

# 'The North Pennine Mountain Time Trial 2021'

N&DCA BAR event

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

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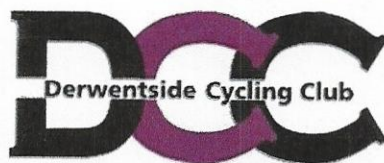
Official Timekeepers: Sharon Dyson, Frances Schultz, Peter Schultz

Event Headquarters: Allendale Sports Club (Off B6295),  
Allendale Town,  
Hexham  
NE47 9EQ

Directions to HQ: From Hexham (B6305 → B6304 → B6295) heading South through Catton (200 yds) take 1st right staying on B6295. HQ is approximately 400 yds from junction.  
From Allendale Town on B6303 take 1st left onto B6295 (approximately 1 mile from Allendale Town). HQ is approximately 400 yds from junction of B6303 and B6295.

M40 course summary <https://cyclingtimetrials.org.uk/race-details/21823>

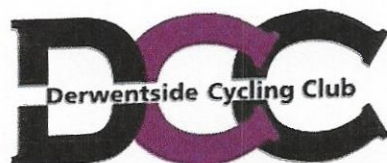
- **Marshals and signs are placed at each junction where a turn is required.**
- Start alongside gate of Village Hall opposite Middle School just North of Allendale Town and proceed North on the B6303 to Catton. Please note the start is approximately 1 mile from the HQ.
- Continue North on the B6295 and bear right (**do not take the left turn at this point**) on to the B6304 over Stublick Moor and continue to the junction with the B6305 at Branchend.
- Turn left on to the B6305 and proceed West to junction with the A686. (Marshal)
- Turn left onto the A686 and proceed South West towards Alston. (Marshal)
- Turn left onto the A689 onto Alston Front St and proceed uphill to junction with the B6277. (Marshal). Take care on the cobbled road surface over this section.
- Bear left at the T junction to stay on the A689 and continue to Cowshill. (Marshal)
- Turn left on to the B6295 (note: the inside of junction is very steep!) and proceed North. (Marshal)
- Continue on the B6295 through Allenheads (Marshal).
- Finish at the South boundary sign of Allendale Town.
- **If you don't know the course, please familiarise yourself with it prior to the event.**
- **Take care at all times and especially on the winding and steep descents.**



#### **Event Information:**

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users and local residents. If the HQ car park is busy please sign on and find somewhere else to park.
- No cars to be parked at start/finish, except officials.
- Please do not arrive more than one hour before your allocated start time.
- Sign on and off will be set up outside the sports club.
- All riders must sign on and off personally.
- Competitors must make themselves aware of any special safety instructions for the event.
- No warming up on course once the event has started.
- The start is approximately 1 mile from the event headquarters. Allow plenty of time to get there!
- Please shout your number as you cross the finish line.
- Competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must sign out on the official sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ. If your number is displayed you should report immediately to Doping Control. Remember, it is up to you to check and ensure that you comply. If required, you must report to Doping Control after finishing without delay.
- Unfortunately, due to our risk assessment there will be no refreshments available at the event headquarters this year so please make sure you have your own water and food for after your race.
- Toilets are available at the headquarters but do not use these for changing. Please come ready to race.
- Wear a mask when inside and use the hand sanitiser provided.
- Please use the facilities with respect.
- For those competing on ROAD BIKES, please complete the separate "road bike" sheet so that you can be included in the road bike competition. 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/>).
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride.
- Please ensure that your number is correctly placed in accordance 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.



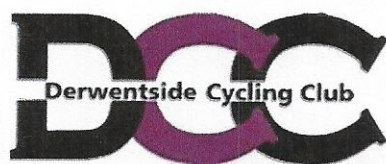


#### **General Rider safety information:**

- Riders should familiarise themselves with the route in advance of the race.
- Take extra care on several steep descents with bends and especially that of Staward Peel, indicated by red flags, which ends with a left hand turn onto a narrow bridge. The surfacing on the descent and at both the entry and exit from the bridge is poor.
- Take care on sharp left turns at Branchend and Cowshill. Cowshill has a steep ramp to the inside of the junction on exit.
- Take extra care in all built-up areas and at all road junctions.
- Keep to the correct side of the road at all times.
- No U-turns to be made in the vicinity of the timekeeper and no dismounting in the finishing area.
- All riders pulling out of the race on course must notify the organiser or marshal as soon as possible.
- Much of the race route is in remote countryside and reaches an elevation of approximately 650m above sea level. It is the rider's responsibility to wear/carry appropriate clothing/equipment for the conditions on the day.
- Riders should consider carrying a mobile phone with the organisers number saved in it, extra tubes (etc), a pump and basic tools. If you have a mechanical on course, contact the organiser on 07740432725 however we might not be able to assist until all competitors have finished the race.
- The general condition of road surfaces can be poor in places. Numerous broken sections and/or potholes are likely on the course in some degree or other. It is the rider's responsibility to take care of his line and be aware of the road conditions ahead.
- CTT and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted standard. This is compulsory for all junior competitors under the age of 18.
- It is a requirement to fit a working rear light, either flashing or constant to your machine in a position visible to following road users and is active whilst the machine is in use.
- **ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR "HEADS UP" RIDING AT ALL TIMES TO BE AWARE OF ONCOMING HAZARDS.**

