

ZEUS CRT

N&DCA CHAMPS OPEN 10m Time Trial

Sunday 16th May 2021

COURSE: M101

FIRST RIDER OFF: 08:01am

TIMEKEEPERS: Frances Schultz, Peter Schultz & Ray Lockett

EVENT SECRETARY: Keith Sibbald, 71 Blackhaugh Drive, Wheatridge Park, Seaton Delaval, Whitley Bay, Tyne & Wear. NE25 0FF.

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

COVID19 – 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 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.
- All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers/rollers).

- 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 1 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/SIGN ON/SIGN OFF

HQ - Hartford Football Club, Ormston Street, East Hartford, Cramlington, NE23 3BE.

Riders will be able to sign on from 7am – please do not arrive any earlier than one hour before your allocated start time to allow for social distancing. Sign on/off will be set up outside in the car park.

There is parking at the Football Club but with 120 riders if you can ride to the event please do so. The toilet facilities are in the Football Club. Strictly no changing within the building. Please come prepared to race.

There will be no post-race buffet or refreshments, so please make sure you have your own water and food for after your race.

HQ is about a 5 minute ride from the Start line.

COURSE DETAILS

Boghouses – Sandy Bay - Boghouses

Start at beginning of church wall on Horton Road B1505. Proceed to Three Horseshoes roundabout (0.295m) taking first exit onto A189 northbound.

Proceed to North Seaton (Sandy Bay) roundabout, encircle (riders TAKE CARE) and retrace to finish on slip road to A192 opposite metal post.

SAFETY NOTES

- Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
- All riders are responsible for their own safety.
- Any additional safety information will be provided at sign-on.
- Your machine must have a working rear light (flashing or constant) to be permitted to race. 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.**
- 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 may lead to disciplinary action being taken.
- You must look ahead and not ride with your head down
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.

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

PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.

ADDITIONAL NOTES TO COMPETITORS:

Signing-on Sheet and Signing-out Sheet

(a)The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor 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 the official signing-out 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 adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. 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.

ROAD BIKES

- For those competing on ROAD BIKES, please also complete the separate “road bike” sheet so that your time can be pulled out from final set of results. 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/>).
- Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out, race numbers are disposable, please take them with you after the race to dispose of.
- If you forget to sign out, you will be recorded as a “DNF” on the results sheet.
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride. To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line 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.

Northumberland & Durham Cycling Association

This event is a counting event in the Northumberland & Durham Cycling Association (N&DCA) for 2021. This is a points competition based on race placings. Competitors may only be allocated points in the competition if EITHER (a) they ride for a club or team that has affiliated to the Association for 2021 OR (b) they have themselves affiliated to the Association as an Individual Rider for 2021.

Any affiliations, either Club/ Team or Individual must be / been received and the affiliation fee paid BEFORE the day of a race in order for the riders to accrue competition points in that race.

PRIZES

1st	£20.00
2nd	£15.00
21st	£20.00
22nd	£15.00
41st	£20.00
42nd	£15.00
61st	£20.00
62nd	£15.00
81st	£20.00
82nd	£15.00
101st	£20.00
102nd	£15.00
Latarn Rouge	£20.00

All prizes will be posted out after the event.

Have a Safe & Fast Ride, Keith.

