



Cleveland Wheelers Cycling Club



proudly presents

“Flattish 25 SPOCO”

25 Mile Time Trial (T255)

Sunday 11th June 2023

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



Event Secretary

Chris Lawrence
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Timekeepers

Bill Millen
Shereen Binks

ON THE DAY CONTACT

Steve Tilly
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Arriving at the Event

Parking

Parking is very limited outside the HQ. Please be considerate and do not park too close to properties or block entrances. Please also refrain from parking on the course.

Event HQ

The event HQ is Bishopton Village Hall, Bishopton, (Nearest Post Code: TS21 1HB).
What3words: ///wipe.paper.rated (<https://what3words.com/wipe.paper.rated>).
Event HQ will be open for sign-on from **08:00am**.
This is where sign on and number collection and return will be stationed.

Please use hand sanitiser where provided.

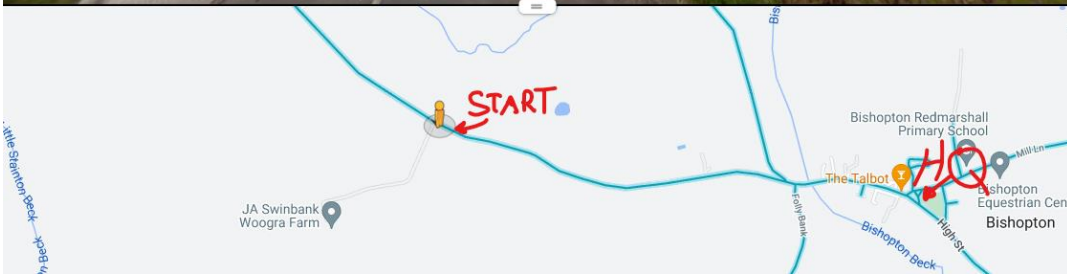
The start line is located West of the HQ and the finish is located to the South East of the HQ.

Toilets

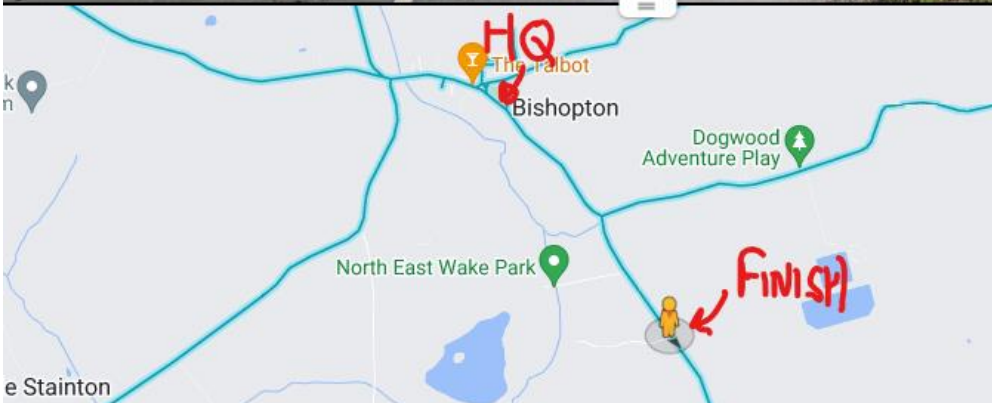
There are toilets facilities available at the HQ.



START:



FINISH:



Warming Up - No U-turns within sight of the start line. The roads around Stokesley provide plenty of opportunities for warming up. Please do not use turbo trainers within 100m of inhabited properties.

Race Numbers and signing on / sign out sheet will be at the event HQ.

When signing on, if applicable, please tick the required column to indicate that you are to compete on a road bike.

Please pin numbers on as low as possible to assist timekeepers and number catchers in identifying you. If you could shout your number as you pass the finish line it would be much appreciated.

All riders must remember to **return their number and sign out** at the event HQ after completing the course. **Failure to sign out will result in disqualification.**

(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 sign the official signing-out sheet shall be recorded as DNF.

