



'The North Pennine Mountain Time Trial'

A Lakes & Lancs SPOCO & N&DCA BAR counting event

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

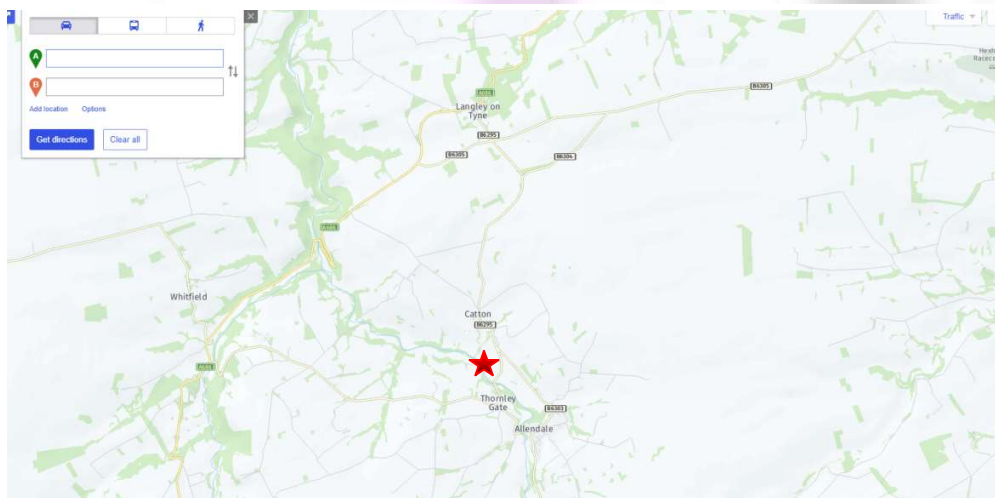
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Official Timekeepers: Peter McGrath and Sharon Dyson

Event Headquarters: Allendale Sports Club (Off B6295),
Allendale Town,
Hexham
NE47 9EQ

Directions: From Hexham (B6305 → B6304 → B6295) heading South through Catton (200 yds) take 1st right staying on B6295. HQ is approximately 400 yds from junction.

From Allendale Town on B6303 take 1st left onto B6295 (approximately 1 mile from Allendale Town). HQ is approximately 400 yds from junction of B6303 and B6295.

