

Darlington CC Open 25 MILE TIME TRIAL

Sunday 23rd August 2020

(First rider off : 08.01)



EVENT OFFICIALS	Geoff Watson - Timekeeper Steve Fullerton - Assistant Timekeeper
EVENT SECRETARY	Malcolm Steer 43 High Lands Co Durham DL13 5AS Mobile: 07980 524659 Landline: 01388 718843 (not on day of event) email: malcolm.steer@redcentaur.com
EVENT HEADQUARTERS	Leeming Village Hall Mill Lane, Leeming North Yorkshire DL7 9SS

From the Organiser

Welcome and thanks for entering this Event. I am sure you all appreciate that there are many special arrangements in place to combat Covid-19. Please take the time to read and understand what you should and should not do on the day.

In addition, there are now mandatory requirements;

1. for a working rear light
2. you must sign in and out from the event, failure to sign out will result in a disqualification.
3. WE ARE ADVISED BY THE HALL COMMITTEE THAT ANYONE ENTERING THE HALL MUST WEAR A FACE MASK. This follows new government guidelines.
4. The HQ will only be used for signing on/off, number collection and toilets.
5. There will be no parking at the hall - only for event officials, for number collection and signing on/off. However, we prefer riders to arrive on bike or on foot to collect their numbers.
6. We are using disposable numbers and these should be collected on signing on and NOT returned
7. You need to bring your own pens and pins.

Start line protocol

- No more than 3 riders will be allowed at the start line at any one point.
- Participants must maintain social distancing.
- There will be 3 waiting spaces marked out inclusive of the rider waiting to race next; **please only arrive at the start line a maximum of 3 minutes before your time.**
- You will not be permitted to wait if you arrive earlier. **Please note that no official at the start can take responsibility for any clothing or other personal effects left there.**

Our aim is to make the experience as efficient and enjoyable as possible, whilst maximising safety to all riders and helpers. Have a great ride.

IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.

Social distancing rules apply to all riders, helpers, marshals and time keepers – please be respectful and keep us all safe.

This event will be run under CTT's current Covid-19 Risk Assessment. **Please take time to read it** <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>. Whilst there a few extra procedures outlined below, changes may be made based on events on the day. These will be communicated fully when appropriate. You are expected to heed the marshals.

Headquarters

On race day, the HQ will be open from 07.00.

Toilets will be operated on a one person in/one person out basis and we ask you to observe social distancing at all times when in the vicinity of the HQ. The toilets are inside the HQ **so if you need to use the toilet facilities you will need a face covering.** A one-way system will be in operation at the HQ and social distancing needs to be observed at all times. No catering or result board.

IMPORTANT – EVEN THOUGH NUMBERS SHOULD NOT BE RETURNED YOU MUST SIGN BOTH IN AND OUT. IN OUR RECENT OPEN 10 UNFORTUNATELY 6 RIDERS WERE CLASSED AS DNF DUE TO FAILING TO SIGN OUT - SO PLEASE TAKE NOTE.

Finding the HQ

The HQ is at Leeming Village, not Leeming Bar. The nearest junction of the A1M is Junction 51. The Village is immediately adjacent (North West) of RAF Leeming on Roman Road. Mill Lane is directly opposite The Willow Tree Inn.

Parking

Please note there will also be no parking in the Village itself. This is an agreement we have with the trustees of the hall, allowing us to use it as this unprecedented time. Please respect this at this sensitive time.

You should allow enough time to find appropriate and legal parking prior to the event. There is plenty of parking around the area, and whilst we are not making any recommendations (in line with CTT guidance) you may wish to look along the perimeter to the adjacent RAF Leeming site. This is less than 0.5 miles from the HQ.

Awards* (one rider – one prize)

MEN / Espoirs	LADIES	ROAD BIKE	Juvenile	Junior	Veterans (1 st prizes only)	
1 st £50	1 st £50	1 st £20	1 st £20	1 st £20	40-45	£20
2 nd £30	2 nd £30				46-50	£20
3 rd £20	3 rd £20				51-55	£20
4 th £10	4 th £10				56-60	£20
					60	£20

* note – award winners will be contacted by email for their bank details. No awards will be made on race day.

