



Barnesbury Cycling Club

Est. 1923



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

Race Instructions

Barnesbury CC

Presents

Open 10M Time Trial

Sunday 14th August 2022

Course: M102C

First Rider: 08:03

Timekeepers: Sharon Dyson & Ray Luckett

Event Secretary: Sam Dodd on behalf of Barnesbury CC

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.



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Sign-on/Competitor Parking

Race sign-on and *competitor parking for the event is at Cramlington Town Football Club, East Hartford Pavilion, Cramlington, Northumberland, NE23 3BE. Riders will be able to sign on from 7am – please do not arrive any earlier than one hour before your allocated start time. Toilets available within the pavilion.

*Additional competitor parking is within Nelson Park Industrial Estate, Cramlington, NE23 1WE, located between HQ and the Start Line. Please ensure you do **NOT** obstruct any local businesses or residents when parking in this location.

Static turbo trainers and rollers are only to be used within the Cramlington Town Football Club, East Hartford Pavilion, **NO** static turbo trainers/rollers to be used anywhere else within East Hartford Village. Please respect local residents. Additional space for warming up both on the road and on static turbo trainers/rollers can be found in Nelson Park Industrial Estate enroute from the HQ to the Start Line.

Remember, no rear/front working light (flashing or constant) NO RIDE. Riders MUST bring their own working lights, marshals/timekeeper cannot provide a light.

For there own safety, riders are asked to dismount at the Start Line and wait on the grass verge until 1min before there start time.

For those competing on road bikes, please also complete the separate "road bike" sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 60mm, 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/>).

Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out, race numbers are disposable, please take them with you after the race to dispose of. If you forget to sign out, you will be recorded as a "DNF" on the results sheet. Junior riders should bring a completed Parental Consent form in order to be allowed to ride.



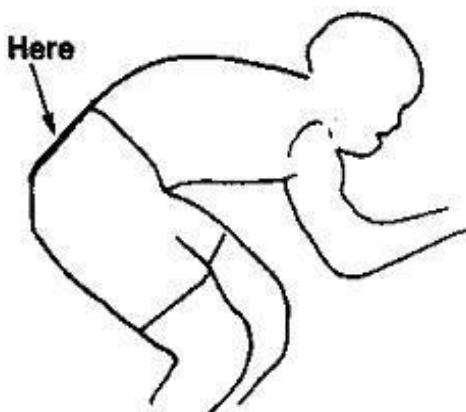
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To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line with CTT regulations. If your number is too high, the Timekeepers may not be able to see it. The number shall 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.





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THE COURSE (if you don't know the course, please familiarise yourself with it!)

Bassington - Earth Balance – Plessey Checks

This event is being run on the M102C 10m course.

START in grassy verge just after the railway bridge on the northbound A1068. Proceed north to the Plessey Checks roundabout. Take the third exit onto the A192 eastbound. Proceed to Crowhall Lane roundabout. Continue straight on to the Three Horseshoes roundabout. Take the second exit onto slip road and then onto the A189 northbound. Proceed northbound along the A189 to the second exit (marked Earth Balance). **Stay in the right lane to join the A1147. Continue bearing right under the A189 and onto the B1331.** Continue around the B1331 to re-join the A189 southbound. Proceed south along the A189 to take the second exit onto the Three Horseshoes roundabout. Take the third exit marked A192 and proceed westbound to the Crowhall Lane roundabout, continuing straight on to the FINISH on the A192 westbound at the middle one of three road signs, approximately 200 metres before the Plessey Checks roundabout (the road sign depicting a map of the roundabout ahead).

It is your responsibility to navigate the course in full, so if you are not familiar with it, please allow time to recce it beforehand (no recce on the course once the race has started on race day)!!

When travelling to and from the Start/Finish lines between East Hartford and Crowhall (Fire Station) roundabout, be mindful that there will be riders still racing so please show courtesy towards them by keeping well in and not impeding their effort. Travel to and from the Start/Finish lines via Nelson Industrial Estates to minimise disruption to riders still racing.