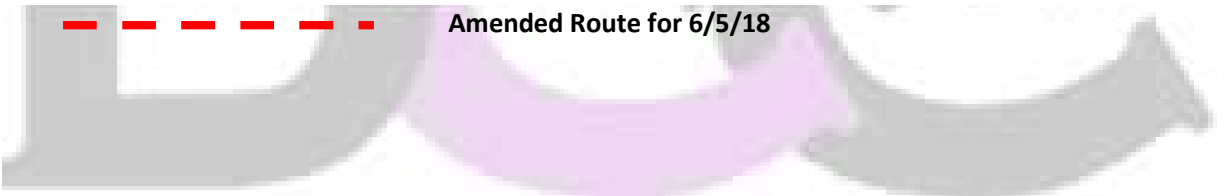
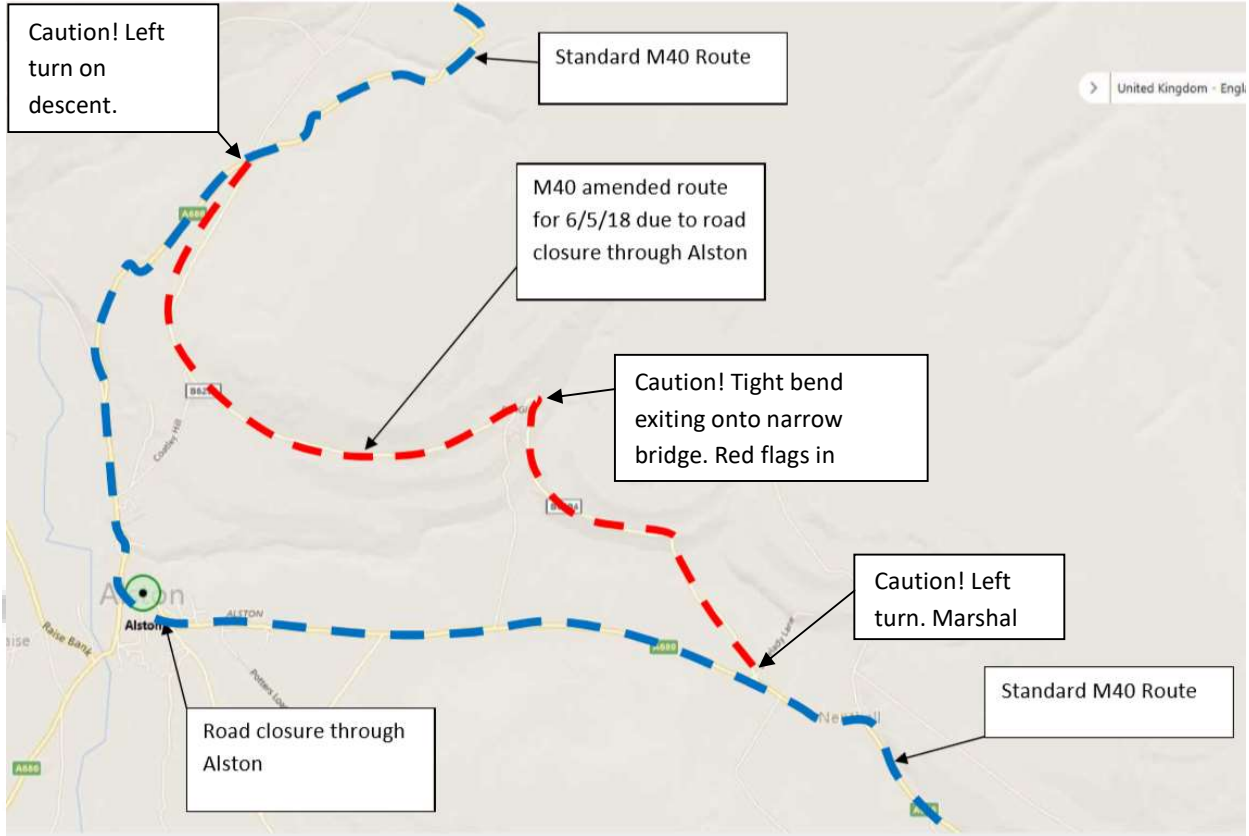




This year's event is being held on the M40 course with a short diversion to avoid Alston High Street due to a road closure. <https://connect.garmin.com/modern/course/18115567>

1. Start alongside gate of Village Hall opposite Middle School just North of Allendale Town and proceed North on the B6303 to Catton.
2. Continue North on the B6295 and bear right on to the B6304 (**do not take the left turn at this point**) over Stublick Moor and continue to the junction with the B6305 at Branchend.
3. Turn left on to the B6305 and proceed West to junction with the A686. (Marshal)
4. Turn left onto the A686 and proceed South West towards Alston. (Marshal)
5. Turn left before Alston on to the B6294 and continue to junction with the A689. (Marshal)
6. Turn left at the T junction on to the A689 and continue to Cowshill. (Marshal)
7. Turn left on to the B6295 (note: the inside of junction is very steep!) and proceed North.
8. Continue on the B6295 through Allenheads (Marshal)
9. Finish at the South boundary of Allendale Town.





