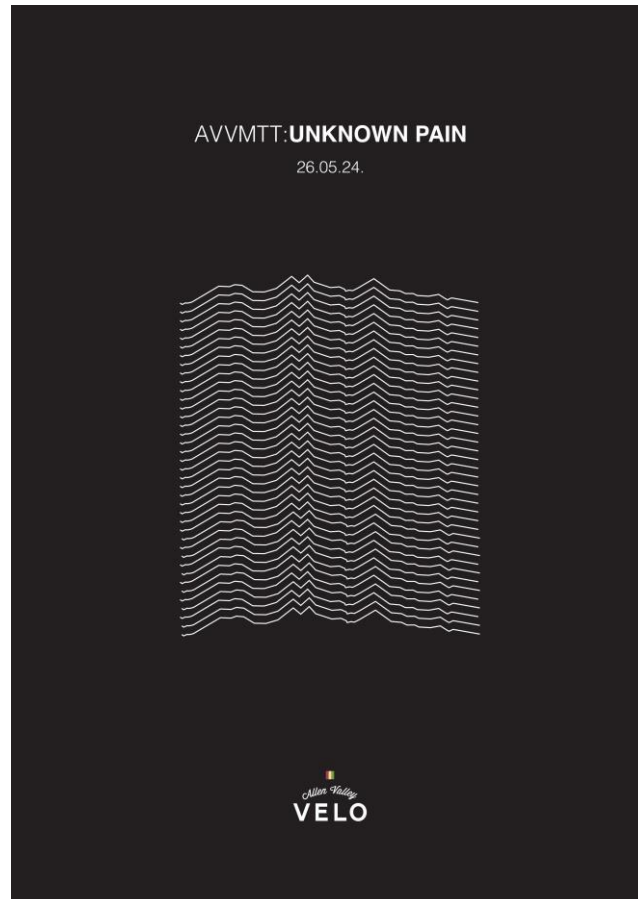


Allen Valley Velo presents The M24.8 CTT Mountain Time Trial

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

This is a Northumberland & Durham Cycling Association Event.

Sunday 26th May 2024



First Rider: 10:01

Timekeepers: Peter and Frances Schultz.

Event secretary: Tim Burdon timburdon79@gmail.com 07971029224

and Greg Paton-Kerr 07342967479

HQ:

Catton Village Hall, Catton, Northumberland, NE47 9QH. Sign on open from 9am for number collection/toilets.

PARKING:

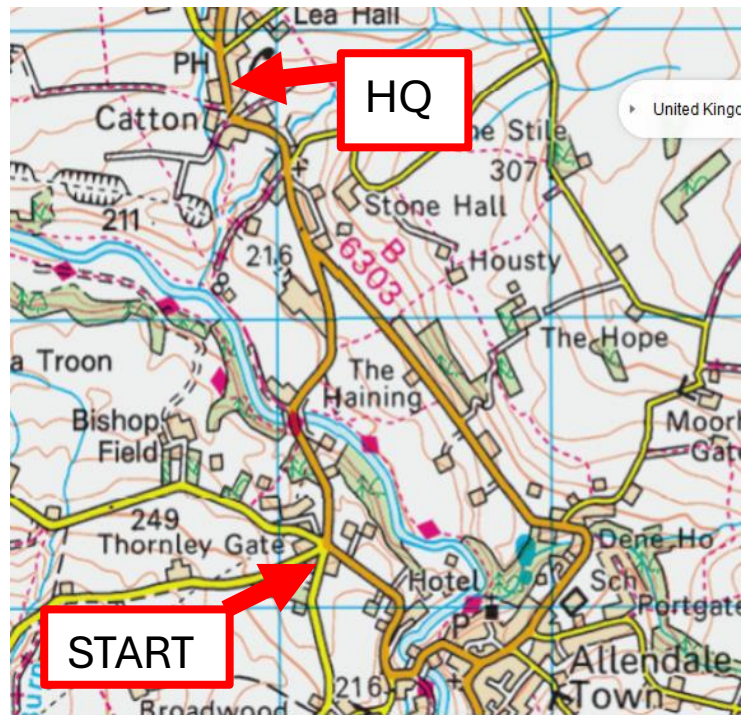
Parking outside the HQ is very limited. You are advised to park in Allendale town (1.7 miles south) and cycle to HQ. There is parking in and around the square in Allendale. Whether parking in Allendale or Catton, please do so with consideration for local residents (do not block driveways or obstruct pedestrian access on pavements etc.).

