Ben Lane Page 1 of 5 Last modified: 15th September 2020

**2020 RTTC National 50 Mile Championships Race Manual**

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations



Sunday 4th October 2020

**07:15am Start**

Course: M50

First Rider: 07:15 am

Time Keepers: Peter & Frances Schultz, Sharon Dyson & Ewa Johnson

CTT REPS – Gavin Russell & Ray Luckett

Event Secretary: Martin Kitching, 18 Frances Ville, Scotland Gate, Choppington, Northumberland, NE62 5ST

Tel: 01670 827465/07908 119535

HQ Location: Cramlington Town Football, East Hartford Pavilion, Cramlington, Northumberland, NE23 3BE.

Distance from HQ to start location: 1.9 miles. This will involve riding on the actual course via the shortest distance – please be mindful that others will have already started their race when you are riding to the start for yours.

IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.

NOTE: THIS IS NOT A PUBLIC DOCUMENT. YOU HAVE BEEN SENT THIS BECAUSE YOU HAVE ENTERED THIS EVENT. PLEASE DO NOT SHARE THIS DOCUMENT

This event will be run under CTT’s current Covid-19 Risk Assessment. Please take time to read it https://www.cyclingtimetrials.org.uk/documents/index/covid-19. Whilst there are a few extra procedures outlined below, changes may be made based on events leading up to and on the day. These will be communicated fully where appropriate. You are expected to heed the Event Organisers and marshals.

This event is run under CTT Rules and Regulations which can be found in full here:

https://www.cyclingtimetrials.org.uk/articles/view/11

The cover sheet, start list and other documents will only be available online on the CTT website.

**1. Event HQ**

Event HQ is a local amateur football club with toilets which you may use but the changing facilities are not available, and please don’t inconvenience others by changing in the toilets. FACE MASKS TO BE WORN INSIDE. You will be required to maintain social distancing and observe hand-washing signs and heed all guidance and information notices displayed by the Event HQ and CTT Officials.

Your earliest arrival time is one and one quarter hours before your start. Please endeavour not to arrive at HQ before this. That might not be easy to organise, however, with the distance some of you will travel, we appreciate. If you arrive too early, you will be asked to stay in your vehicle. There will be no gatherings permitted in the carpark at less than the social distance. Turbo/trainer/roller warm-up is permitted provided social distance is maintained. Everyone must follow guidelines and instructions from officials, or they will not be permitted to race and will be reported to CTT.

**2. Local Lockdown**

Anyone who resides in or has an address within an affected area should not come to the event. The onus is on the rider to inform the organiser.

**3. Sign-On and Sign-off**

Sign-on for events is currently quite different to what we are used to. No handshakes, no hugging, no kissing and maintain social distance. There are some other restrictions in place. You will be expected to follow them. Remember: no working rear light = no ride!

If you will not be starting, then please let us know by messaging Martin Kitching on 07908 119535 or email martin.kitching@btopenworld.com as much in advance as possible. This helps the timekeepers

No pens will be provided at sign-on so bring your own. We need a ‘wet’ signature. Remember: no pen = no ride!

The numbers are new, have never been used and the person putting them out will have taken necessary sanitizing steps before and after laying them out. Regulation 16 shows where to place the body number so you can be readily identified (and safe!). With this being a National Championship, competitors will also be required to wear arm numbers, visible from the front/side. NB Tops must have at least quarter sleeves (i.e. no tri-suits). ). The numbers are yours to keep after the event – we do not require them back, however, you MUST SIGN OUT after you have completed your race.

No safety pins will be provided, so if you need them, you will need to bring your own. Remember: no safety pins (if you need them) = no ride!

Riders who fail to sign out within a reasonable time will be recorded as DNF, as per Regulation 17. Again, we need a ‘wet’ signature.

**4. Course Details**

These are included in the start sheet which you will all receive. Please read them and be aware the onus of keeping to the course is on the rider. There will, however, be marshals and checkers at critical points. Please take the time to make yourself familiar with the course, the Risk Assessment and the on-the-day Risk Assessment.