**Rider safety information:**

- Riders should familiarise themselves with the route in advance of the race.
- Take extra care on several steep descents with bends, and especially that of Staward Peel, indicated by red flags and which ends with a left hand turn onto a narrow bridge.
- Take care on the B6294 (diversion section of route) with a tight bend onto a narrow bridge. Red flags in advance.
- Take care on sharp left turns at Branchend (3) and Cowshill (7). Cowshill has a steep ramp to the inside of the junction on exit.
- Take extra care in all built-up areas and at all road junctions.
- Keep to the correct side of the road at all times.
- No U-turns to be made in the vicinity of the timekeeper/starter.
- No dismounting in the finishing area.
- All riders pulling out of the race on course must notify the organiser or nearest marshal as soon as possible.
- The race route reaches an elevation of approximately 650m above sea level and is remote at times. It is the rider's responsibility to wear/carry appropriate clothing/equipment for the conditions on the day.
- Due to the recent weather conditions, the general condition of road surfaces can be poor. Numerous broken sections and/or potholes are likely on the course in some degree or other. It is the rider's responsibility to take care of his line and be aware of the road conditions ahead.
- CTT and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted standard. This is compulsory for all junior competitors under the age of 18.
- It is also recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active whilst the machine is in use.

Event Information:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users and local residents.
- No cars to be parked at start/finish, except officials.
- No use of turbo trainers/rollers within 100yds of inhabited property.
- No warming up on course once the event has started.
- Sign on and collect numbers from HQ after 09:00.
- All riders must sign out personally at the event Headquarters once they have completed the course. Failure to do so will result in disqualification.
- The start is approximately 1 mile from the event headquarters. Allow plenty of time to get there!
- Please shout your number as you cross the finish line.
- Refreshments afterwards at the event headquarters.
- No cycling shoes to be worn inside the event headquarters (or use cleat covers).
- Please use the facilities with respect.
- Good luck and have a great race!



Prizes: We will attempt to calculate and hand out all prizes as soon as possible after the last rider has completed the course. It may, however, be necessary to calculate some of the prize winners after the event. These prizes will be posted out.

Overall:

First	£50
Second	£30
Third	£20

Ladies:

First	£50
Second	£30
Third	£20

Team:

Team of 3 (at least one female competitor).
Determined by combined times of qualifying riders.

First	£60 total
Second	£45 total
Third	£30 total

Road Bike:

Please sign the separate sheet to be included for this category in this event.
If you are competing for the roadman category for the BAR please inform the organisers. N&DCA rules apply for equipment.

First	£30
Second	£20

Age Categories:

First	Under 23	£30
First	40-49	£30
Second	40-49	£20
First	50-59	£30
Second	50-59	£20
First	60+	£30

Random:

54th finisher	£10
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Maximum of one prize per rider except the team prize. Highest value prize will be paid.



Bib	Start Time	Name		Club	Category
3	10:03	Neil	McKinnon	Derwentside CC	V50-59 (M)
4	10:04	Darren	Williamson	Muckle Cycle Club	V 40-49 (M)
5	10:05	David	Thompson	Rock to Roll CC	Senior (M)
6	10:06	Sheena	Harrison	Allen Valley Velo	V50-59 (F)
7	10:07	Stephen	Magrath	Blaydon CC	Senior (M)
8	10:08	Samantha	Fletcher	Tri Northumberland (Tri North)	V 40-49 (F)
9	10:09	Neil	Harrison	Allen Valley Velo	V50-59 (M)
10	10:10	Thomas	Hutchinson	Tyneside Vagabonds CC	U23 (M)
11	10:11	Justin	Ramel	Blaydon CC	V 40-49 (M)
12	10:12	Colin	Atkinson	Muckle Cycle Club	V50-59 (M)
13	10:13	Richard	Hirst	Allen Valley Velo	V60+ (M)
14	10:14	Mal	Gray	Reifen Racing	V 40-49 (M)
15	10:15	Chris	Mather	Derwentside CC	V 40-49 (M)
16	10:16	Stephen	Walton	Muckle Cycle Club	V 40-49 (M)
17	10:17	Christopher	Croxford	Infinity Cycles - Cube Store CT	Senior (M)
18	10:18	Bob	Parker	Allen Valley Velo	V60+ (M)
19	10:19	Scott	McCance	Derwentside CC	Senior (M)
20	10:20	Paul	Braithwaite	Pendle Forest CC	V 40-49 (M)
21	10:21	Melanie	Annable	Allen Valley Velo	V 40-49 (F)
22	10:22	Dan	Kendall	Rock to Roll CC	Senior (M)
23	10:23	Ali	Bailey	GS Metro	Senior (M)
24	10:24	Joanne	Rea	Blaydon CC	Senior (F)
25	10:25	David	Nearney	South Shields Velo CC	Senior (M)



