



South Shields Velo CC

**10 Mile open TT on
Course M101**

20/04/2019 08:00

Event Secretary

Danny O'Callaghan
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South Shields
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Time Keepers

Peter & Frances Schultz, Sharon Dyson



**The event is being promoted for and on behalf
of Cycling Time Trials under their Rules
and Regulations.**

This is a qualifying event for the Northumberland and Durham Cycling Association BAR competition.

HQ Information

Event HQ is: East Hartford Community Centre, East Hartford, Cramlington, NE23 3AP.

Centre will open at 7.00am, or just before for sign on to begin.

There is parking in the local streets around the community centre, but we ask you to be respectful of the local residents as the community centre is located on a residential street.

Signing On

Each rider must sign the sign-on sheet before collecting the designated number. Each rider must sign for themselves and nobody else. Once the course has been completed, please hand the numbers back at the HQ and sign yourself out. Any juniors, who have not completed a parental consent form, must do so before signing on.

Riders will be able to sign on from 7.00am.

Refreshments will be available at the HQ after the event, along with a presentation of prizes.

The M101 Course

Three Horseshoes – North Seaton – Three Horseshoes

- Start at beginning of church wall on Horton Road B1505.
- Proceed to Three Horseshoes roundabout (0.295m) taking first exit onto A189 north bound.
- Proceed to North Seaton (Sandy Bay) roundabout.
- Encircle and retrace to FINISH on slip road to A192, opposite metal post.

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. We are asking all competitors heading to the start to be mindful of other competitors racing and neither impede nor assist them, whilst also being aware of other road users.

CTT Principles & Guidelines

For and on behalf of Cycling Time Trials under their Rules & Regulations:

- All riders are responsible for their own safety
- You must obey the rules of the road & obey all traffic signs, signals & direction indicators
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must look ahead and not ride with your head down.
- You must not take pace or shelter from any other vehicle or competitor (no drafting).
- No warming up on the course once the event has started.
- No dismounting by riders in finishing area.
- No U turns to be made by riders in the vicinity of the timekeeper at the start.
- Failure to comply with the above may lead to disciplinary action being taken.
- Keep your head up and please have a safe ride.

In the interests of your own safety, we recommend that all competitors wear a hard shell helmet and use a working rear light.

To assist the timekeeper at the finish line can 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 time keepers will 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 in his normal riding position.

Any additional safety information will be provided on the day, at the sign on HQ.

Prizes

Overall Male & Female

£50, £40, £30

1st SS Velo Male & Female

£20

Road Bike Male & Female

£20

Male & Female 1st V40, V50 & V60

£20

Juvenile/Junior Male & Female

£20

Maximum of one individual prize per rider.