Course details

Start –

The start of the course is at the entrance to Woogra Farm, Bishopton approx. 1 mile West of Bishopton Village Hall (HQ). **The first rider starts at 9:01 am**

Please don't join the queue at the start for any longer than 6 minutes before your start time and respect social distancing. The start marshal will be able to give you information as to current line-up and how long you have to go before your start.

There will be no pusher-off so all riders must start with one foot on the ground. Track stands and rolling starts are not permitted.

You must have a working front (white) and rear (red) light to start in the event. These must be in flashing or constant mode during the race. Riders without lights will not be permitted to race so please don't forget these!

Helmets – All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised standard.

Road Surface - The road surface on the course is variable in quality. There are some potholed sections on which riders should take extra care. Please do not cut any corners – this will result in automatic disqualification.

It is strongly advised that riders study the course description and map beforehand and take note of the turn in to the finish on the second lap. It is the responsibility of the rider to know which lap they are on and when they should turn towards the finish.

Please could all riders take extra care when approaching and passing junctions.

Results will be made available as soon as possible after the race via the Cycling Time Trials website.

If you are riding in the road bike category the start marshal will check your machine.

CTT Course Info: <https://www.cyclingtimetrials.org.uk/course-details/t255>

Interactive route map: <https://tinyurl.com/cwcc-spoco25> (.gpx available to download here)

T255 - Start at Entrance (North Side)- Woogra Farm, Bishopton, Stockton on Tees to Great Stainton: Tee Junction (mls). Turn left at junction and proceed towards Sadberge, taking second lane on the left and continuing in a southerly direction to top of hill in Sadberge Village, where left (Darlington Road) and then left again onto the C51 (Norton Road / Norton Back Lane / Darlington Back Lane). Continue along lane (towards norton) and take second road junction on the left, signposted Redmarshall (mls). Proceed to Redmarshall Village and turn left at crossroads (Readmarshall Road), sign posted Bishopton. Pass through Bishopton Village to pass start, repeat 1st lap Great Stainton: Tee Junction (mls). Turn left at junction and proceed towards Sadberge, taking second lane on the left and continuing in a southerly direction to top of hill in Sadberge Village, where left (Darlington Road) and then left again onto the C51 (Norton Road / Norton Back Lane / Darlington Back Lane). Continue along lane (towards norton) and take second road junction on the left, signposted Redmarshall (mls). Proceed to Redmarshall Village and turn left at crossroads (Readmarshall Road), sign posted Bishopton, taking first left junction (as road bears right to Bishopton), proceed in a southerly direction to finish at entrance to Stony Flat Farm (25.0mls).

Attention!!

Road Surface - The road surface on the course is variable in quality. There are some potholed sections on which riders should take extra care. Please do not cut any corners – this will result in automatic disqualification.

Speed Limits - In Great Stainton, Sadberge, Redmarshall and Bishopton which you pass through there are speed limits. Please adhere to these limits.

Road Centre Line - Please do not cross the centre line of the road unless required to when passing riders, vehicles or parked vehicles. Ensure that it is safe to do so beforehand.

Helmets - It is now a requirement for all riders to wear a HARD SHELL HELMET that meets an internationally accepted safety standard in Accordance with Regulation 15.

Front and Rear Lighting - A working front white and rear red light, either flashing or constant, is fitted to the machine in a position visible to other road users and is active while the machine is in use.

COVID guidance - You must follow any current government guidelines in place at the time of the event.

What happens when the race is finished?

Return your number - Please return your race number to the box at the event HQ.

Results and Prize Presentation – There will be a brief prize presentation and refreshments following the event. Full results will be made available via the CTT website.

If there are any queries with times etc please let us know before end of day Tuesday 21st June after which full results will be posted on the CTT website.