ROUTE FROM HQ TO START

Proceed south from Catton.
Take the first right turn towards Carrshield and Nenthead.

Start is at Thornley Gate, aka Five Lane Ends, just after the start of the minor road towards Carrshield.

Distance from HQ to start is approximately 1 mile.



COURSE

The M24.8 course is a scenic single hilly loop of approximately 25 miles starting and finishing on the outskirts of Allendale Town. With over 2600ft of climbing this is a challenging course.

CTT COURSE DESCRIPTION:

START at drain cover alongside field gate on minor road 100 metres south of the T-junction with the B6295 at Thornley Gate. Proceed south on the minor road through Carrshield to the T-junction with the A689 near Nenthead. Turn left on to the A689 and continue south east to the T-junction with the B6295 at Cowshill. Turn left on to the B6295 and proceed north through Allenheads to FINISH at the south boundary sign of Allendale Town.

Route: <https://www.strava.com/routes/4690835>

COURSE SAFETY NOTES

Most of the course is in good condition, but there are some sections where the surface is rough, and there are some small potholes. The most significant of these will be marked with red flags. Riders will be alerted to significant potholes at sign-on.

0-1 Miles – The opening section has been improved with new tarmac recently, but there are some uneven patches

5.5 Miles – Fast descent with a cattle grid at 5.5 miles. Take care.

9 Miles – Turn 1 is approached downhill and is a 90 degree left turn. Please take care and slowdown in time. There will be a marshal with a red flag 100m before the turn warning you to adjust speed.

9.5 Miles – Steep and fast descent from the top of Killhope Cross into Weardale. Take care control your speed and keep the brakes covered!

14 Miles – Turn 2 is a very sharp tight left turn up a sharp rise, so when approaching this preselect an easier gear to be able to make the turn. The marshal on this corner will be watching to make sure the white line is not crossed as you make the turn (warning – crossing the line is not only dangerous but risks disqualification)

17 Miles – You will pass through Allenheads Village at speed so please take care.

24 Miles – The final approach into Allendale, passes under trees, which shade the road. Take care as the road surface here is in poor condition.

After the finish line- Please slow down immediately as you enter the village: it is bank holiday weekend and there will be families, holiday-makers and pedestrians crossing the road.

Pay attention to the on the day risk assessment, located at sign on as this may detail additional hazards.

RIDER INSTRUCTION

- Your machine must **have working front and rear lights** (flashing or constant) to be permitted to race (No light no ride!).
- No U turns to be made by riders in the vicinity of the timekeeper at the start.
- Riders take extra care at junctions, turns, blind summits, on steep descents with bends, and through built-up areas.
- Riders must stay on the correct side of the road at all times.
- Head down riding is strictly forbidden.
- No dismounting by riders in finishing area.
- Riders should note that large parts of the course are minor rural roads.
- Please shout your number as you pass the finishing timekeeper.
- 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.

In the interests of your own safety, Cycling Time Trials and the event promoters require you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

This rule now applies to All competitors.

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This event may be subject to a Doping Control. Race numbers required for Doping Control will be displayed at sign out. 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.

ROAD BIKE CATEGORY

If you are entering the road bike category the N&DCA road bike rules apply:

(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, which prohibit the use of tri bars, TT helmets and wheels deeper than 60mm.

For the full list of CTT rules please see

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