

TEAM KIRKLEY CYCLES PRESENTS

10 mile open time trial

A mainly flat rural course with fast return section.

Saturday 22nd April 2023

Course: M105

First Rider: 9:11am

Timekeepers: Sharon Dyson, Frances Schultz & Peter Schultz

Event Secretary: Julian MacBride

Email: julian.macbride@gmail.com

Tel: 07764493255

Results will be posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the Timekeepers on the afternoon of the event.



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

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CONSFORD PARK

SAFETY NOTES

- **Your machine must have working front and rear lights to be permitted to start the race.**
- **All competitors MUST wear a hard-shell helmet.** In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard.
- Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
- All riders are responsible for their own safety.
- Any additional safety information will be provided at sign-on.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must not take pace or shelter from any other vehicle or competitor (no drafting) – failure to comply may lead to disciplinary action being taken.

IMPORTANT NOTES FOR RIDERS:

- **Take extra care at T-junctions, left and right-hand turns, on steep descents, bends, narrow bridges and lightly built-up areas.**
- **BE AWARE of farm machinery/traffic on the single track road from Ogle.**
- **Any rider crossing the white line in the centre of the road prior to a left turn will be disqualified.**
- **There are a number of pot-holes on the course as noted below, please take extra care to keep your head up and familiarise yourself with the course.**
- You must look ahead and not ride with your head down
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- For those competing on ROAD BIKES, please also complete the separate “road bike” sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 90mm, aero helmets with built-in visors and trip socks. Skin suits are permitted – please refer to the N&DCA website for further details (<http://www.nanddca.co.uk/>).

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- Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out.
- If you forget to sign out, you will be recorded as a “DNF” on the results sheet.
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride. To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line with CTT regulations.
- If your number is too high, the Timekeepers may not be able to see it. The number shall be centrally positioned below the waist so as to be clearly visible from the rear when the rider is in his/her normal riding position.

HQ/SIGN ON/SIGN OFF

The event Headquarters is located at Kirkley Cycles, Thorneyford Farm, NE20 0AJ

Riders will be able to sign on from **8am**. Sign on/off will be set up outside in the car park or under cover in one of the barns if the weather is inclement.

There is ample parking however the café will be busy so please park responsibly. The toilet facilities are in the blue containers behind the café. Please follow the social-distancing signage and guidance from officials or café staff. Strictly no changing within any building. Please come prepared to race. Obviously if you wish to park closer to the start/finish then please do so safely and considerately if in a residential area.

There will be no post-race buffet or refreshments provided but please do purchase refreshments / visit the café after the event has concluded.

