



# Blaydon Cycle Club

BLAYDON CYCLE CLUB PRESENTS

23 mile open time trial

A sporting course with both fast, flat sections as well as testing sharp climbs.

Sunday 23<sup>rd</sup> August 2020

Course: M23-1

First Rider: 9:08am

Timekeepers: Frances Schultz & Peter Schultz

Event Secretary: Joanne Rea, 20 Castle View, Ovingham, Northumberland

Email: [joannerea@gmail.com](mailto:joannerea@gmail.com)

Tel: 07794075885

In tribute to Jack Earl there will be a collection for Jack's favourite charity  "Battens Disease Family Association" a Virgin Money Giving Link will be posted on N&DCA Facebook page.

<http://www.bdfa-uk.org.uk/>

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.



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## **COVID19 – PLEASE READ CAREFULLY**

- Competitors should not attend if they feel unwell in ANY way or if family members have any symptoms.
- Temperature checks on Competitors will be carried out on arrival – high temperature (above 37.8°C) = No Ride, Go Home.
- 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 2 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.



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## HQ/SIGN ON/SIGN OFF

Morpeth Rugby Club, Mitford Road, Morpeth, NE61 1RJ

Riders will be able to sign on from **8am** – 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 ample parking at the rugby club. The toilet facilities are in the cream building to the right as you drive in and will be marked male and female. **PLEASE DO NOT ENTER THE RUGBY CLUB** for any reason. Please follow the social-distancing signage and guidance from Club representatives. 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.

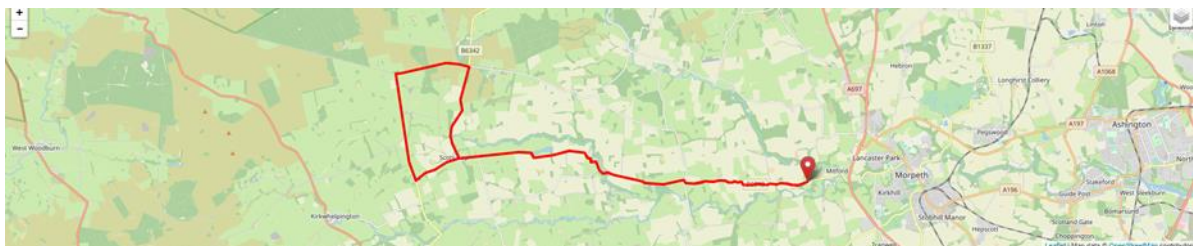
HQ is about 10 minute ride from the Start/Finish lines.

**Route from the HQ to start:** *When you leave the Rugby club turn right onto the B6343 and cycle 2 mile through Mitford to the start line.*

## COURSE DETAILS

**\*\* If you don't know the course, please familiarise yourself with it prior to the event\*\***

At lay-by opposite the farm gate 150 metres west of Mitford Cricket Club and Mitford Hall. Proceed west on the B6343 through Dyke Neuk and Hartburn. At 8 miles turn right \* on minor road to Rothley Crossroads Turn left on the B6342 to Cambo where left on the B6343 and proceeding through Scots Gap. Continue east, re-tracing route back along the B6343 through Hartburn and Dyke Neuk to Finish at farm gate opposite lay-by approx. ½ mile before (west of) Mitford village.



All riders to be aware that many roads are in places, suffering from poor surface conditions and as such, should adopt caution and keep their head up, to ensure their own safety.



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## IMPORTANT NOTES FOR RIDERS:

- Take extra care at T-junctions, left and right-hand turns, on steep descents, bends, narrow bridges and lightly built-up areas.
- There are a number of pot-holes on the course as noted below, please take extra care to keep your head up and familiarise yourself with the course.
- You must look ahead and not ride with your head down
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- NE District Regulation regarding **Right Hand Turns** (marked\* in Course Details). Riders shall not cut corners at right-hand turn junctions on courses i.e. they must observe road markings and not move to the right-hand side of the road being turned out of or in to. Any rider reported not following this District Regulation shall automatically be disqualified from the event. Organisers of events on courses with right-hand turns shall instruct marshals on any corner affected by this local regulation to record the race number(s) of rider(s) in breach of the regulation. Such appeals will normally take the NOTE – Disqualified riders may appeal to the NE District Committee against their disqualification. form of a Disciplinary Hearing for a breach of Regulation 20(a).
- 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.
- 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



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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.

## **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.



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## **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.

## **AWARDS CATEGORIES**

- ❖ Fastest Male
- ❖ Fastest Female
- ❖ Fastest Male Juvenile
- ❖ Fastest Female Juvenile
- ❖ Fastest Vet Standard
- ❖ Fastest V40
- ❖ Fastest V50
- ❖ Fastest V60+
- ❖ Fastest Male Road Bike
- ❖ Fastest Female Road Bike

No prize money will be given in this event. Just the glory!



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## RESULTS

These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors.

Results will not be published on the CTT Website until Wednesday 26<sup>th</sup> August, 2020 at the earliest, to allow for any queries (these can be made via phone, email or text to the event organiser).

