



Blaydon Cycle Club

BLAYDON CYCLE CLUB PRESENTS

The M12S open time trial
Friday 24th May 2024

Course: M12S

First Riders: 7:01 pm

Timekeepers: Frances Schultz, Peter Schultz & Ewa Johnson

Event Secretary: Neil Wilkinson, 103 Cromarty, Ouston, Chester-le-Street DH2 1JU

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



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



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HQ / SIGN ON / SIGN OFF

Stamfordham Village Hall NE18 0NA

Riders will be able to sign on from **6pm**

There is LIMITED parking at the Village Hall but if these are full you must find other safe parking in the village. if you can ride to the event please do.. The toilet facilities are in the Hall. NO TURBOS IN THE CAR PARK PLEASE.

There **will** be a post-race buffet with sandwiches / cakes / teas and coffees after the event. We will hold the prize giving as soon as possible. There will be spot prizes of 'beer tokens' for the local pub: The Swinburne Arms.

HQ is right by the start Start/Finish lines. For the start you leave HQ and turn right up the hill about 200 meters to a layby. The finish is just before you re enter Stamfordham village so if you carry on after the finish you will get back to HQ..

COURSE DETAILS

<https://www.cyclingtimetrials.org.uk/course-details/m12s>

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

Stamfordham - Black Heddon - Ingoe - Matfen - Stamfordham 12 Miles Start 1/2 mile north of Stamfordham on the B6309. Proceed north to Black Heddon, and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left towards Ingoe left to Matfen, left to Stamfordham, to Finish at the small lay-by just beyond the Stamfordham sign and at the 20 MPH speed warning.

COURSE SAFETY NOTES

Riders:

Surface conditions will be assessed periodically, and the current points should be taken in consideration by riders:

1. From the Start until Black Heddon, the road surface is consistently **POOR** with loose and broken sections and one large Pothole at approximately 1 mile on the racing line.
2. Road surface conditions may change depending on the season, weather, or



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condition of the road. It is the rider's responsibility to ride in such a manner that allows them to ride safely and with consideration to other road users at all times.

3. It is the responsibility of the rider to check the On-The-Day Risk Assessment to be aware of any extra hazards or changes they should be aware of.

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.

**ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR
“HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.**

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.
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- Head down riding is prohibited and will result in disqualification
- Every competitor MUST have, fixed to their machine, both a front and rear-facing, working light (either constant or flashing). These must be clearly visible (Regulation 14).
- Every rider MUST wear a helmet that conforms to current Safety Standards (Regulation 15), and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.



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ADDITIONAL NOTES TO COMPETITORS

- 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.
- 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.

When competing on road bikes

- a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.
- b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

Skin suits are permitted – please refer to the CTT website for further details

<https://www.cyclingtimetrials.org.uk/articles/view/11> Point 29.



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Signing-on Sheet and Signing-out Sheet

- 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.
- Junior riders should bring or complete a Parental Consent form on the day in order to be allowed to ride.
- Competitors 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.



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AWARDS CATEGORIES – 1 prize per rider

Open 1st, 2nd, 3rd - £30, £20, £10

Female 1st, 2nd, 3rd - £30, £20, £10

Open 1st / 2nd on Road bike - £20, £10

Female 1st / 2nd on Road bike - £20, £10

Fastest Junior / Juvenile on Road bike - £20

Open Vet on Standard 1st / 2nd - £20, £10

Female Vet on Standard 1st / 2nd - £20 / £10

3 x Spot Prizes of 2 beers in the local pub

RESULTS

We will announce all winner after the event AND These will be made available on the N&DCA Facebook page the next day.

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