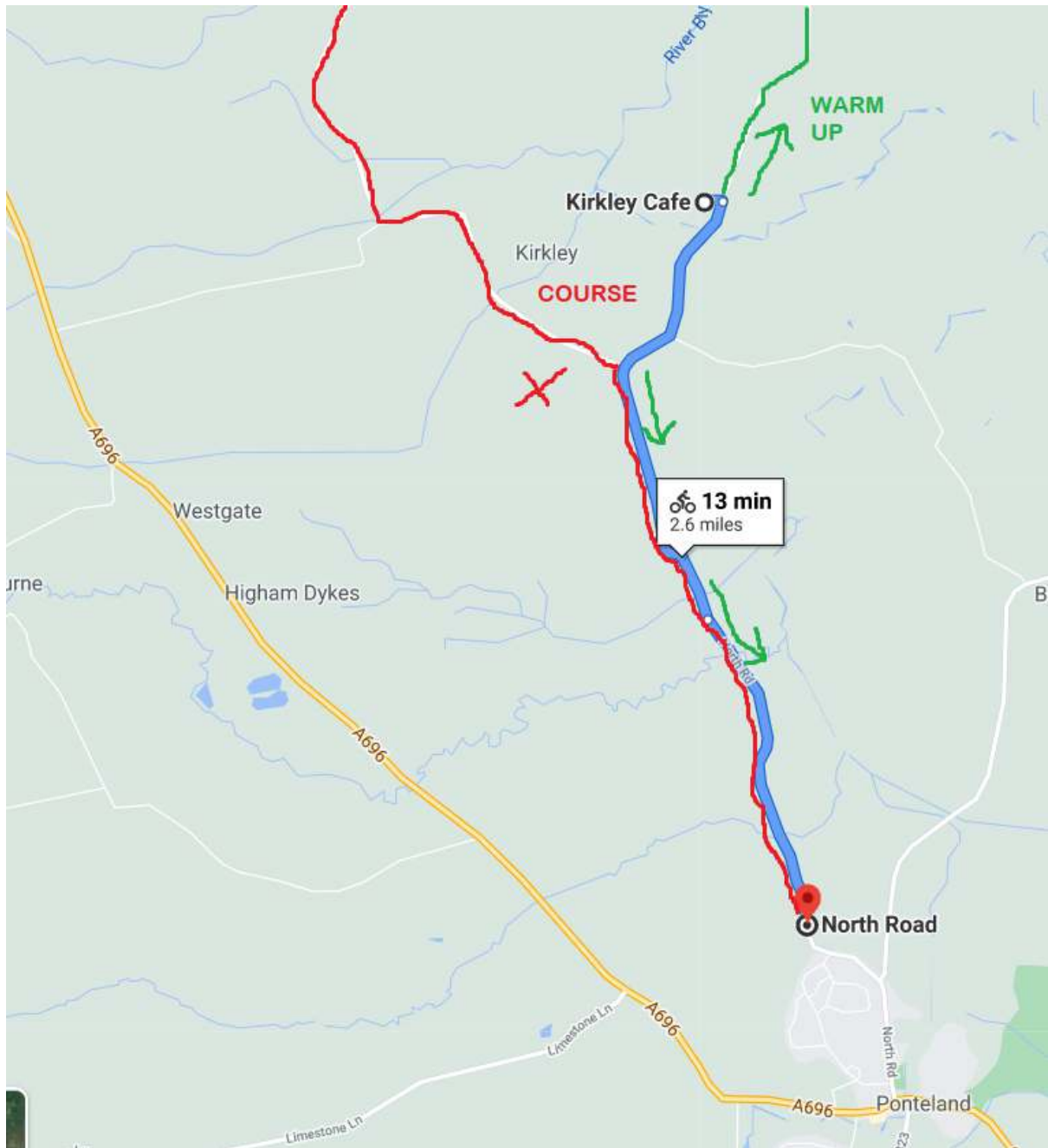
The HQ is about 10 minutes ride from the Start/Finish lines.

Route from the HQ to start: *When you leave the café turn right onto North Road and follow this road all the way to the start (2.6 miles / 4.2 km).*

The first leg of the course runs in the opposite direction to this route. **DO NOT WARM UP ON THE COURSE** once the event has started (ie between Kirkley / Ogle) and **DO NOT TURN AROUND** if you have past the Kirkley junction once on the way to the start (otherwise you will be riding on the course). If you wish to warm up, turn left out of the café entrance and use that section prior to making your way to the start directly, in one direction only, from Kirkley to the start.

The start is about a 10 minute ride from the HQ.