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



# Blaydon Cycle Club

Number	Starttime	Firstname	Lastname	Club	Gender	Category
8	09:08	Noel	Stoddart	Blaydon CC	Male	Veteran
9	09:09	Nicholas	Stevenson	Wearside Triathlon	Male	Veteran
10	09:10	Andrew	Duggan	Physiohaus	Male	Senior
11	09:11	Keith	Sibbald	Zeus CRT	Male	Veteran
12	09:12	Joanne	Rea	Blaydon CC	Female	Senior
13	09:13	Claire	Cook	South Shields Velo Cycling Club	Female	Senior
14	09:14	Claire	Harlow	Blaydon CC	Female	Senior
15	09:15	Justine	Norman	Velo Culture	Female	Veteran
16	09:16	Georgia	Campbell	Blaydon CC	Female	Senior
17	09:17	Jen	McMahon	Sub Rosa	Female	Senior
18	09:18	Miriam	Jessett	Team Kirkley Cycles	Female	Espoir
19	09:19	Chris	Mather	Derwentside CC	Male	Veteran
20	09:20	Josh	Charlton	MTS Cycle Sport	Male	Junior
21	09:21	Michael	Lynch	Derwentside CC	Male	Veteran
22	09:22	Elliot	Sharp	Vector Racing	Male	Senior
23	09:23	Sean	Murray	North Racing	Male	Senior
24	09:24	Aidan	Berry	North Tyneside Riders CC	Male	Veteran
25	09:25	Marcus	Cram	Blaydon CC	Male	Senior
26	09:26	Simon	Emsley	Derwentside CC	Male	Veteran
27	09:27	James	Anderson	North Shields Polytechnic Club	Male	Senior
28	09:28	Neil	Wilkinson	Blaydon CC	Male	Veteran
29	09:29	Craig	Bell	Allen Valley Velo	Male	Senior
30	09:30	Lewis	Wake	Team Kirkley Cycles	Male	Senior
31	09:31	Stephen	Walton	Muckle Cycle Club	Male	Veteran
32	09:32	Steve	Gibson	Peak Road Club	Male	Veteran
33	09:33	Graeme	Wardale	South Shields Velo Cycling Club	Male	Veteran
34	09:34	Neil	Parkin	Rapha Cycling Club	Male	Veteran
35	09:35	Lee	Cuthbertson	Muckle Cycle Club	Male	Senior
36	09:36	Andrew	Dickson	Berwick Wheelers Cycling Club	Male	Senior
37	09:37	Rick	Mitford	Cestria C.C.	Male	Veteran
38	09:38	Chris	Peareth	Zurbaran Racing	Male	Senior
39	09:39	Colin	Blacklock	Muckle Cycle Club	Male	Veteran
40	09:40	Ben	Harrison	Crimson Orientation Marketing RT	Male	Veteran
41	09:41	Craig	MacWilliam	Road Club Cumbernauld & Kilsyth	Male	Veteran
42	09:42	Matty	Smith	Muckle Cycle Club	Male	Senior
43	09:43	Mark	Tully	Sunderland Clarion	Male	Senior
44	09:47	David	Cunningham	Vector Racing	Male	Veteran
45	09:45	Colin	Atkinson	Muckle Cycle Club	Male	Veteran
46	09:46	Joseph	Hunter	Allen Valley Velo	Male	Senior





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47	09:44	Peter	Hawkins	Muckle Cycle Club	Male	Senior
48	09:48	Stephen	Magrath	Blaydon CC	Male	Senior
49	09:49	Joshua	Hodgson	GS Metro	Male	Senior
50	09:50	Oscar	Onley	Kelso Wheelers Cycling Club	Male	Junior
51	09:51	Alex	Cunningham	Physiohaus	Male	Espoir
52	09:52	Colin	Gardener	Flyte Racing	Male	Veteran
53	09:53	Thomas	Fletcher	Reifen Racing	Male	Senior
54	09:54	Ian	Gallon	North Tyneside Riders CC	Male	Veteran
55	09:55	Shaun	Brannan	Muckle Cycle Club	Male	Senior
56	09:56	David	Goodwin	Newcastle Cheviot CC	Male	Veteran
57	09:57	Joe	Leiserach	Blaydon CC	Male	Senior
58	09:58	Ian	Taylor	Blumilk.com	Male	Veteran
59	09:59	David	Symes	Blaydon CC	Male	Veteran
60	10:00	Julian	MacBride	Team Kirkley Cycles	Male	Senior
61	10:01	John	Bowman	Muckle Cycle Club	Male	Senior
62	10:02	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
63	10:03	Paul	Lofthouse	Ryton Tri Club	Male	Veteran
64	10:04	Joe	Applegarth	Durham Triathlon Club	Male	Veteran
65	10:05	Phil	Hall	Velo Culture	Male	Veteran
66	10:06	Martin	Lloyd	Vector Racing	Male	Veteran
67	10:07	Christopher	Beaty	Allen Valley Velo	Male	Senior
68	10:08	Adam	Smith	North Shields Polytechnic Club	Male	Senior
69	10:09	Mark	Whaley	Blaydon CC	Male	Veteran
70	10:10	Michael	Gill	AeroLab Ward WheelZ	Male	Espoir
71	10:11	Ray	Bell	Derwentside CC	Male	Veteran
72	10:12	Frank	Devlin	South Shields Velo Cycling Club	Male	Veteran
73	10:13	Michael	Curran	Ayr Roads CC	Male	Veteran
74	10:14	Beth	MacRae	Torvelo Racing	Female	Espoir
75	10:15	Shaun	Tyson	Ribble Weldtite Pro Cycling	Male	Veteran
76	10:16	Howie	Buckingham	Allen Valley Velo	Male	Veteran
77	10:17	Ben	Dixon	Royal Navy & Royal Marines CA	Male	Senior
78	10:18	Dougan	Collins	MTS Cycle Sport	Male	Veteran
79	10:19	Peter	Stokoe	Reifen Racing	Male	Senior
80	10:20	Thomas	Hutchinson	Team Kirkley Cycles	Male	Senior