

RTTC NATIONAL 10 MILE CHAMPIONSHIP

Saturday 2nd September 2023 (Juniors & Women) – 6.15am Start
Sunday 3rd September 2023 (Men) – 6.30am Start

**Promoted for and on behalf of Cycling Time Trials under its rules and regulations by
Northumberland & Durham Cycling Association on behalf of the North East District**

Course: M101

Note: All riders MUST wear a helmet and have working front and rear lights

Event Secretary: Sharon Dyson, 8 Horton Manor, Front Street, Blyth, NE24 4SF
Mobile: 07837 607219 Email: sharonmdyson@gmail.com

Headquarters: Cramlington Town Football Club, Ormston Street, Cramlington, NE23 3BE
(<https://goo.gl/maps/Tub9VDYuRV5NU16m6>)

Parking: There is adequate parking within the Football Club grounds. Please do not park in the surrounding residential streets.

Headquarters will be open from 05:00am (Saturday) and 05:30am (Sunday) for signing on and number collection.

Both body and arm numbers will be used In accordance with Championship Conditions - only numbers provided by the organiser shall be used.

Body numbers should be fitted in accordance with Regulation 16 and arm numbers should be fitted to the upper arm with the number facing forward.

The numbers provided to you will be yours to keep, as a memento of your participation in the 2023 National 10 Mile Championship in Northumberland.

You need to ensure that you return, following your ride, to the signing out desk at Headquarters to sign out. You must sign in and out yourself. Failure to sign out will result in a DNF being recorded against a rider's name.

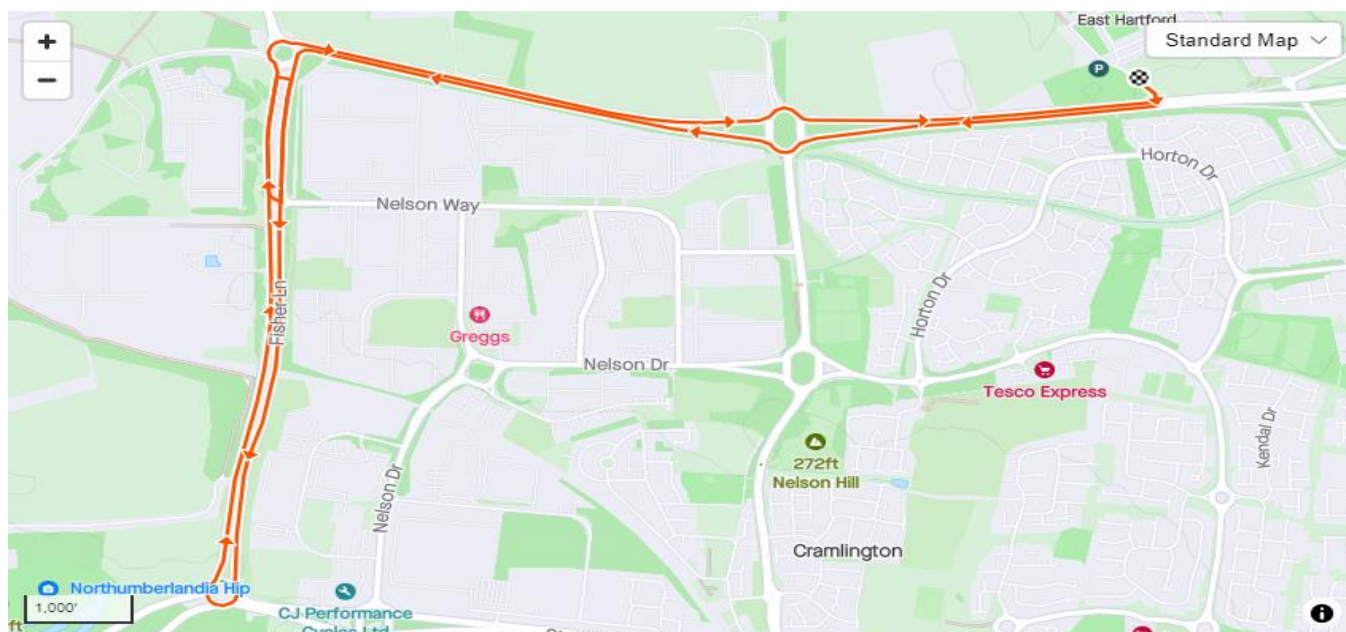
All riders must personally make themselves available at the Headquarters following their ride, as they may be required for drug testing, if UKAD are in attendance.

Light refreshments will be served at Headquarters.

Warming Up

Due to the early morning start, static trainers can only be used in the overflow carpark (first carpark on left) or directly in front of the pavilion on the patio area (if in doubt, please ask).