#### **Additional COVID19 safety information– PLEASE READ CAREFULLY**

- 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.
- Use the hand sanitiser provided before and after signing on/off and entering and leaving the toilets.
- 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.
- Strictly no changing within the building. Please come prepared to race.
- Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 1 metre+ social distancing rule.
- There will be no one holding up bikes at the start. Riders will need to self-start, with one foot on the ground. No track stands or rolling starts are permitted.
- DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.
- Competitors MUST NOT stop at the finish once they have completed the course.
- Leave as soon as possible upon completion of the race and you have signed out and returned your number.
- Hopefully next year things will be back to normal and we can put the big buffet on again for you!!



### Results and Prizes

Provisional results will be made available on the N&DCA Facebook page as soon as possible after the event. Official results will be available on the CTT website and emailed to all competitors once formalised.

We will contact all prize winners as soon as possible once the results have been verified.

### Derwentside CC

**First**

**Mountain TT Shield**

#### Overall:

<b>First</b>	<b>£30</b>
<b>Second</b>	<b>£20</b>
<b>Third</b>	<b>£10</b>

#### Ladies:

<b>First</b>	<b>£30</b>
<b>Second</b>	<b>£20</b>
<b>Third</b>	<b>£10</b>

**Road Bike:** remember to sign the additional signing sheet to qualify for this category

<b>First Male</b>	<b>£30</b>
<b>Second Male</b>	<b>£20</b>
<b>Third Male</b>	<b>£10</b>
<b>First Female</b>	<b>£30</b>
<b>Second Female</b>	<b>£20</b>
<b>Third Female</b>	<b>£10</b>

#### Age Categories:

<b>First Male Junior/Juvenile</b>	<b>£20</b>
<b>First Female Junior/Juvenile</b>	<b>£20</b>
<b>First 40-49</b>	<b>£20</b>
<b>First 50-59</b>	<b>£20</b>
<b>First 60+</b>	<b>£20</b>

Maximum of one prize per rider. Highest value prize will be paid.

This event is sponsored by JC Consulting  
Civil, Structural and Geo-Environmental Engineering Consultancy







## Risk Assessment of Event

'On the Day'

August 2018

To be completed by the Event Secretary or the Chief Marshal and returned to the designated District official, if appropriate, as soon as possible after the event