Prizes will be paid directly to participants, you will be contacted for bank transfer information, or if nominated (please let the organiser know) prizes can be donated to the nominated local charity which the Cleveland Wheelers support. Recent ones include Great North Air Ambulance, Stockton MIND, Bowel Cancer UK.

Course Records Overall

Solo Male	00:51:03	Harry Tanfield	19-Jun-22
Solo Female	1:11:11	Caroline Ratcliff	19-Jun-22
Solo Male (Junior)	00:59:47	Sam Murray	16-Jun-19
Solo Female (Junior)	01:12:49	Daisy Freer	19-Jun-22

Prizes

- Overall Fastest Rider** awards will be given to riders who clock the fastest overall times for the full course. In the unlikely event that a Road Bike rider is first overall, or 2nd/3rd, they will not be able to claim the Road Bike prizes and these will be pushed down to the next rider. Overall top 3 riders will be able to claim age group prizes. Age group prizes are for overall fastest time only.

Overall	Male	Female
1 st	£20	£20
2 nd	£10	£10
3 rd	£5	£5

Road Bike	Male	Female
1 st	£20	£20
2 nd	£10	£10
3 rd	£5	£5

Other

Tandem N/A – No entries

Age Group	Male	Female
Junior	£10	£10
Veteran 40-49	£10	£10
Veteran 50-59	£10	£10
Veteran 60+	£10	£10

- Course Record.** Break current course record. Only the fastest Senior and Junior times of the day will be eligible. **One rider, one prize.**

Course Record	Solo Male	Solo Female
	£10	£10
	Solo Male (Junior)	Solo Female (Junior)
	£10	£10

- Ron Longmire Trophy.** The fastest Teesside rider's time of the day will receive this trophy for one year.

Road Bike Definition

The current definition used by the CTT Teesside will be utilised. If this differs from the below their definition will be used.

Riders who are using a road bike and who wish to compete in the road bike competition must **indicate this on the sign-on sheet in the designated 'road bike' column.**

Riders using a road bike must adhere to the following rules:

The Rider:

1. No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.
2. Use of skinsuits is permitted
3. No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

The Machine:

1. 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.
2. No time trial style or triathlon forward extension bars with or without elbow pads will be present.
3. Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 65mm.

Please apply the spirit of the road bike competition in your equipment choices. Timekeepers at the start will be checking to ensure riders and cycles conform to the above rules.

Rider Notes

- i. All numbers are available at the Event HQ and not at the start. All riders will be required to sign on when collecting their number and identify if they are using a road bike. A notice will be on display, adjacent to the signing on sheet, identifying any significant risks that may have been identified on the day of the event, which may affect rider's or officials' safety.
- ii. All riders must remember to **return their number and sign out** at the event HQ after completing the course. **Failure to sign out will result in disqualification.**
- iii. No cars other than the Event Officials are to be parked at the start or finish.
- iv. No U turns are to be undertaken within sight of the start or finish.
- v. Riders are not to warm up on any part of the course, whilst an event is being held.
- vi. No turbo trainers are to be used for warming up within 100 metres of inhabited properties.
- vii. In the interest of your own safety, hard shell helmet use is recommended for all competitors. Regulation 15, in the current CTT Handbook, states that All competitors under the age of 18 years and/or Juniors 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/NZ/2063.96, DIN 33-954, CPSC or EN 1078.
- viii. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
- ix. No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
- x. Please be considerate to residents of Bishopton when parking in the village.
- xi. Refreshments available at the event HQ after the race.
- xii. Please take extra care on the left-hand turn towards Redmarshall. This is a particularly tight bend and may require you to slow down to an appropriate speed. **RIDERS CAUGHT CROSSING THE WHITE LINE WILL BE DISQUALIFIED.**

Additional Requirements and Notes

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump, and tyre levers if appropriate.
- Riders are advised to carry a mobile phone with the mobile number of the event secretary stored on it and are asked to inform officials if they do not finish the event.
- Absolutely NO PARKING at the start other than race officials.