

Event promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Darlington CC Open 25 MILE TIME TRIAL

VTTA (North) event
Including road bike category

Sunday 2 April 2023

First rider off: 10:01



EVENT OFFICIALS

Timekeeper: Geoff Watson
Assistant Timekeeper: Steve Fullerton
HQ: Mike Drake

EVENT SECRETARY

Malcolm Steer
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EVENT HEADQUARTERS

Leeming Village Hall
Mill Lane, Leeming
North Yorkshire
DL7 9SS
Open from 9:00 am on event day

AWARDS

In response to rising costs for staging cycle events (fuel, food etc) we are running our 2023 events programme without prizes. Instead we will try to make the Event as sociable as possible on the day, with free post race food and drinks. Any surplus funds will go towards rider development and supporting youth engagement. We hope you will support this move.

Course Records

(male)– Harry Tanfield 47:08 (2020); (female) – Sophie Lankford 59:22 (2020)

Course Discription:

T254/1R: Start on A6055 at expansion joint at south end of bridge spanning railway, approx 0.13 miles north of Leeming Services roundabout. Ride south and go over first roundabout (Leeming Services) continuing through 2nd Roundabout (RAF Leeming/Gatenby) to encircle 3rd Roundabout (Sinderby – 6.6 miles). Retrace northwards back to 2nd roundabout (RAF Leeming/Gatenby) whre straight over and continue to encircle 1st roundabout (Leeming Services – 12.8 miles) to ride south. Straight on at second roundabout (RAF Leeming/Gatenby) to encircle 3rd roundabout (Sinderby 19.0 miles). Retrace northwards to 2nd roundabout (RAF Leeming/Gatenby) where straight over to finish approx 0.3 miles south of Leeming Services roundabout at horse road sign (vs 2020).

Headquarters

On race day, the HQ will be open from 09:00.

You must sign in and out from the event - failure to do both will result in disqualification. Don't forget to return your number after you finished and please stay for tea/coffee/cake while we prepare the provisional results sheet.

Finding the HQ

The HQ is at Leeming Village, not Leeming Bar. The nearest junction of the A1M is Junction 51. The Village is immediately adjacent (North West) of RAF Leeming on Roman Road. Mill Lane is directly opposite The Willow Tree Inn.

Parking

Nobody should park in the village itself or directly outside the hall (except officials). This is an agreement we have with the trustees of the hall. Please respect this so we have continued use of this facility. Parking in the area is not difficult, particularly along the perimeter to the adjacent RAF Leeming Airfield – towards Londonderry. This is less than 0.5 miles from the HQ. Ideally ride or walk to the HQ please.

Directions from HQ to Start:

- around 2.5 miles from HQ to start. Allow at least 20 mins.
- Exit village hall and at main road turn left in northwards direction along Roman Road
- In Leeming Bar village, at the Bedale/Northallerton road T-junction (Co-op on right) turn left towards Bedale, under the A1M flyover, and left past Leeming Services
- Having passed the Services on the left you will come to a small roundabout. Turn left onto the A6055 (caution – riders use this roundabout as a turn after lap one of the course so do not enter the roundabout if a rider is approaching from the right). Proceed north on the A6055 around 100m and the start is on the right carriageway mid way across the railway bridge).

Warming up

Please do not warm up on the course. **If warming up using a SMART trainer please ensure you are well away from any residential property.**

Start line protocol

Remember you must wear a **safety helmet** and have your bike equipped with a working **front and rear light** – you will not be permitted to start without this.

There will be no pushing off, you are required to start with one foot on the ground.

Directions from Finish to HQ:

- **DO NOT attempt to U-turn within the vicinity of the finish, see Regulation 2 below!**
- After finishing continue on the A6055 in the northern direction to Leeming Services roundabout and exit first left (past the Services which will be on your left side)
- From this point retrace the route you took from HQ towards the start but in the opposite direction

Additional notes and local Regulations

1. No 'Warming up' by competitors is not allowed on the course once the event has started. Please respect this and ensure your vehicle is not on, or on the verge, of any part of the A6055 that is used by competitors.
2. No "U" TURNS are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.
3. After you have finished, do not pass the start on your return to HQ while riders are still being set off. Use the route described above.
4. Marshals placed to direct competitors ONLY. They have no powers to stop/direct other road users.
5. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.
6. Parental Consent forms are required for riders under the age of 18
All riders in this category must provide a completed and signed (original) Parental consent form on race day before they will be allowed to sign on.
<https://www.cyclingtimetrials.org.uk/documents/index/guardians>

2023 Teesside District Road Bike Specifications

Signing On

When signing on YOU MUST tick the required column to indicate that you are to compete on a road bike. The onus is on you. If you do not tick the column, we will not know you want inclusion in the road bike category and you will be incorporated into the main field and will not qualify for any road bike award. *(note that there is no facility to separate road bike and general field rides on the CTT website so they will all appear in time order as one block)*

The Rider

No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.

Use of skinsuits is permitted.

No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

The Machine

The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.

No time trial style or triathlon forward extension bars with or without elbow pads will be present.

Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 90mm.

Please apply the spirit of the road bike competition in your equipment choice. Non-compliance with any of the above (albeit for point 3 in rider section) will result in the competitor being excluded from the road bike category/result, but included in the open event result.Start list

FAO all riders on road bike: please remember to tick the road bike column when you sign in on the day of the event.