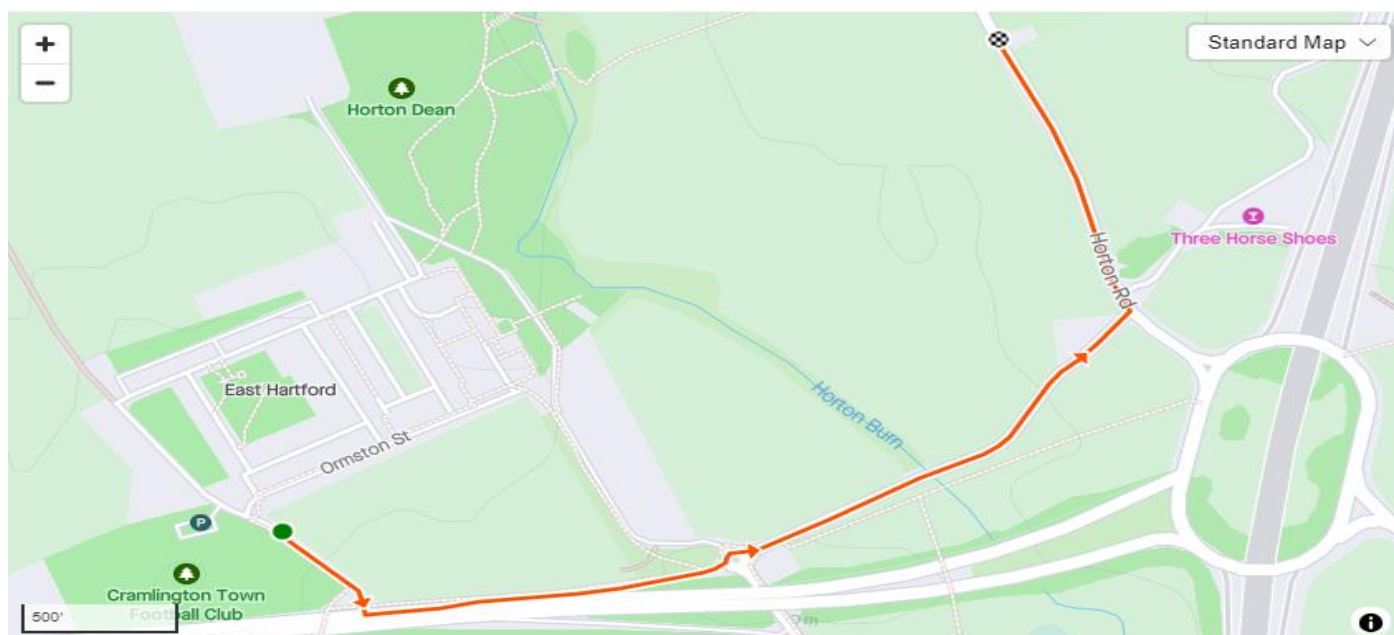
Please note that the start of the warm-up lap involves crossing into the central reservation of opposing dual carriageways so care must be taken - look out for traffic in both directions. The warm-up lap is around 6 miles (follow signage). See link below image for warm-up lap.



<https://www.strava.com/routes/3127230221806235236>

Course Description

The route from Headquarters to the start line will be signposted. The distance is approximately 0.8 miles so please allow enough time to get up there. [Link below image for the route from Headquarters to the start line.](#)



<https://www.strava.com/routes/3127242314531341530>

Course Description (continued)

START at the beginning of the Church wall on Bedlington road (B1505). Proceed to the Three Horseshoes roundabout (0.295m), taking the first exit onto the A189 northbound. Proceed to the North Seaton (Sandy Bay) roundabout, encircle (riders take care) and retrace to FINISH on the slip road to A192 (Three Horseshoes roundabout) opposite the metal post (10 Miles).

Spare clothing can be left up at the Start Line and it will be returned to Headquarters once all riders have been set off. It is the rider's responsibility to ensure that clothing is collected from Headquarters at the conclusion of the event. ***Anything left after the event will be donated to a local Charity Shop.***

Timekeepers

Principal Timekeeper: Peter Schultz (Blaydon CC)

Frances Schultz (Blaydon CC)
Ray Luckett (Velo Culture)
Ewa Johnson (Reifen Racing)
Sharon Dyson (Barnesbury CC)

CTT Board Representative

Dawn Sherrin – North East District

Live Results



We will be partnering with ResultSheet to bring you the live results from the National 10 Mile Championship this year. Please note that all results will be provisional until checked by the Timekeepers at the conclusion of each event.

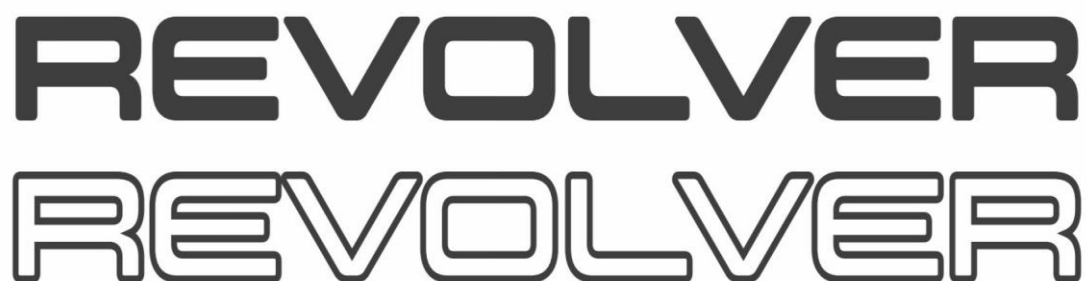
Event Sponsors

We are grateful to the following local companies for supporting the National 10 Mile Championship this year through donations of prizes:

Junior Competition sponsored by Start Fitness.



The Senior competitions are being sponsored by Scott UK and Revolver Wheels Aeroworks.



Thank you for entering the National 10 Mile Championship 2023. We wish you all a safe race.