



Barnesbury Cycling Club

Est. 1923



Affiliated to: British Cycling, Northumberland & Durham Cycling Association and Cycling Time Trials

Barnesbury CC

Open 10

Wednesday 6th July 2022

Course: M102B

First Rider: 18:52

Time Keepers: Sharon Dyson & Ray Lockett

Event Secretary: Brian Bayne

33 Barrington Avenue

North Shields, NE30 3HG

brian.bayne@barnesbury-cc.co.uk

07900 885799



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



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Headquarters

East Hartford Football Club, NE23 3AP. Riders will be able to sign on from 17:40

There is parking in the football club. Alternatively, riders may park and warm up at the usual Club 10 spot.

Drivers be aware that the Dual Carriageway you will use to access HQ has a speed limit of 40 MPH

Signing on

Each rider must sign the sign-on sheet before collecting the designated number. Each rider must sign for themselves and nobody else. Once the course has been completed, please hand the numbers back in at the sign on and Sign Off or you will be disqualified. Any juniors, who have not completed a parental consent form, must do so before signing on.

Results

Full results will be posted on the Barnesbury website after the event: <http://www.barnesbury-cc.co.uk/events/2022/detail/2411/Open-10> and will be available on the CTT site a few days later

Course and Rider Information

Working and effective FRONT and REAR lights, and a hard shell helmet are mandatory.

Start at the north end of bus stop lay-by just north of the Bassington Roundabout on the A1068. Proceed north to Plessey Checks roundabout to start the first circuit. Take the third exit onto the A192 to Crowhall Lane roundabout. Continue straight on to the Three Horseshoes roundabout. Encircle the roundabout and take the fifth exit to re-join the A192 westbound. Proceed to Crowhall roundabout and continue straight on to Plessey Checks roundabout to complete the first circuit. Encircle the roundabout and take the fifth exit to start the second



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circuit. At the end of the second circuit finish at the road sign approx. 0.1 miles before Plessey Checks roundabout.



Safety notes

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.

To access the start, it will be necessary to cross and ride a short section of the course. We are asking all competitors heading to the start to be mindful of other competitors racing and neither impede nor assist them, whilst also being aware of other road users. We suggest that all riders heading to the start turn off at Crowhall Roundabout and ride through the industrial estate (Crowhall Road and Nelson Way – for those that ride the Club 10's – this is the normal route you would use to access the start. See map above)

Riders



Barnesbury Cycling Club

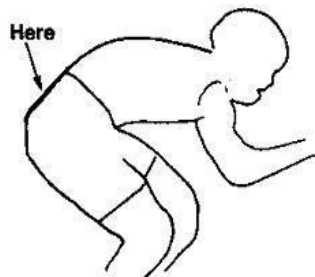
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Take extra care where traffic enters or leaves the course by way of slip roads and in the negotiation of roundabouts. No U-turns to be made in the vicinity of the timekeeper. No dismounting in the finishing area. You must look ahead and not ride with your head down.

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 noted below. If your number is too high, the Time Keepers will 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 in his normal riding position. Position number as shown:"



Any additional safety information will be provided on the day at the sign on HQ.

It is your responsibility to navigate the course – familiarise yourself with the route beforehand.

Start Sheet

<https://cyclingtimetrials.org.uk/race-entrant-list/24378#anchor>

Prize List

Prizes tbc, once finalised they will be listed on <http://www.barnesbury-cc.co.uk/events/2022/detail/2411/Open-10>