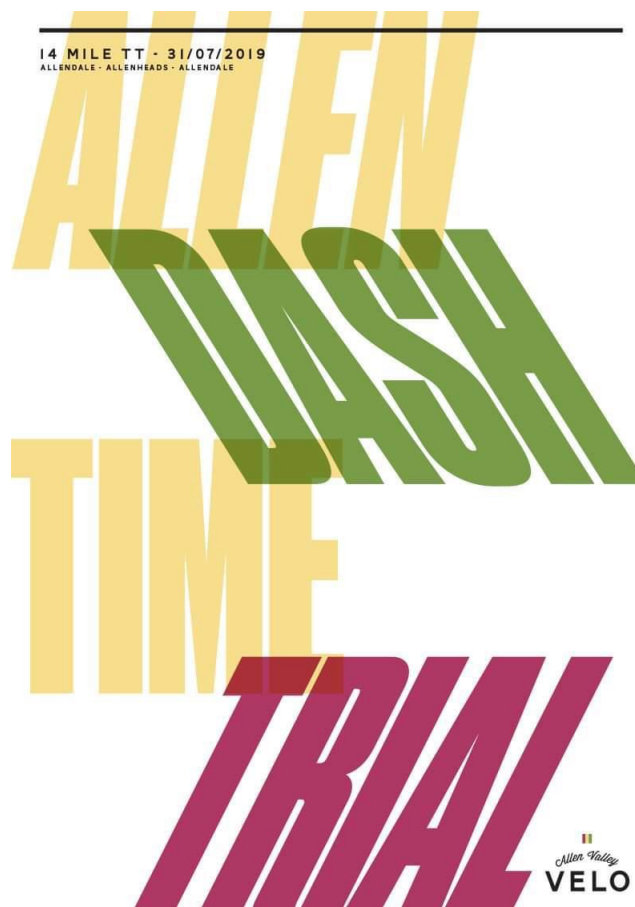


Allen Valley Velo presents  
**The M14B CTT open time trial.**

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

This is a Northumberland & Durham Cycling Association Event.



First Rider: 10:01

Timekeepers: Frances Schultz, Peter Schultz & Sharon Dyson  
Event Secretary: Clive Allan, 07742171261, [clive\\_allan@hotmail.com](mailto:clive_allan@hotmail.com)

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.

**Event Sign on and Parking:  
Allendale Primary School Sports Hall,  
Allendale Town.  
Northumberland.  
NE47 9PS.**

#### **COVID19– PLEASE READ CAREFULLY**

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- Event sign on will be located outside Allendale Primary School Sports Hall.
- We have access to the toilets but ask that people wear face masks when using the facilities.
- Riders are asked to provide their own pen to sign on/off the race. Use the hand sanitiser provided before and after signing on/off.
- Rider number will be pre cleaned with disinfectant and spread out or hung up to avoid handling.
- 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 MUST NOT gather in indoor areas.
- Competitors on finishing MUST NOT stop at the finish.
- Please report to the start line no more than 5 minutes before your designated start time.
- Adhere to a 1 metre+ social distancing rule.
- Riders will need to self-start, with one foot on the ground. NO track stands.
- 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.
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#### **PARKING, SIGN ON AND START LOCATION**

There is ample parking at the Sports Hall car park, on the road outside and in the town square, but please park considerately and with sufficient space. Sign on will be available from 9:00am. Allendale Primary School Sports Hall is approximately 1/4 mile from the start. Please ensure that numbers are returned after the event and remember to sign off; otherwise your time won't be recorded in the official results.

The start and finish is on the B6295 as you leave Allendale in the direction of Allenheads. See course map.

#### **COURSE**

This is the first year that the M14B has been used as a registered CTT course. It is a straight out and back to Allenheads from Allendale.

#### **CTT COURSE DESCRIPTION:**

START at South boundary sign of Allendale Town. Proceed south on B6295 to Allenheads. Take left junction onto minor road to circumnavigate green triangle. Turn right at junction onto minor road leading from Rookhope, then right again at junction to return to B6295. Proceed north on the B6295 through Allenheads and on to FINISH at the south boundary sign of Allendale Town. Allendale – Allenheads - Allendale (14.5 Miles).

Route: <https://www.cyclingtimetrials.org.uk/race-course/21840#anchor>

#### **COURSE SAFETY NOTES**

**This is a technical course on roads that require your full attention. Particular attention should be given for traffic at the two right junctions, on the road leading from Rookhope and the returning junction on the B6295. It is a riders responsibility to stop for traffic as required. Marshalls are only allowed to alert traffic and demonstrate the direction of travel.**

**There are occasional potholes on the course although many have been filled in.**

**Pay attention to the on the day risk assessment, located at sign on as this may detail additional hazards.**

## **RIDER INSTRUCTION**

- \* Your machine must have a working rear light (flashing or constant) to be permitted to race (No light no ride!).
- \* No U turns to be made by riders in the vicinity of the timekeeper at the start.
- \* Riders take extra care at junctions, turns, blind summits, on steep descents with bends, and through built-up areas.
- \* Riders must stay on the correct side of the road at all times.
- \* Head down riding is strictly forbidden.
- \* No dismounting by riders in finishing area.
- \* Riders should note that large parts of the course are minor rural roads.
- \* Please shout your number as you pass the finishing timekeeper.
- \* 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.

**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 and/or Juniors must wear a Protective Hard Shell Helmet.**

This event may be subject to a Doping Control. Race numbers required for Doping Control will be displayed at sign out. 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 BIKE CATEGORY**

If you are entering the road bike category the N&DCA road bike rules apply, which prohibit the use of tri bars, TT helmets and wheels deeper than 60mm. For the definitive rules for this please refer to the N&DCA Rules pages 4 and 5: <https://drive.google.com/file/d/0Bw21vA7dHXgkdUJJanVWVEViSEE/view>

When signing on please indicate your entry into the road bike category by adding an (R) after your name.

## **PRIZES (all given out after the event)**

- We have chosen to give all senior prize money to the Great North Air ambulance.
- Junior cash prizes will be issued (prize pot yet to be confirmed).