26	10:26	Andy	Richardson	Muckle Cycle Club	Senior (M)
27	10:27	Philip	Addyman	Pedalling Squares	V 40-49 (M)
28	10:28	Claire	Swoboda	Velo Club St Raphael	V 40-49 (F)
29	10:29	Tom	Guy	Sunderland Clarion	V60+ (M)
30	10:30	Michael	Openshaw	Reifen Racing	V 40-49 (M)
31	10:31	Bryan	Pool	Border City Whs CC	V50-59 (M)
32	10:32	David	Donaldson	Derwentside CC	V50-59 (M)
33	10:33	Dan	Verry	Rock to Roll CC	Senior (M)
34	10:34	Clive	Allan	Allen Valley Velo	Senior (M)
35	10:35	Niall	Paterson	Velo Club Cumbria	V 40-49 (M)
36	10:36	Sara	Cummings	Blaydon CC	V 40-49 (F)
37	10:37	Andrew	Campbell	Rock to Roll CC	Senior (M)
38	10:38	Michael	Brunskill	Muckle Cycle Club	Senior (M)
39	10:39	Marcus	Cram	Blaydon CC	Senior (M)
40	10:40	Jon	Sturman	Blumilk.com	V 40-49 (M)
41	10:41	Craig	Summersgill	Rock to Roll CC	Senior (M)
42	10:42	Roger	Clarke	Tyneside Vagabonds CC	V 40-49 (M)
43	10:43	Christian	Roberts	Allen Valley Velo	V 40-49 (M)
44	10:44	Paul	Mitchell	Blaydon CC	V 40-49 (M)
45	10:45	Steph	Mottram	Torelli-Beastwear-Brother	Senior (F)
46	10:46	Raymond	Bell	Derwentside CC	V60+ (M)
47	10:47	Andrew	Jackman	Physiohaus Health and Performance	Senior (M)
48	10:48	Jordan	Matthews	Adept Cycling	Senior (M)
49	10:49	Neil	Parkin	Derwentside CC	V 40-49 (M)



50	10:50	Ian	Taylor	Blumilk.com	V 40-49 (M)
51	10:51	Neil	Withington	Beacon Wheelers	Senior (M)
52	10:52	Craig	Bell	Allen Valley Velo	Senior (M)
53	10:53	Jane	Massey	Cramlington CC	V 40-49 (F)
54	10:54	Daryl	Oguona	Tricademy	V 40-49 (M)
55	10:55	Steven	Craggs	Blaydon CC	Senior (M)
56	10:56	Sally	Maitland	Peak Road Club	V50-59 (F)
57	10:57	Natalie	Batey	Tricademy	Senior (F)
58	10:58	Ian	Maddison	Ryton Tri Club	V50-59 (M)
59	10:59	Graeme	Wardale	South Shields Velo Cycling Club	V 40-49 (M)
60	11:00	Tim	Wilcock	GS Metro	U23 (M)
61	11:01	Kieran	Lacey	Barrow Central Wheelers	Senior (M)
62	11:02	Richard	Skinner	Blumilk.com	V 40-49 (M)
63	11:03	Peter	McGlynn	Allen Valley Velo	V 40-49 (M)
64	11:04	Tony	Grassby	Peak Road Club	V50-59 (M)
65	11:05	Chris	Stirling	Kent Valley RC	Senior (M)
66	11:06	Jennifer	Batey	Tricademy	Senior (F)
67	11:07	Gemma	Hutchins	Blaydon CC	Senior (F)
68	11:08	Jock	Bolam	Breeze Bikes RT	V50-59 (M)
69	11:09	David	Cookson	Preston CC	Senior (M)
70	11:10	Ben	Lane	GS Metro	V 40-49 (M)
71	11:11	Roy	Flanagan	Rosendale RC	V60+ (M)
72	11:12	Sandy	Cheung	Reifen Racing	Senior (F)
73	11:13	Dan	Pons	Blaydon CC	Senior (M)