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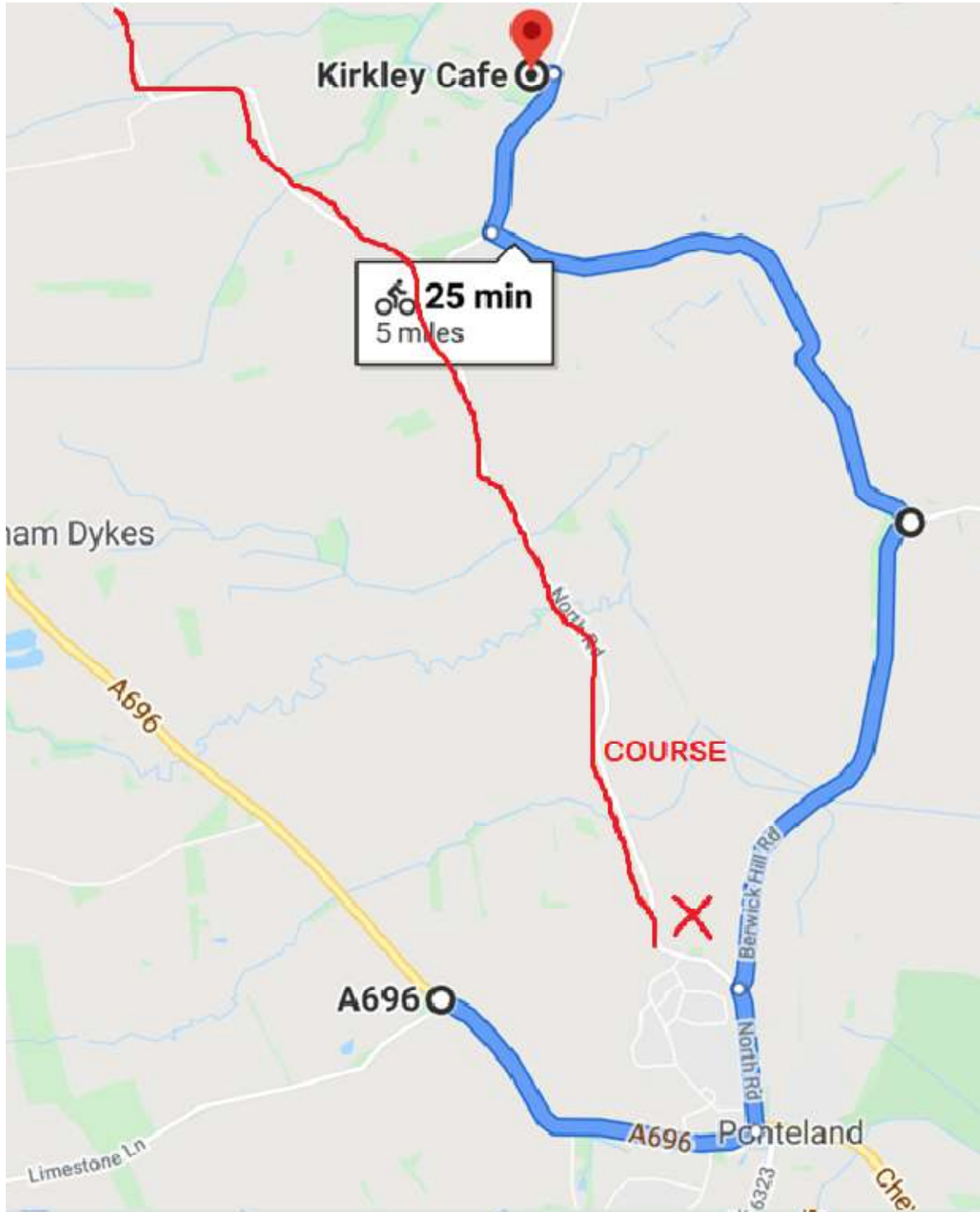


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Route back to the HQ to from the finish: To return to Kirkley from the finish DO NOT use North Rd if other riders are still starting, please use Berwick Hill route as shown below, note this is roughly 5 miles / 8 km (15 minutes).