**5. Race Protocol**

Participants must maintain social distancing. No gatherings in groups, no turbo trainer warm-up in the start area. There are 4 waiting spaces marked out plus the rider waiting to race at the start line; please only arrive at the start line a maximum of 5 minutes before your time. You will not be permitted to wait if you arrive earlier. Please note that no official at the start can take responsibility for any clothing left there. The distance from HQ to the start is only 1.9 miles so please leave any personal belongings in your vehicle. You are required to not answer the call of nature in the start area or change in sight of any residents and are not to leave a vehicle in the start layby.

Minors can be accompanied by a guardian from within their own household or “social bubble”. They are, however, not permitted to enter the start area. Spectators are not permitted.

Riders are not permitted to warm up anywhere on the course other than riding from the HQ to the start area – note that this is around 1.9 miles so allow sufficient time. There are other roads where it is possible to warm up. Please be mindful of riders when arriving at the HQ as the road to the turn into the HQ is part of the first section of the course.

The timekeepers and officials will be checking that riders a) have their numbers attached correctly, b) have a working rear light. If any of these are not complied with, you will not be permitted to ride. There will be no “pusher offer” and you will have to do a standing start on your own with one foot on the ground. Rolling starts, track stands and “jumping the gun” will not be permitted. Offenders will be disqualified.

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.

Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point even if you wish to report you are DNF.

Once you have finished you should return to the event HQ, sign out and then leave without congregating. There will be no catering. We realise this is not the norm and the social aspect of racing is a big part of the fun.

**6. Race Results and Prize Presentation**

Race results will not be available at the event, so please do not ask. We will collate the results and post them online ASAP on the CTT website and media channels. We will then email the participants using the address supplied in the usual manner. Neither will there be a prize presentation and award ceremony; prizes etc. will be posted. This is to encourage prompt dispersal.

**7. Refreshments**

To ensure we comply with the government regulations, the CTT guidance and Covid-19 Risk Assessment, there will be no catering on offer by us.

**8. Under 18s**

Those under 18 on the day of the event will require to bring a completed, hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented.

Remember: no number = no ride, unfortunately.

The appropriate form is available on the CTT website https://www.cyclingtimetrials.org.uk/documents/index/guardians

**9. Mechanical problems**

Please be aware that the organisation will not be in a position to rescue you in the event of a mechanical problem. We recommend you make your own back-up arrangements: take a mobile phone with you but do not use it while on the move (see Regulation 19). Please be advised to take with you a spare inner-tube/tubular, pump and tyre levers if required. The regulations specify you must ride a road-worthy machine!

**10. Dope Control**

This being a National Championship, it is entirely possible that we will be visited by UK Anti-Doping (UKAD). If you are required for testing, you will be informed by them. I do not know if they will appear. I may not know until the very last minute and I certainly could not divulge that information so please do not ask. Failure to take a test if selected is an automatic 4-year ban. CTT and BC have a reciprocal agreement of recognition.

**11. Disciplinary matters**

As this is a National Championship, anyone sanctioned (other than being recorded DNF for failure to sign out) will be dealt with by the Board as laid out in the Rules.

**12. Acknowledgements**

This event is being organised on behalf of Cycling Time Trials under their Rules and Regulations by North East CTT and North Tyneside Riders CC (NTR)

This document is based on one from Newbury Velo (written by Glen Knight).

**13. Summary**

In these unusual circumstances we find ourselves having to change the way we run events. The team has put a lot of work into making sure we are able to follow the government guidelines, the CTT guidance so that the risks to you, us and the general public of transmitting or catching Covid-19 are kept to an absolute minimum.

These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to demonstrate that we can run these events within Government guidelines and legislation.

**Please remember this is a National Championship but no working rear light = no ride.**

Have a safe ride.

Thank you for your support and understanding!