Blyth, Northumberland, NE24 4SF

Email: [sharonmdyson@gmail.com](mailto:sharonmdyson@gmail.com)  
Tel: 07837 607219/01670 531993

Provisional results will be available at Race HQs after the event and then posted on the N&DCA Facebook page as soon as they are received from the Timekeepers. Confirmed results will be sent to CTT by Tuesday 12<sup>th</sup> April to allow for any queries.

THANK YOU FOR ENTERING THIS EVENT TO MARK A SPECIAL BIRTHDAY FOR RAY LUCKETT, A LONG-STANDING TIMEKEEPER IN THE NORTH EAST DISTRICT, AND FORMER CTT BOARD MEMBER. ALL PROCEEDS (AFTER NORMAL RACE EXPENSES) WILL GO TO RAY'S CHOSEN CHARITY – THE ROYAL BRITISH LEGION. WE APPRECIATE YOUR SUPPORT.



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

## **RACE HQ/SIGN-ON**

Race sign-on and parking for this event is at Cramlington Town Football Club, East Hartford Pavilion, Cramlington, Northumberland, **NE23 3BE**. Riders will be able to sign on from 7am. Toilets are available within the pavilion.

Remember to sign back out and hand in your race number once you have completed the course or you will be recorded as a DNF on the results sheet. Junior riders **MUST** bring a completed Parental Consent form to be allowed to compete.

Light refreshments will be available after the race.

## **ROAD BIKES**

If you are riding a road bike and want your time to be considered in the road bike category for the local N&DCA BAR, N&DCA road bike rules apply. Rules prohibit the use of tri-bars, wheels deeper than 65mm, aero helmets with built-in visors and trip socks. Skin suits are permitted – please refer to the N&DCA website for further details (<http://www.nanddca.co.uk/>). When you sign-on, please also complete the separate Road Bike sheet.

## **THE COURSE**

- **START at the beginning of the wall at Horton Church on the B1505 Bedlington road.**
- **Proceed to the Three Horseshoes roundabout (0.295m from start), taking the first exit onto the northbound carriageway of the A189.**
- **Proceed to the North Seaton (Sandy Bay) roundabout, encircle the roundabout and retrace on the southbound carriageway of the A189 to FINISH on the slip road towards the A192 (Three Horseshoes roundabout).**

## **RIDER INSTRUCTIONS**

- No competitor shall be allowed to start unless they have affixed to their bike a working FRONT AND REAR light (either constant or flashing). The front light should be WHITE and the rear light RED. Lights should be illuminated and clearly visible to other road users.
- No competitor shall be allowed to start unless they are wearing a properly affixed helmet of hard/soft shell construction conforming to recognised safety standards.
- No U Turns to be made by riders in the vicinity of the Timekeeper at the START or FINISH. Once finished, carry on riding up the slip road to the Three Horseshoes roundabout and return to HQ.
- No warming up on the course once the event has started.
- Riders to take extra care where traffic enters or leaves the course by way of slip roads and exits and in the negotiation of roundabouts.
- 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.
- Head down riding is strictly forbidden.
- Please shout your number as you pass the Timekeeper on the finish line.
- 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-pin pocket, use a safety pin in each corner.

