



# North Tyneside Riders CC

## Presents

### MH9 Hill Climb Winters Gibbet

To be held on Sunday 12th September 2021

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

#### Event Secretary

Ian Gallon  
17 Springfield Gardens  
Wallsend  
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07828900383

[racing@northtynesideriders.co.uk](mailto:racing@northtynesideriders.co.uk)

#### Timekeepers

Frances, Peter Schultz, Sharon Dyson and Ray Bell.

First Rider off at 10.05

Please note any problems on the road please contact Ian Gallon on 0782890038 who will be looking after the start and HQ while the race is in progress.

## COVID19 – PLEASE READ CAREFULLY

- Competitors should not attend if they feel unwell 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.
- 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.
- Please report to the start line no more than 5 minutes before your designated start time.
- Adhere to the 2 metre social distancing rule.
- Track stands will be available.
- Remember, no rear working light (flashing or constant) NO RIDE. Riders MUST bring their own working light, marshals/timekeeper cannot provide a light.
- DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.



### **HQ and Parking**

**HQ: Elsdon Village Hall. Elsdon, Northumberland, NE19 1AA.**

There is ample parking at the hall but if you need to park in the village please park respectfully to the village hall.

### **Course – MH9**

This event is been run on the MH9 Course Winters Gibbet.

2.2 Mile Hill Climb –Start on minor Gibbet road south of Elsdon Village Opposite first Telegraph pole (A1) on the right crossing the small bridge in the direction of the Gibbet. Proceed uphill to FINISH at the Northumberland National Park stone sign at the beginning of the natural lay-by.

### **Safety notes:**

Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

The hall has kindly allowed us to use the toilets and the hall.  
Please help the race organisers by adhering to the social distancing rules.

Sign on, Race, Sign Out and Await Results.

### **Numbers and Results**

All riders must sign the “signing on sheet” before collecting their numbers and must sign the sheet again when returning after their ride.

Please make sure your number is placed correctly on jerseys/skinsuits to assist time timekeepers. If the timekeepers are unable to read your number then the time may be void. Below is a diagram for positioning your number on jerseys/skinsuits. Riders MUST provide their own safety pins.



Results will be posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the Timekeepers

Safety notes:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

Riders:.

- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.

## **Riders,**

All riders are responsible for their own safety

You must obey the rules of the road and obey all traffic signs, signage and 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)

Failure to comply with the above may lead to disciplinary action being taken

No warming up on the course once the race has started

No dismounting by riders in finishing area.

Keep strictly to the correct side of the road

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.



## MH9 Prize List.

Under 14`s	(12 & 13 yrs)	1 <sup>st</sup>	£15	2 <sup>nd</sup>	£5.
Under 16`s	(14 & 15 yrs)	1 <sup>st</sup>	£15	2 <sup>nd</sup>	£5.
Under 18`s	(16 & 17 yrs)	1 <sup>st</sup>	£15	2 <sup>nd</sup>	£5.

Male.            1<sup>st</sup>    £30      2<sup>nd</sup>   £20      3<sup>rd</sup>   £10.

Female.        1<sup>st</sup>    £30      2<sup>nd</sup>   £20      3<sup>rd</sup>   £10.

1<sup>st</sup> Team    £60            2<sup>nd</sup> Team   £30.

Vets   V40    1<sup>st</sup>    £15.

         V50    1<sup>st</sup>    £15.

         V60    1<sup>st</sup>    £15.

         V70    1<sup>st</sup>    £15.

1<sup>st</sup> NTR Male £15.      Female £15 Junior   £15.

There will be 4 spot prizes.

Each receiving a bag of Tynemouth coffee.

Prizes will be awarded one per person.

Except a Team prize.

In the event of a rider qualifying for more than one Prize, the higher prize will be awarded.