



HOUGHTON CYCLING CLUB'S

Open 10 Mile Time Trial

Sunday 07th August 2022

Course: M1010B

First Rider: 08:04am

Timekeepers: Dave Clark & Frances Shultz

Event Secretary: Lee Statham, 12 Aldsworth Close, Springwell Village, Gateshead. NE9 7PG

Email: lee.m.statham@gmail.com

Tel: 07974008969

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



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

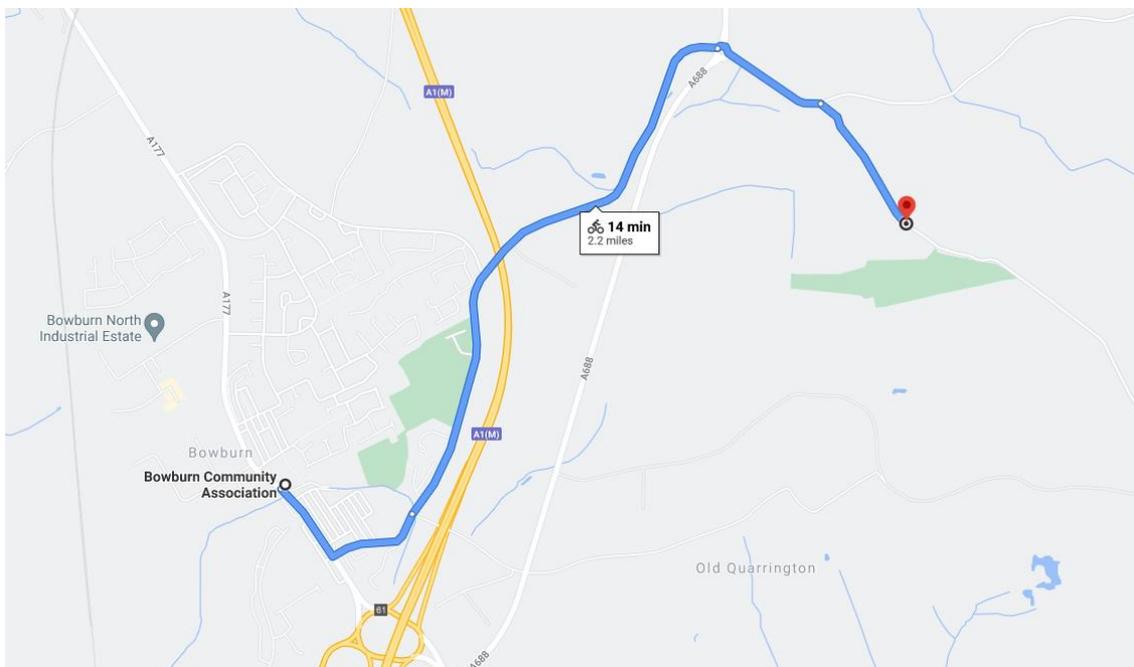


Event Sign On / Event Headquarters – Bowburn Community Association Centre, Durham Road, Bowburn. DH6 5AT

Numbers and sign on are at Bowburn Community Centre from approximately 06:45. Remember to sign back out and hand in your race number once you have completed the course or you will be recorded as a DNF on the results sheet. Please use the parking at the Community Centre.

There will be a prize presentation after the event along with refreshments.

From the Community Centre you can follow the below route to the start:



Please do not ride on the course to access the start or to return to your car if there are other riders on the course. Please note it is 2.2 miles to get to the start without riding on the course – ensure you leave enough time to get there. To return to Bowburn Community Centre cross over the road when you have finished and ride on the cycle path before you turn right at the first roundabout:

Road Bikes

If you are riding a road bike and want your time to be considered in the road bike category for the local N&DCA BAR, N&DCA road bike rules apply. Rules prohibit the use of tri-bars, wheels deeper than 65mm, 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/>). When you sign-on, please also complete the separate Road Bike sheet.



