



North Tyneside Riders CC

Presents

M102B Open Time Trial

To be held on Saturday 17th April 2021

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

Event Secretary

Mick Chappel
14 Beech Avenue
Cramlington
Northumberland
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Timekeepers

Frances Schultz
Sharon Dyson

First Rider off at 09.01

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.
- 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
- 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: Cramlington Town FC

Ormston Street, East Hartford, Cramlington, NE23 3BE

HQ will be opened at 7.30 am and sign on and numbers will be available from 8.00 am.

There will be no after race refreshments, please help the race organisers by adhering to the social distancing rules.

Sign on, Race, Sign Out, Go Home and Await Results.

Although there is parking at HQ, if not parking at HQ vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road use

Course - M102B

Bassington - Three Horseshoes – Plessey Checks 10 Miles

Start at the north end of bus stop lay-by just north of the Bassington Roundabout on the A1068. Proceed north to Plessey Checks Roundabout. Take the third exit onto the A192 eastbound to start the first of two circuits. Proceed to Crowhall Lane Roundabout. Continue straight on to the Three Horseshoes Roundabout. Encircle the roundabout and take the fifth exit to rejoin the A192 westbound. Proceed to Crowhall Lane Roundabout and continue straight on to Plessey Checks Roundabout to complete the first circuit. Encircle the roundabout and take the fourth exit onto the A192 eastbound to start the second circuit. At the end of the second circuit FINISH on the A192 westbound T the middle one of 3 road signs approx 200 metres before Plessey Checks Roundabout

Additional Information Road Surface Conditions

- 1. A192 Eastbound from Plessey Checks Roundabout - Surface POOR with potholes in carriageway on the racing line.**
- 2. A192 Eastbound, approach to Three Horse Shoes roundabout - Surface POOR to BAD with potholes across left hand carriageway and affecting the safe racing line to roundabout.**

ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.

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.



Riders

Reserve riders (121,122,123,124 & 125) please await further instructions.

- 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 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.
- All competitors under the age of 18 years **MUST** wear a hard shell helmet.
- Take extra care on the approach to and in the negotiation of all roundabouts.

Results and prizes will be posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the timekeepers hopefully on the afternoon or evening of the event.

Prize list to follow....