See M102C course map on the next page:

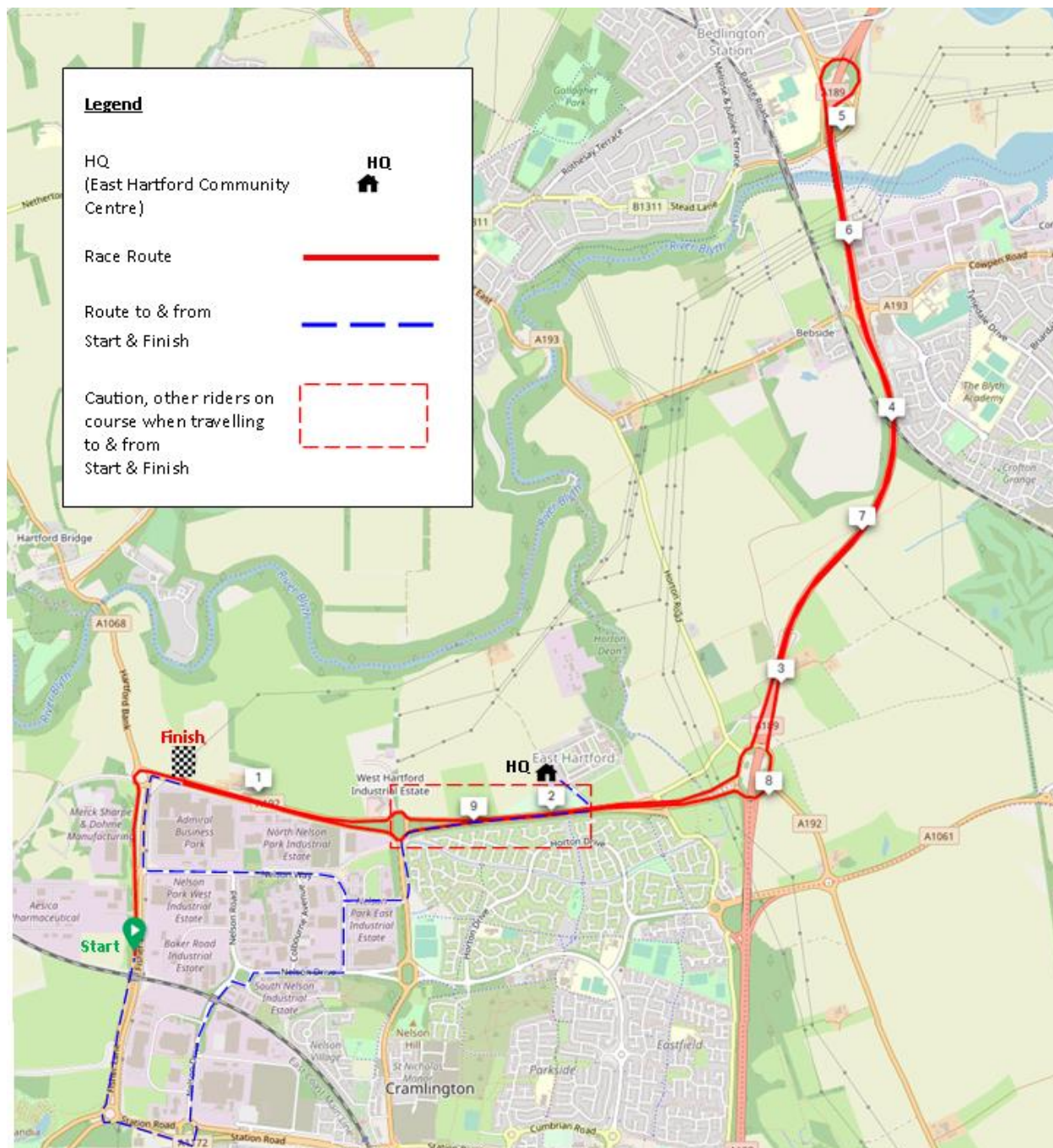


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Course Turn Around Point:

Exit A189 (marked Earth Balance). **Stay in the right lane to join the A1147.**

Continue bearing right under the A189 and onto the B1331. Continue around the B1331 to re-join the A189 southbound.





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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.
- Every Competitor **MUST** have, fixed to their machine, both a front and rear facing, working light. These must be clearly visible (Regulation 14)
- Every rider **MUST** wear a helmet that conforms to current Safety Standards (Regulation 15) and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.
- 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 competitor (no drafting) – failure to comply may lead to disciplinary action being taken.
- **Riders are asked to dismount at the Start Line and wait on the grass verge until 1min before their start time.**
- It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required. Also, carry a mobile phone and contact the organiser if you are unable to finish.



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AWARDS CATEGORIES

*all prizes are awarded at the organiser's discretion and will only be awarded where there is more than 1 entry in a category.

Male	1st	£ 20.00
	2nd	£ 15.00
	3rd	£ 10.00
Female	1st	£ 20.00
	2nd	£ 15.00
	3rd	£ 10.00
Vet on Standard	1st	£ 10.00
Male Road Bike	1st	£ 10.00
Female Road Bike	1st	£ 10.00

RESULTS

These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors. Results will not be published on the CTT Website until later the next week to allow for any queries (these can be made via phone, email or text to the event organiser).

If you have any queries/concerns/comments on any of the above, please contact the Event Secretary before the Event day.