### Promoting Club

Derwentside CC

### Course No.

M40

### Date

9/5/21

### Day of Week

Sunday

### Start Time

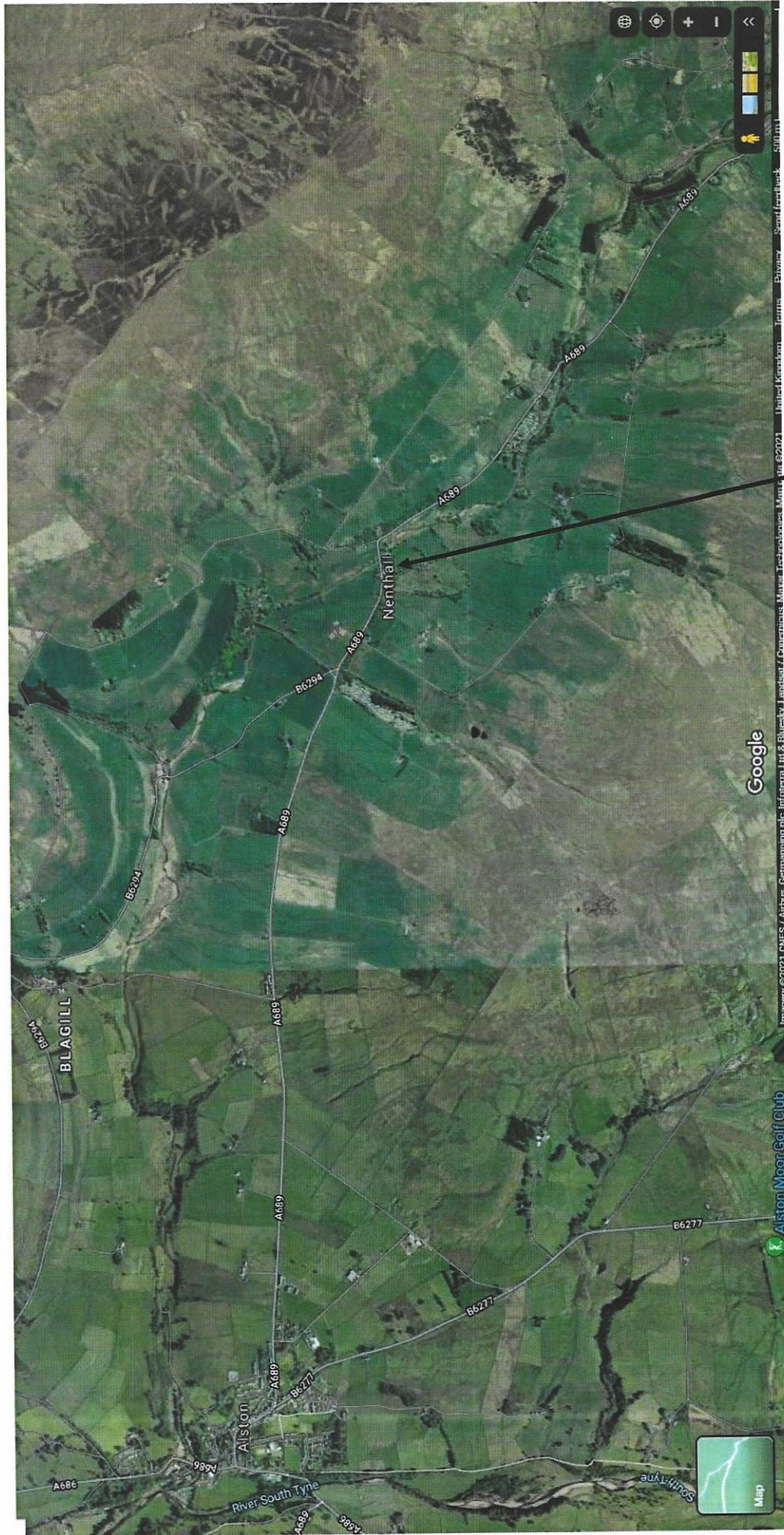
10:01

Please tick box if no problems were encountered and sign at the bottom of page ☐

If problems were encountered, please give details using the boxes below as appropriate.

	Action	Details of Hazard found (if any)	Risk H/M/L	Measures to reduce Risk
1	Check course for unforeseen hazards e.g. temporary road works, unreported potholes, broken grid, mud, hedge clippings, parked vehicles, etc.	<p>Temporary Road works at Nenthall on fast section of road. Approx 3.8km (2.3 miles) from Alston. Road has been reduced to single lane for approx 200m on a steep descent. First traffic light is obscured by vertical and horizontal profile of the road as well as parked vehicles. Danger to riders if traffic lights are approached at full speed.</p> <p>Potholes / uneven surfacing</p>	<p>M</p> <p>M</p>	<p>Neutralised zone implemented between 200 yards in front of temporary traffic light and through extent of traffic management approx. Riders will be timed as they pass the specified entry and exit points and time deducted from overall time. Riders MUST NOT pass a RED LIGHT otherwise they will be disqualified. Time keepers will be wearing Hi Viz clothing and signs provided informing of the Neutralised zone.</p> <p>Various points on the course where surfacing is poor.</p> <ul style="list-style-type: none"> <li>Winding descent towards Whitfield is red flagged. Longitudinal depressions in surfacing towards centre of road to be avoided.</li> <li>Entry and exit of bridge after winding descent.</li> <li>Descent towards Allenheads has small depressions in road on entry to bend.</li> </ul> <p>Riders to ride with their heads up at all times. Recommended that extensions bars are not used on steep descents.</p>
2	Ensure all marshals, observers and warning signs have been placed in correct position.	Signage / Marshals	L	Marshals and signage provided in accordance with the route overall risk assessment.
3	Any other incidents on the course or in the vicinity which affected the event e.g. adverse weather, diverted traffic, road traffic accident, local event or festival, etc.	<p>Adverse weather on day prior to event will potentially leave standing water on the roads.</p> <p>Weather improving but changeable</p>	M	<p>Riders advised of potential for standing water.</p> <p>Riding conditions to be assessed prior to start of race and delayed start if necessary.</p>





**TEMPORARY TRAFFIC LIGHTS AT NENTHALL**  
**(APPROX 3.8KM / 2.3 MILES FROM ALSTON)**  
**YOU MUST STOP AT A RED LIGHT DELAY**  
**A TIMEKEEPER WILL RECORD YOUR STOPPED TIME**  
**AND DEDUCT THIS FROM YOUR OVERALL TIME**