



# North Tyneside Riders CC

## Presents

**M27 Open Time Trial**

**To be held on Sunday 18<sup>th</sup> July**

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

Event Secretary

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Timekeepers

Frances and Peter Schultz

**First Rider off at 10.04**

**Please note any problems on the road please contact Aidan Berry on 07795 276561 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.
- 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 and Parking**

HQ is Jubilee Hall, Rothbury, Morpeth, Northumberland NE65 7SD. HQ will open at 09:00. There is on-street parking available near HQ and a short distance away at the Haugh car park, Whitton Bank Road. When parking please ensure you do so considerately and legally so as to not inconvenience residents or cause an obstruction.

The hall has kindly allowed us to use the toilets and will be operating one in one out. 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.

### **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 keepers. 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.

## **M27**

### **27 Miles (Mountain)**

Start at kerbside 200metres west of Rothbury town on B6341, just past entrance to car park on the left. Proceed in direction of Thropton. Bear left down bank to Flotterton at the end of village and bear left to Hepple (5 miles). Continue straight ahead to Bilsmoor timed climb. Proceed to Elsdon (11.25m) and turn left at the end of the village to climb the Gibbet (1:6 or 1:7). Proceed to Harwood Gate House (17.3m) and turn left on B6342 to Rothley Crossroads. Turn left on B6342 to Ewesley Station, Coldrife, Forestburn Gate, Garleigh Summit. Finish at the crest of final small climb before descent to Rothbury, adjacent to lay-by (27 miles approx).

#### **Safety notes:**

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

#### **Riders:**

- Take extra care at T-junctions, right hand turns, on several steep descents with bends, and through built-up areas.
- 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.
- All competitors under the age of 18 years **MUST** wear a hard shell helmet.