

2 STAGE HILL CLIMB
22/09/2019

Promoted for and on behalf of Cycling
Time Trials under its rules & regulations.
This is a Northumberland & Durham
Cycling Association Event



Event Secretary:
Nick Badcock
353 Rectory Road,
Bensham,
Gateshead.
07800 806817

Timekeepers:
Peter & Frances Schultz


Allen Valley
VELO

EVENT HQ (Next to the Elks Head Pub):

Whitfield Parish Hall,
Whitfield,
Hexham,
Northumberland.
NE47 8HD.



There is ample parking available by the HQ: Adjacent to the HQ and directly to the left of the pub in the Whitfield Estate Office car park. Please park considerately and if the clay pigeon shoot is on please avoid the gravel car park over the road. The HQ will be open from 9:00am for signing on / registration. Drinks and snacks will be provided throughout the morning for competitors, with a buffet provided following the event. For supporters we encourage use of the pub and nearby cafe. Please ensure that numbers are returned after the event and remember to sign off; otherwise your times won't be recorded in the official results.

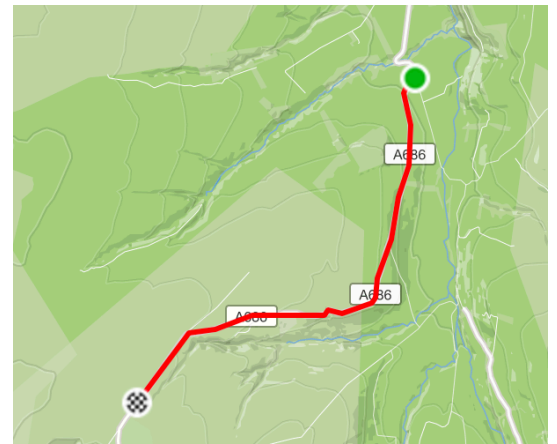
COURSES:

Stage 1 (MH16) - from 10:00.

The start of this stage is 1.2miles from the HQ so please leave enough time to get there.

Starting at the minor road leading to Parmontley Hall just off the A686. Head southwest on the A686 heading towards Alston. The finish line is just beyond the crest of the hill, past the 'Welcome to Cumbria' sign. The climb is 4miles long at an average gradient of about 4%.

<https://www.strava.com/routes/3245557>

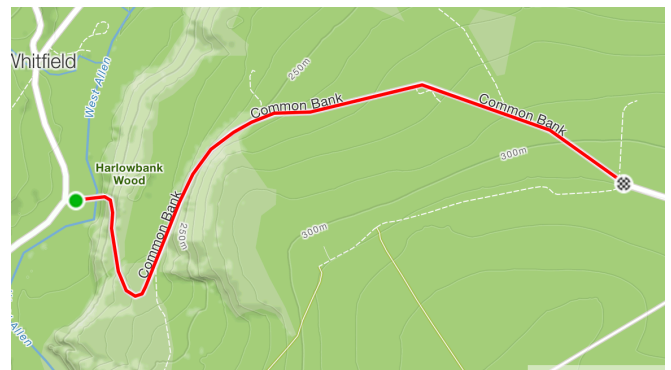


Stage 2 (MH15) - from 12:00.

The start of stage 2 immediately adjacent to the HQ.

Starting right next to the Elks Head Pub, heading east towards Keenly. The finish line is just past the access track to Hunter Oak. The climb is 1.1 miles at an average gradient of 7%, but touching 20% in the first sections.

<https://www.strava.com/routes/3245534>



SAFETY NOTES:

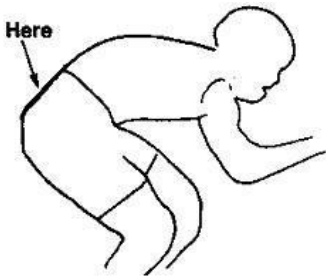
All riders are responsible for their own safety.

- Due to hard winter the general conditions of road surfaces can be poor. Broken surfaces and/or potholes are likely on the course to some degree. It is the responsibility of the rider to be aware of their line and be aware of road conditions ahead.
- You must look ahead and not ride with your head down.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- 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 strongly recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

RIDERS:

- No U-turns to be made in the vicinity of the timekeeper.
- You will not receive a push from the start team in accordance with hill climb race regulations – as the count gets to 3/2/1 GO you will be released without assistance.
- Please refrain from warming up on the course once the time trial has commenced.
- No dismounting in the finishing area.
- 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.

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 noted below:



If it's too high and we can't see it, this may result in disqualification.

PRIZES

As some of you may know last week a much loved member of Allen Valley Velo, Stewart Beaty sadly passed away. Stewart was a stalwart of the club and the most regular attendee on group rides, come rain or shine he'd be there.

He was a kind and gentle man with a deep love of Allendale and the surrounding valleys, which he loved to tell you all about on long winter rides...

Stewart started his sporting life running up and down the fells competitively, but once his knees could take no more he swapped to two wheels. He loved riding uphill just as much and raced in all our hill climbs, until last year when cancer struck.

Stewart was supported in his final year by Tynedale Hospice at Home, a charity who provide care to people with a life limiting illness or palliative condition. The charity provides support to people in West Northumberland, Tynedale and Ponteland, 24 hours a day, seven days a week.

As a club we have taken a late decision that there will be no cash prizes in 2019, instead we will donate all of the prize money to this very worthy charity.

We hope that you support the clubs decision, but to recognise the performances of new riders and juniors we will give out a few spot prizes that have been donated by our club members.



Stewart Beaty