

SUNDERLAND CLARION CC

**Promoted for and on behalf of Cycling Time Trials under their
Rules and Regulations**

Sunderland Clarion Hill Climb

To be held on the 27th September 2020

incorporating the

Peter Foster Memorial Trophy (Sunderland Clarion Riders Only)

Time Keepers:

Peter Shultz; Frances Shultz; Sharon Dyson

Event Secretary:

Matthew France, 3 Moore Street Villas, Gateshead, NE8 3PG.

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COVID19 – PLEASE READ CAREFULLY

Temperature checks on Competitors will be carried out by a medic on arrival – high temperature (above 37.8oC) = No Ride, Go Home.

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

Riders must provide their own pen to sign on/off the race, NO pens will be provided. Use the hand sanitiser provided before and after signing-on/off.

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/rollers).

Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.

Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and leave immediately upon completion of the race.

Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 2 metre social distancing rule.

Riders will need to self-start, with one foot on the ground. NO track stands

Spectators are not to be encouraged – you should not bring anyone not racing where at all possible (juniors and juveniles excepted)

Event Headquarters:

Lamesley Garden Centre, Haggs Lane, Gateshead. NE11 0HA

The event headquarters will be open from 8:00 am.

If using the car park please park at the side of the car park furthest away from the garden centre buildings.

Please take care when leaving the car park.

Please be considerate when parking in the car park or the local area.

There are no toilet facilities at the HQ.

Course Details

MH4: Haggs Lane, Silverhills is situated to the west of the Team Valley Trading Estate, Gateshead

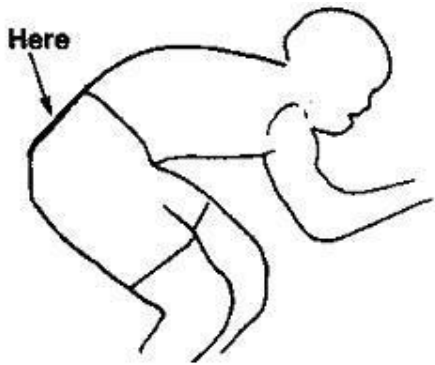
Start at farm gate on left hand side of unclassified road (between Lamesley and Sunnyside) just before road bends right at bottom of climb. Proceeding through cross roads at Old Ravensworth, and on to finish at left of Hill Head Farm.

First rider off: 09:01AM

Riders please note:

- No U-turns to be made in the vicinity of the timekeeper.
- **You must have a working REAR light either flashing or on constant to start the race. NO LIGHT NO RACE**
- There will be no pusher off in line with Covid Risk Assessment - you must start with one foot on the ground.
- Please refrain from warming up on the course once the time trial has commenced.
- 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 competitor (no drafting) – failure to comply may lead to disciplinary action being taken.
- 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.**

- 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 noted below:



If it's too high and we can't see it, this may result in no time being recorded.

- Please shout out your number as you pass the Finish Timekeeper.

Please note with effect from Sunday 6th May 2012 CTT have been asked to clarify that competitor to competitor insurance claims are not covered under CTT insurance policies.

Please ensure you sign back in when returning your number, failure to do so results in disqualification.

Prizes

Prizes	1	2	3
Overall	40	20	10
Womens	40	20	10
Juvenile	15	10	5
Junior	15		
Espoir	15		
v40	15	10	5
v50	15	10	5
v60	15	10	5
v70	10		
Womens Juvenile	15		
Womens Junior	15		
Womens Espoir	15		
Womens V40	15		

One rider one prize, rider will be awarded the highest priced prize.

Prize money will be paid by BACS the week following the event due to current restrictions,
as there will be no prize giving.

Previous Winners on Silverhills Course

1997	Colin Ash	Middridge CRT	7 mins 40 secs
1998	Colin Ash	Middridge CRT	7 mins 26 secs
1999	Michael Mallen	G S Metro	7 mins 28 secs
2000	Michael Mallen	G S Metro	7 mins 19 secs
2001	Colin Ash	Knaresborough RT	7 mins 58 secs
2002	Colin Ash	Cestria CC	7 mins 40 secs
2003	Ian Taylor	Sunderland Clarion	8 mins 09 secs
2004	Ian Taylor	Sunderland Clarion	7 mins 49 secs
2005	Michael Mallen	G S Metro	7 mins 32 secs
2006	Ian Taylor	Sunderland Clarion	7 mins 38 secs
2013	Ian Taylor	ciclocostablanca.com	7 mins 16 secs
2014	Michael Openshaw	Cestria CC	7 mins 21 secs
	Ingrid Shepherd	Sunderland Clarion	8 mins 43 secs
2015	Tim Wilcock	Tyneside Vagabonds	7 mins 02 secs
	Ingrid Shepherd	Sunderland Clarion	
2016	Tim Wilcock	G S Metro	7 mins 10 secs
	Fiona Burnie	Bishop Auckland CC	8 mins 37 secs
2017	Zeb Kyffin	G S Metro	6 mins 38 secs (cr)
	Gemma Frost	Muckle Cycle Club	8 mins 30 secs
2018	Zeb Kyffin	Ribble Pro Cycling	6 mins 46 secs
	Joanne Rea	Blaydon CC	9 mins 42 secs
2019	Colin Atkinson	Muckle Cycle Club	7 mins 30 secs
	Hayley Simmonds	AeroCoach	7 mins 53 secs (cr)