# LETTERHEAD COLOUR FINAL SEPT 11 simple

###### START SHEET

###### Sunderland Clarion Cycling Club - 25 Mile Time Trial

To be held on **Sunday, 28th May 2023**, for and on behalf of Cycling time Trials under their rules and regulations.

Incorporating:

The David Craig Memorial Trophy (Sunderland Clarion only)

**Timekeepers**

Peter Schultz and Frances Schultz.

**Event Secretary**

Allan Smith

5 St Aidans Terrace, New Herrington, Houghton Le Spring, DH4 4LZ.

Telephone 07976668101.

Email allanpsmith@live.co.uk

#### Event Headquarters: Merton Hall, Ponteland (details below)

#### Signing on and off

* Sign on will be at Merton Hall – sign on open from 6.30am.
* A number will be issued, please return it to HQ after the event.
* It is compulsory for all riders to sign on AND sign back out after your ride. Do not forget to sign back out afterwards, otherwise you will be recorded as a DNF on the results.

#### Course Details (M254)

**Start** 1 mile north of Ponteland on the A696 100yds north of Dissington Lane End. Proceed via Belsay (Riders take CARE) to Kirkwhelpington on the A696. TURN by turning right into minor road to make safe U turn in the minor road (Riders take CARE) and proceed south via Belsay (Riders take care) to finish 2 miles north of Ponteland at the old (blocked) gate to Cold Coats Moor farm.

* **Numbers and signing on at headquarters at Merton Hall – please return numbers to event headquarters.**
* **There are toilet facilities in the event headquarters.**

#### First rider off: 7:35 AM

***Please Shout out your number when crossing the finish line!***

**Other Matters**

**Event Headquarters – Merton Hall, Ponteland, NE20 9PX**

The Event headquarters are in Merton Hall (Merton– heading north on the A696 through Ponteland, turn right after Waitrose following the signs for the Industrial Estate then right again to the car park. There is no vehicular access to the hall. Car parks are located on the junction of Thornhill Road and Merton Road and also behind the shops off Meadowfield. Both car parks are about 200 yards from Merton Hall. If you are using a GPS or SatNav system this postcode NE20 9PX will bring you to Merton Road which is just behind the hall.

For those viewing this digitally there is a map link [HERE](http://goo.gl/maps/fbLpn)

After the event, results and presentations will take place in Merton Hall.

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**Safety**

**General**

* Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
* **Marshals at the turn should not stand in/on the main road (A696)**

**Riders**

* No U turns to be made by riders in the vicinity of the timekeeper at the start.
* Care by riders at turn – U turn to be made in minor road alongside marshal.
* No dismounting by riders in the finishing area.
* **ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.**
* **It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organizer. Please telephone the organizer on 07976668101 if you have failed to finish the event.**

**Additional Rider Information**

* **Riders should be familiar with** [**http://www.cyclingtimetrials.org.uk/articles/view/aa**](http://www.cyclingtimetrials.org.uk/articles/view/aa)
* **Riders should familiarize themselves with the route in advance of the race.**
* **CTT regulation 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.**
* **Riders should have a FRONT AND REAR WORKING LIGHT attached to their bike (either flashing or constant) and wear an approved cycle helmet. accordance with the most recent CTT regulations). Compliance with these rules will be checked by the Start Marshal. No compliance means NO RIDE.**
* **For CTT events, riders must have their upper arm covered – i.e. No tri-suits.**
* **Ensure that your number is placed in accordance with CTT regulations as pictured below.**

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**PRIZES**

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| **PRIZE** | **1ST** | **2ND** | **3RD** |
| **MALE** | **£30.00** | **£20.00** | **£10.00** |
| **FEMALE** | **£30.00** | **£20.00** |  |
| **ROAD BIKE MALE** | **£30.00** | **£20.00** |  |
| **ROAD BIKE FEMALE** | **£30.00** |  |  |
| **VET 40** | **£15.00** |  |  |
| **VET 50** | **£15.00** |  |  |
| **VET 60** | **£15.00** |  |  |
| **VET 70** | **£15.00** |  |  |

One rider, one prize (in the event of a rider winning two prizes, the highest prize will be awarded)