

**Tyneside Vagabonds CC 69th Mountain Time Trial 21st May 2023**

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations This is a Northumberland & Durham Cycling Association BAR Event

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**Timekeepers** Peter Schultz, Frances Schultz, Sharon Dyson

**Event HQ**  Belsay School Hall, <https://goo.gl/maps/x6ukVyenhe98qJ2V6>

Belsay School Hall will be open from 9am. There is very limited parking at the school – additional parking is available in the lay-by near the start and surrounding lanes (Please respect access to houses).

* Sign on will be in or outside the school hall, depending on weather conditions.
* Toilets will be available in the school hall.

**Signing on and off**

* You will be issued with a reusable number – please return it to the HQ.
* It is compulsory for all riders to sign on AND sign back out again after your ride. Do not forget to sign back out or you will be recorded as a DNF on the official results.

**M47 course summary** [www.cyclingtimetrials.org.uk/race-details/21826](http://www.cyclingtimetrials.org.uk/race-details/21826)

Start at Belsay on unclassified road 200 yds North of junction with the A696 and B6524. Proceed north on unclassified road via Bolam Lake to junction with B6343 (6.4 miles). Turn left to Scots Gap then first right \* (Riders take CARE) onto unclassified road to Rothley Crossroads (9.0 miles), and straight ahead to Ewesley Station, Coldrife, Forestburn Gate, Garleigh Summit (15.2m) and descend to Rothbury (17.6m). Bear left immediately after the bridge, past Rothbury church, and left again to Thropton. Bear left down bank to Flotterton at the end of village and bear left to Hepple (23.2m). Continue straight ahead to Bilsmoor timed climb. Proceed to Elsdon (29.2m) and turn left at the end of the village to climb the Gibbet (1:6 or 1:7). Proceed to Harwood Gate House (35.4m) and turn right \* onto B6342 for 1.5m where turn right \* and proceed to Knowesgate (38.5m). Turn onto the A696 towards Belsay. Half a mile north of Belsay take the slip road to the left and finish (47miles).

**Safety notes:**

• **Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users or residents.**

• **No U-turns to be made in the vicinity of the timekeeper.** • **No dismounting in the finishing area.**

**Riders:**

**Take extra care at T-junctions, right hand turns, on several steep descents with bends, and through built-up areas. Specifically, the final descent into Rothbury on the approach to the bridge, and the descent into Thropton before the bridge, are both governed by 30mph legal speed limit. Please be mindful of the speed limit, and you must take extra care when approaching the bridge in Thropton. It is a single carriageway bridge where although you have right of way, traffic can build up necessitating reducing your speed. A rider sustained significant injuries as a result of a crash on this descent. PLEASE RIDE RESPONSIBLY.**

**Additional Information**

**Road surface conditions will be assessed periodically, and the current points should be taken in consideration by riders:**

**1. From Middleton Farm - From approach to farm through to Scots Gap Junction B6343, surface POOR to BAD. Potholes, deteriorated patching and loose surface on the racing line.**

**ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.**

• Note NE District Regulation re. 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 righthand 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.

NOTE – Disqualified riders may appeal to the NE District Committee against their disqualification. Such appeals will normally take the form of a Disciplinary Hearing for a breach of Regulation 20(a).

• Please also note the following update to Regulation 14, for those riders participating in the event on a Road Bike;

As from 16 April 2023, the following text has been appended to Regulation 14 to make it clear that safety considerations preclude riding road bikes with forearms resting on the tops of the handlebars.

N.B. For the purposes of Regulation 14

“For riders riding Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tribar position by resting the forearms on the handlebars."

**Warming up**

* Do not warm up on the course once the event has started.
* No turbos or rollers to be used. All warm-ups should be done on the road.
* It is strongly advised that all competitors carry with them a spare inner tube / tubular, pump and tyre levers if required, so as to minimize the need for roadside assistance in the event of a puncture.
* It is strongly advised that all Competitors carry a mobile phone and take with them the telephone number of the event organiser. **Please telephone Richard Knight on 07500 016666 if you have failed to finish the event**.
* Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Please take direction from the start marshal.
* Any clothing left on the start line will be taken back to Race HQs – please remember to collect it afterwards.
* The start line is only 0.5 miles away from HQ.
* Numbers to be secured to the body with safety pins (as opposed to a tri-belt). You’ll need to bring your own safety pins.
* Riders will need to self-start, with one foot on the ground.
* DRAFTING: 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.

**Additional Rider Information**

* Riders should be familiar with <https://www.cyclingtimetrials.org.uk/articles/view/11>
* Riders should familiarise themselves with the route in advance of the race.
* CTT regulations state you MUST wear a HARD SHELL HELMET that meets an internationally accepted safety standard. This is compulsory for all competitors.
* Junior riders should bring their completed Parental Consent form in order to be allowed to ride.
* Remember, **no front and** **rear working lights** (flashing or constant), and/or **no hard helmet**= **NO RIDE** (This is in accordance with the most recent CTT regulations). Compliance with these regulations will be checked by the start marshal.
* For CTT events, riders must have their upper arm covered – i.e. No tri-suits.
* All riders are reminded of their responsibility for ‘**Heads Up**’’ riding at all times.
* Ensure that your number is placed in accordance with CCT regulations (see link above).
* No U-turns in the vicinity of the timekeeper and no dismounting in the finishing area.
* Please shout your number as you cross the finish line.

**Results & Prizes**

Prize list to be determined once entry fees have been received from CTT and race expenses paid.

Provisional results are likely to be available via **ResultSheet** and from the N&DCA Facebook page as soon as possible after the event. Official results will be on the CTT website and emailed to all competitors once formalised.

There will be a prize giving and buffet available after the event for those who wish to attend. We will also contact prize winners who are not available for the prize giving, as soon as possible once the results have been verified.

All profits from this event go to the Great North Air Ambulance.

<https://www.greatnorthairambulance.co.uk>.

Please let the Event Secretary or Club Treasurer (Alex Buckthorp) know if you prefer to donate your prize to this worthy cause.

**Trophies**

Fastest Time Marion Bunton Trophy  
Fastest Female Dorothy Dent Trophy  
Fastest Junior Ian Vaughan Trophy  
Fastest Vet on Standard J.K.Marshall Trophy  
Fastest Ascent of Bilsmoor (Male) Russell Thompson Trophy Fastest Ascent of Bilsmoor (Female) Ron Steele Trophy

Thanks to our sponsors Ian and Tina Sutton.

One prize per rider, except for Ascent of Bilsmoor and Team prizes.

To enter the **Road Bike Category,** you must inform the number steward at signing on and complete the N&DCA Road Bike BAR signing on sheet. Rules of Road Bike competition: No tri-bars, wheels with rims no deeper than 90mm and with at least 12 spokes.