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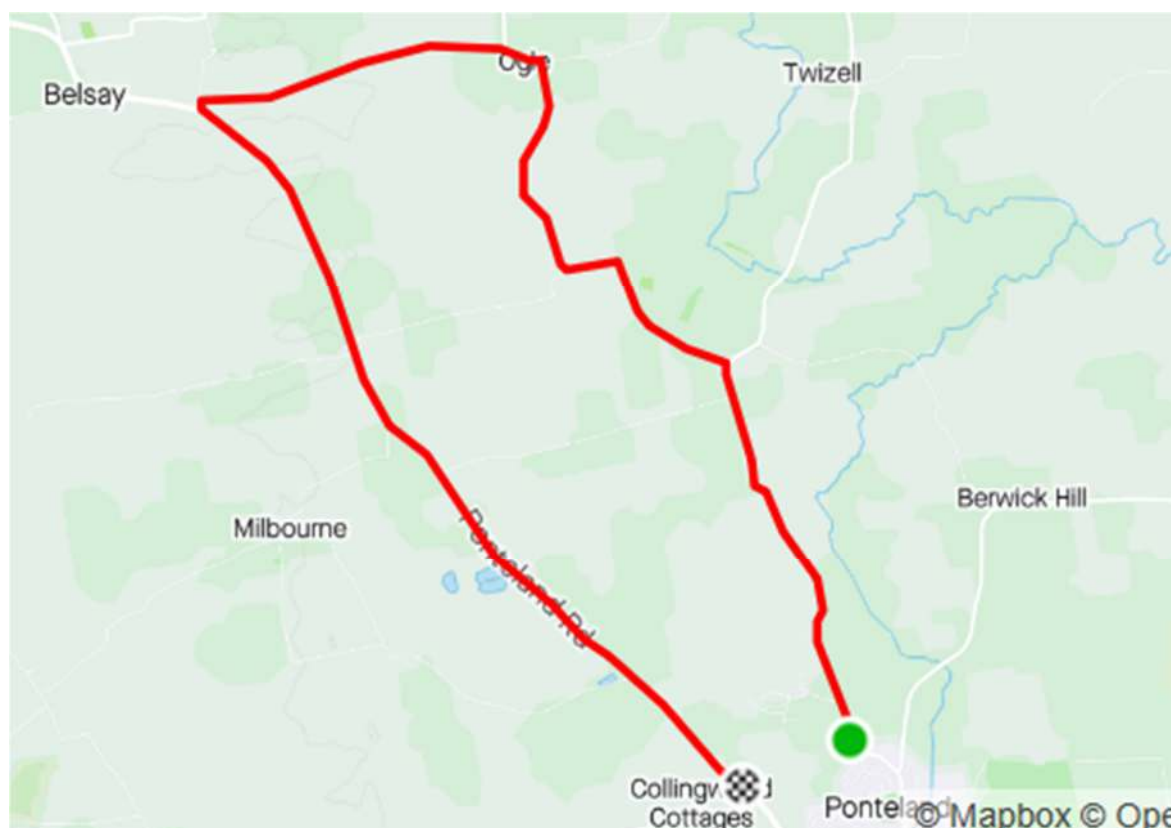
KIRKLEY CAFE
KIRKLEY FARM

COURSE DETAILS

**** If you don't know the course, please familiarise yourself with it prior to the event****

<https://www.strava.com/segments/971869>

START at the field gate approx 200 yds south of entrance to Northumbria Police HQ at Ponteland on North Road (the unclassified road from Ponteland to Morpeth). Proceed to Kirkley Hall and turn left, continue to T-junction in Ogle and turn left (be aware of parked cars), then left again onto minor farm road towards Belsay. Pass Ogle Hill Head Farm to junction with unclassified road Gowk Lane, (A696 to Whalton). Turn left (Riders take CARE) to T-junction with the A696 half a mile south of Belsay. Turn left onto A696 (Riders take CARE) and proceed south towards Ponteland. FINISH at the end of the coppice opposite Dissington Lane end, approx 1/2 mile before Ponteland..



All riders to be aware that many roads are in places, suffering from poor surface conditions and as such, should adopt caution and keep their head up, to ensure their own safety.

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ADDITIONAL NOTES TO COMPETITORS:

Signing-on Sheet and Signing-out Sheet

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

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

AWARDS CATEGORIES

Male	Female	Prize
1 st	1 st	£30
2 nd	2 nd	£20
3 rd	3 rd	£10
1 st Road Bike	1 st Road Bike	£10
1 st Junior	1 st Junior	£10
1 st Juvenile	1 st Juvenile	£10
V40	V40	£10
V50	V50	£10
V60+	V60+	£10
1 st team of 3 overall	1 st team of 3 overall	£30
1 st team of 3 Road bikers	1 st team of 3 Road bikers	£15
New Course Record	New Course Record	£50
Fastest first timer	Fastest first timer	£10
Best turned out		£5

*all prizes are awarded at the organiser's discretion and will only be awarded where there is more than 1 entry/team in a category. First timer applies to Open Events only. One prize per person only and only the highest value prize will be awarded.

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RESULTS

These will be made available on the N&DCA Facebook page as soon as possible as well as being emailed out to competitors.

Results will be published on the CTT Website as soon as possible following resolution of any queries (these can be made via phone, email or text to the event organiser).

Please contact the Event Secretary before the Event day if you have any queries/concerns/comments on any of the above.

DON'T FORGET - BRING FRONT & REAR LIGHTS, YOUR HELMET & SAFETY PINS (if needed)

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