The Course T254-1 Leeming Svcs to Sinderby Rbt x 2

Start A6055 at diagonal expansion joint at south end of railway bridge, approx 0.13 miles north of Leeming Services Roundabout. Ride South and go over first roundabout (Leeming Services 0.13 mls), continuing through 2nd roundabout (RAF Leeming/Gatenby 2.60 miles), and on to 3rd Roundabout (Sinderby 6.40 mls). Encircle roundabout and retrace outward route via RAF Leeming/Gatenby Roundabout (10.22 mls), and on to Leeming Services Roundabout (12.72) . Encircle to start second lap, crossing over RAF Leeming/Gatenby Roundabout (15.20 mls), followed by Sinderby Roundabout (19.00 mls). Circle and retrace northwards over RAF Leeming/Gatenby Roundabout (22.82 mls) to finish at white line break, 30 ft before triangular red and white “horse” caution sign, approx 0.27 miles short of Leeming Services Roundabout (25 miles). (vs 08/20)

The following link is a presentation on Darlington Events for 2020, the second part covering this Open 25 (including profile/map):

<https://www.youtube.com/watch?v=zdel1-9gwJw&feature=youtu.be>

Directions to Start

Exit village hall and proceed northwards along Roman Road and on to Leeming Bar village, until you reach the mini-roundabout (Co-op on right). Turn left into Bedale Rd and proceed approx 0.5 miles until you go under the A1M. Immediately after, turn left, passing Leeming Svcs on right side. At small rbt (A6055) turn left again and the start is approx 0.13 miles on the right side of the road at the railway bridge. Take care crossing road as main feeder lane to Leeming Services.

Warming up

A new section of the A6055 is North from the start point (caution at Bedale Roundabout which can be very busy as feeds off Jct 51 of the A1M). There is a long section of relatively quiet road towards Catterick Village/Marne Barracks that is ideal for warming up. **This is not part of the course so use is at your own risk.**

Course Safety

The A6055 is generally low traffic volume as it runs alongside the newer A1M. However you do occasionally get HGV's and more often, farm vehicles. In the latter case, these can be slow moving. **DO NOT USE THEM FOR SLIPSTREAMING.** Exercise caution at all times, especially when negotiating the two roundabouts. The run down off the A6055 to the Sinderby Rbt is a gentle downhill and you can build up excess speed. Remember – you will get a faster time if you remain on the bike! Marshals will be at key locations along the course but are only there to indicate the direction for riders to take – not to stop traffic. The onus on keeping to the course is with riders.

At the finish

This is a two circuit course which can make ID of the finishing riders difficult. **PLEASE SHOUT OUT YOUR RACE NUMBER ON COMPLETION OF THE SECOND AND FINAL LAP (25 mls).** On finishing your ride please return to the HQ and sign out and then return to your vehicle and depart.

IMPORTANT – COVID-19 REQUIREMENTS AND NOTES

CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”, which you may have already seen. Rather than repeating everything here the documents have been included in your Start Sheet mailing and you should read them carefully. However the following points are important.

- Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms or have tested positive.
- **AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.**
- Event Headquarters are at Leeming Village Hall which will be open at 7.00 am. The car park is for use by officials only. Remember that some of the villagers will be asleep at 7.00 in the morning, so please keep the noise to a minimum.
- Please park away from the village, sensibly and avoid blocking any pathways or farm gates.
- Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters.
- **NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ.** Toilet facilities are available but only one person at a time is allowed in the hall. Shoeplates should not be worn if you enter the hall.

- Signing on and signing out, together with collection of disposable numbers, will be outside, directly in front of the hall (subject to weather on the day). If these arrangements have to be modified we will offer guidance on the day. We will not be sending numbers out by post.
- Riders should bring their own pen for signing in and out which will be outside the HQ, the numbers will be passed to you by an Official. You should bring your own pins (if required).
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if appropriate.
- Riders are advised to carry a mobile phone with the mobile number of the event secretary stored on it and are asked to inform officials if they do not finish the event.
- There will no Pusher-off.
- Absolutely NO PARKING at the start.
- Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HQ.
- On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.
- There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed.
- DO NOT APPROACH THE TIMEKEEPERS.

Additional notes and local Regulations

- **No 'Warming up' by competitors is allowed on the course once the event has started.**
- **No "U" TURNS are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.**
- **As soon as you have finished you should return to the event HQ and personally sign out (failure to do so will mean you will be recorded as DNF).**
- **Marshals placed to direct competitors ONLY. They have no powers to stop/direct other road users.**
- **In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors MUST wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.**

- Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO LIGHT – NO RIDE

HEAD DOWN RIDING KILLS!

2020 Teesside District Road Bike Spec

Signing On	When signing on YOU MUST tick the required column to indicate that you are to compete on a road bike.
The Rider	<p>No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.</p> <p>Use of skinsuits is permitted</p> <p>No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.</p>
The Machine	<p>The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.</p> <p>No time trial style or triathlon forward extension bars with or without elbow pads will be present.</p> <p>Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 65mm.</p>

Please apply the spirit of the road bike competition in your equipment choice. Non compliance with any of the above (albeit for point 3 in rider section) will result in the competitor being excluded from the road bike category/result, but included in the open event result.

Parental Consent forms for riders under the age of 18

All riders in this category will be contacted in advance of the event and asked to post a completed and signed (original) Parental consent form to the Event Secretary. This is

because we believe that managing this on the day with the Covid restrictions will be unworkable. Ideally this will be posted 1st class.

<https://www.cyclingtimetrials.org.uk/documents/index/guardians>