

Tickhill Velo Club – Open Hill Climb – OHC/2



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

Sunday 11th October 2020– First rider off at 10.01 am

Event secretary:

Martin Bagshaw
19 Kendal Ave S25 4HQ
Tel Nos: 07841 211 575
Mobile on the day 07841 211 575

Time Keepers:

Christine Minto
Phil Minto

Prizes

Men 1st £40, 2nd £20, 3rd £10

Women 1st £40, 2nd £20, 3rd £10

Men's Vets 1st £20, 2nd £15, 3rd £10

Women's Vets 1st £20, 2nd £15, 3rd £10

Men's Jnr 1st £15, 2nd £10, 3rd £5

Women's Jnr 1st £15, 2nd £10, 3rd £5

Main Trophy – Overall Fastest Rider.

Note: One rider One prize

Head Quarters (HQ)

HQ is situated in the small village of Carr, postcode is S66 8PR on Tunwell Road.

Toilets will be situated here for use on a one in / one out basis.

Please bring a mask or face covering to wear in case it should be necessary to enter the HQ building.

Instructions for riders and others:

Due to Covid-19 restrictions the sign on / off desk will be unmanned although TVC marshals will be in the area. You should bring your own pen to avoid unnecessary cross contamination.

Please ensure you read the Covid-19 risk assessment prior to signing on and aim to arrive 30-40 minutes before your start time, dressed to race as there are no changing facilities at the HQ – Changing in toilets will not be allowed. Note that spectators are strongly discouraged this year.

Keep your head up at all times.

Please respect social distancing at the start and be aware there will be no push off, all riders will start

with one foot on the ground. Do not leave any personal possessions with the Timekeeper. Do not stop at finish to ask for times. Return as soon as possible to HQ.

In the interest of your own safety, the CTT and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted safety Standard. Regulation 15 requires all riders of 18 years and under to wear a suitable Helmet.

It is now compulsory that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

This event may be subject to a Doping Control. 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 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

Attention all competitors.

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do will result in the competitor being recorded as DNF.

Due to Covid-19 restrictions there will be no refreshments so please ensure you bring sufficient water for the morning. There will be no presentation of prizes after the event, winners will be notified after the event and results circulated. Riders should pack away and leave the area after the event and avoid congregating as a mark of respect to the local village residents and the well being of other riders and marshals.

Course – OHC/2

The course is 0.3 miles, Ave Grade 9.5%, Max 14.7% according to Strava

<http://www.strava.com/segments/2443600>

Local Rules

Riders must always keep well to the left

No Parking whatsoever in Brookhouse village (at the start)

All parking on the right-hand side of the flat summit beyond the finish leading to Carr Lane

Riders must not ride down the hill once the event has started but follow the signed route to the start.

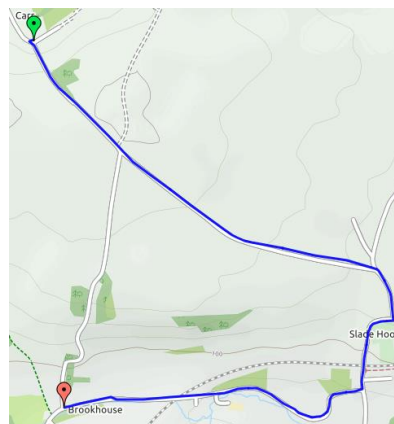
From HQ to the Start Line – 2 miles

PLEASE NOT ALL RIDERS MUST FOLLOW THE ARROWS TO THE START LINE AND NOT RIDE DOWN THE HILL TO THE START LINE

To avoid people riding down the route to the start line whilst riders are riding up Bib Lane. All riders must take the

alternative route to the Start Line. From leaving signing on at HQ, you will go to the end of Tunwell Road and take a left turn up Carr Lane, a little bit of a hill to get the legs warmed up! You will then go past Bib Lane on your right carrying on Carr Lane down the hill towards Slade Hooton. At the end of Carr Lane you need to take a right on to High Hooton Road, the road then takes a sharp right and left turn onto Hooton Lane. Down the hill then you need to take your first right turn on to Main Street heading towards Brookhouse.

Keep on this road for around 0.75 miles then you will see a right turn this is on to Bib Lane, the start line.



Covid 19

This event is being delivered in compliance with Government restrictions and CTT Risk Assessment for Covid-19 16/07/20.

The key points affecting you as a competitor are:

- Competitors should plan to arrive 30 – 40 minutes before their start time to allow time to sign in, warm up and get to the start line and not attend if they feel ill in ANY way or if family members have any symptoms.
- Local Lockdown: If Government restrictions change and a Local Lockdown is enforced. Any competitor who resides

in an affected area should inform the Organiser and not arrive to take part.

- 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 because of an adverse warmup.
- It is preferable for all warmups to be conducted independently and ideally competitors should warm up on the road individually. The use of turbo trainers or rollers can be considered if warming up is carried out independently away from the sign on area and provided an absolute minimum of 2 metres social distancing from all others including that may walk past is possible.
- Riders MUST NOT gather in anyway regardless of current guidelines in the HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ. There will be no results posted at the HQ during the event and no prize giving after the event. Winners will be notified, and results posted to all competitors.
- After finishing competitors must complete the sign out sheet and return their number to the bin provided. You MUST then pack away and leave immediately.
- No support can be provided if a competitor suffers mechanical difficulties.