74	11:14	Ian	Gallon	North Tyneside Riders CC	V50-59 (M)
75	11:15	Matt	Moorhouse	Preston CC	V 40-49 (M)
76	11:16	Craig	Foley	Tricademy	V 40-49 (M)
77	11:17	Jen	McMahon	Muckle Cycle Club	Senior (F)
78	11:18	Ian	Simon	Breeze Bikes RT	V 40-49 (M)
79	11:19	Phil	Cook	Cestria C.C.	V 40-49 (M)
80	11:20	Danny	Grieves	GS Metro	Senior (M)
81	11:21	Michael	Todd	Derwentside CC	Senior (M)
82	11:22	Craig	Deacon	South Shields Velo Cycling Club	Senior (M)
83	11:23	Peter	Herdman	Blaydon CC	V 40-49 (M)
84	11:24	Kristian	Forster	Muckle Cycle Club	Senior (M)
85	11:25	Ken	Thursby	Tyneside Vagabonds CC	V 40-49 (M)
86	11:26	Fiona	Burnie	GS Metro	Senior (F)
87	11:27	Michael	Lynch	Derwentside CC	V 40-49 (M)
88	11:28	David	Sparrow	Reifen Racing	V 40-49 (M)
89	11:29	Christopher	Beaty	Allen Valley Velo	Senior (M)
90	11:30	Adam	Wild	GS Metro	U23 (M)
91	11:31	Simon	Emsley	Derwentside CC	V 40-49 (M)
92	11:32	Nick	Badcock	Allen Valley Velo	Senior (M)
93	11:33	Patrick	Clark	Team B38/Underpin Racing	U23 (M)
94	11:34	Mark	Tully	Sunderland Clarion	Senior (M)
95	11:35	Thomas	Prentice	GS Metro	U23 (M)
96	11:36	Sebastian	Stockbridge	Blaydon CC	Senior (M)
97	11:37	Lester	Grant	Auchencrow Thistle CC	Senior (M)



98	11:38	Paulo	Campos	Horwich Cycling Club	V 40-49 (M)
99	11:39	Mark	Breeze	Breeze Bikes RT	V 40-49 (M)
100	11:40	Richard	Bideau	Pendle Forest CC	V 40-49 (M)
101	11:41	Lee	Ager	Blaydon CC	Senior (M)
102	11:42	Russell	Hughes	Tyneside Vagabonds CC	V50-59 (M)
103	11:43	Eoin	Gormley	Blaydon CC	Senior (M)
104	11:44	Ross	Gray	Allen Valley Velo	Senior (M)
105	11:45	Hedley	Fletcher	Blaydon CC	V 40-49 (M)
106	11:46	Craig	Berry	GS Metro	V 40-49 (M)
107	11:47	Chris	Burns	Reifen Racing	Senior (M)
108	11:48	Ian	Norris	Blumilk.com	V50-59 (M)
109	11:49	Julian	MacBride	Blaydon CC	Senior (M)
110	11:50	Carl	Donaldson	GS Metro	Senior (M)

Team Competition Qualifiers – Team of 3 includes one female rider

Allen Valley CC 1

Allen Valley CC 2

Blaydon CC 1

Blaydon CC 2

Blaydon CC 3

GS Metro

Muckle CC

Reifen Racing

Triacademy