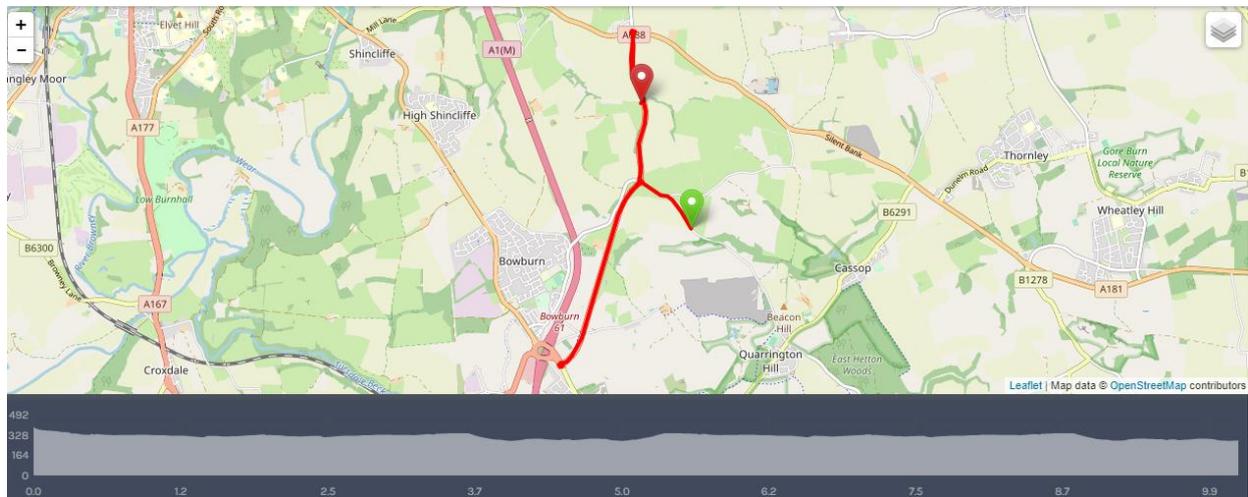
Course Details

START at farmer's gate on the minor Quarrington Hill road approximately a ½ mile east of the A688 single Carriageway road. Proceed to the Cassop Moor roundabout junction with the A688 and take the first exit left to join the A688 southbound and the beginning of the course circuit. Continue south to the B6291 roundabout near to the A1(M) junction 61. Encircle the roundabout and take the third exit onto the A688 northbound and continue to the Cassop Moor roundabout. Straight on to the A181 Durham to Wheatley Hill roundabout. Encircle the roundabout and take the fourth exit to re-join the A688 southbound. Continue south to the Cassop Moor roundabout and the completion of one circuit. Repeat the circuit to FINISH on the A688 southbound approximately ½ mile south of the A181 Durham to Wheatley Hill roundabout at the beginning of the steel barrier just past a farmer's gate.

If needed, please familiarise yourself with the course using the scroll function on the CTT website:

<https://www.cyclingtimetrials.org.uk/course-details/m1010b>

[HCC 10MM TT 2016 | Strava Ride Segment in Durham, United Kingdom](#)



Course Safety:

1. Please TAKE CARE negotiating the three roundabouts on the course. It is not recommended that they are ridden in the aero bars.
2. Once past the finish line please TAKE CARE crossing the road to join the cycle path on the way back to the HQ.



Rider Instructions

- No competitor shall be allowed to start unless they have affixed to their bike a working FRONT AND REAR light (either constant or flashing). The front light should be WHITE and the rear light RED. Lights should be illuminated and clearly visible to other road users.
- No competitor shall be allowed to start unless they are wearing a properly affixed helmet of hard/soft shell construction conforming to recognised safety standards.
- No U Turns to be made by riders in the vicinity of the Timekeeper at the START or FINISH. Once finished, carry on riding up the slip road to the Three Horseshoes roundabout and return to HQ.
- No warming up on the course once the event has started.
- 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.
- Head down riding is strictly forbidden.
- Please shout your number as you pass the Timekeeper on the finish line.
- 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 to be clearly visible from the rear when the rider is in his/her normal riding position

Additional Notes

- Parental consent forms will be available for all under 18s at the start and must be filled in by the parent before the rider can start.



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.

Awards

- 1st Female - £20
- 1st Male – £20
- 1st Junior / Juv - £20
- 1st Vet on Standard - £20
- 1st Female Road bike - £20
- 1st Male Road bike - £20

Please contact the Event Secretary before the Event day if you have any queries/concerns/comments on any of the above.

