

Cestria Cycling Club

Open 9 Mile Time Trial

To be held on Saturday 23rd June 2018 at 9am

This event is being promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

This is a counting event in the Northumberland & Durham Cycling Association BAR.

Event Organiser

Rick Mitford
6 Herrington Close
Langley Park
Durham
DH7 9FS
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Timekeepers

Peter Schultz
Frances Schultz
Sharon Dyson

Prizes

	1st	2nd	3rd
Men	35	25	20
Women	35	25	20
Road Bike	15	-	-
V40	15	-	-
V50	15	-	-
V60	15	-	-
Juvenile	15	10	-

Riders who wish to be eligible for the Road Bike prize must place an "R" next to their name on the signing-on sheet and must comply with the Roadman category rules of the N&DCA BAR

Fastest rider from Cestria CC : The Terry Proctor Trophy, to be held for 1 year

One rider – One prize. In the event of a rider being eligible for more than one cash prize, the higher value prize will be awarded. Prizes of equal value will be awarded in the order listed above.

Prizes will be awarded at the HQ after the event (or posted out to winners who have left)

Event Headquarters is at Great Lumley Community Centre. The postcode is DH3 4JD. There is parking for approximately 25 cars at the centre, which is located 2 miles from the start/finish point.

Please give yourself plenty of time to ride to the start. Numbers and the signing-on/off sheet will be at the centre which will be open from 8am. Refreshments will be available after the event.

Other than officials, please do not park anywhere on the course. Please do not park in the car park of the Three Horse Shoes public house (near the start). It looks nice and handy – but it's not worth the earful you'll get off the landlord and it could interfere with the event.

Course Details M9 - Leamside Circuit

START at telegraph pole 103 in narrow lay-by just south of the Three Horse Shoes pub, Pithouse Lane, Leamside situated between West Rainton and Great Lumley. Proceed north to turn left on to minor road in the direction of Great Lumley. Continue west over the A1(M) to Great Lumley to turn left onto Cocken Lane at the village school. Proceed south to the T-junction with the minor Cocken Road at Finchale Cottage. Left and east on minor Cocken Road to cross over the A1(M) to the T-junction with the minor Pithouse Lane. Turn left on to minor Pithouse Lane and proceed north to the starting point and the completion of one circuit. Repeat the circuit to FINISH at the starting point.

Safety notes:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

Riders:

- No U-turns in the vicinity of the Timekeeper or the Three Horse Shoes.
- Take extra care at all left hand turns and on the winding descent towards the T-junction at Finchale Cottage, especially so in wet or slippery conditions.
- Do not cross over to the wrong side of the road at any time.

Strava Segment : <https://www.strava.com/segments/1241664>

You are encouraged to familiarize yourself with the course before the event. It's only 4.5 miles so it's a good way of warming up. Ride around it at least once before the event starts so that you know the locations where you may need to take special care or caution. **No warming up on the course after the event starts**

CTT Regulation 17 : Signing on & off

Every rider must sign the signing-on sheet before collecting their number. Each rider must sign for themselves and nobody else. After completing the event each rider must sign the signing-off sheet when handing in their number. **NOTE: Riders who do not sign the signing-off sheet will be recorded as a "DNF" on the official results sheet.**

Terry Proctor Memorial (Cestria CC Members only)

This event incorporates the Terry Proctor Memorial time trial and the Terry Proctor trophy will be awarded to the fastest rider from Cestria Cycling Club.

Terry was a founding member of Cestria Cycling Club and was the Club Chairman for many years. Prior to joining Cestria, Terry had associations with several other cycling clubs in the North East. He was also proprietor of New Cestria Cycles in Chester-le-Street.

Important Safety Information

Do not park anywhere on the course unless you can do so off the highway.
Do not park where you may cause an obstruction or across driveways

There are two T-junctions on each lap at which you must **GIVE WAY** to vehicles approaching from the right. Marshals will be posted at each junction. The marshals will provide a visible presence only. They cannot and will not stop traffic and they will be under instructions to report any rider who fails to give way to a vehicle. It is unfortunate if you are slowed down as a result of complying with the highway code but it is far better than risking a collision or disqualification.

Between Lumley village and the junction at Cocken Wood the road becomes narrower. There is a dip in the road where the tendency for a rider to hold the centre line can place him/her close to vehicles travelling in the opposite direction. It is difficult to see traffic coming into the dip from the other direction and if you have to make a steering correction you've not got much room to do so. Be very careful at this dip. You are advised not to use tri-bars on this section of the course.

The final left turn on each lap is at a T-junction at the bottom of a gradual descent after crossing the motorway. Riders are unable to see traffic approaching from the right until they are almost at the give way line due to the hedges next to the junction. Take care. Make sure you are safe to make the turn before pulling out at this junction.

Be very careful on all the corners. Do not cross the white centre line before or after turning.

Do not obstruct the view of the timekeeper at the start/finish. After finishing, continue riding and proceed to the HQ. Remember that others will be finishing behind you.

Please shout out your number as you cross the line for the final time on completing lap 2

No U-turns in the vicinity of the start/finish area. During the event, please do not pass the start point travelling in the direction of the race unless you are actually racing. Any warming up should be done away from the finishing straight.

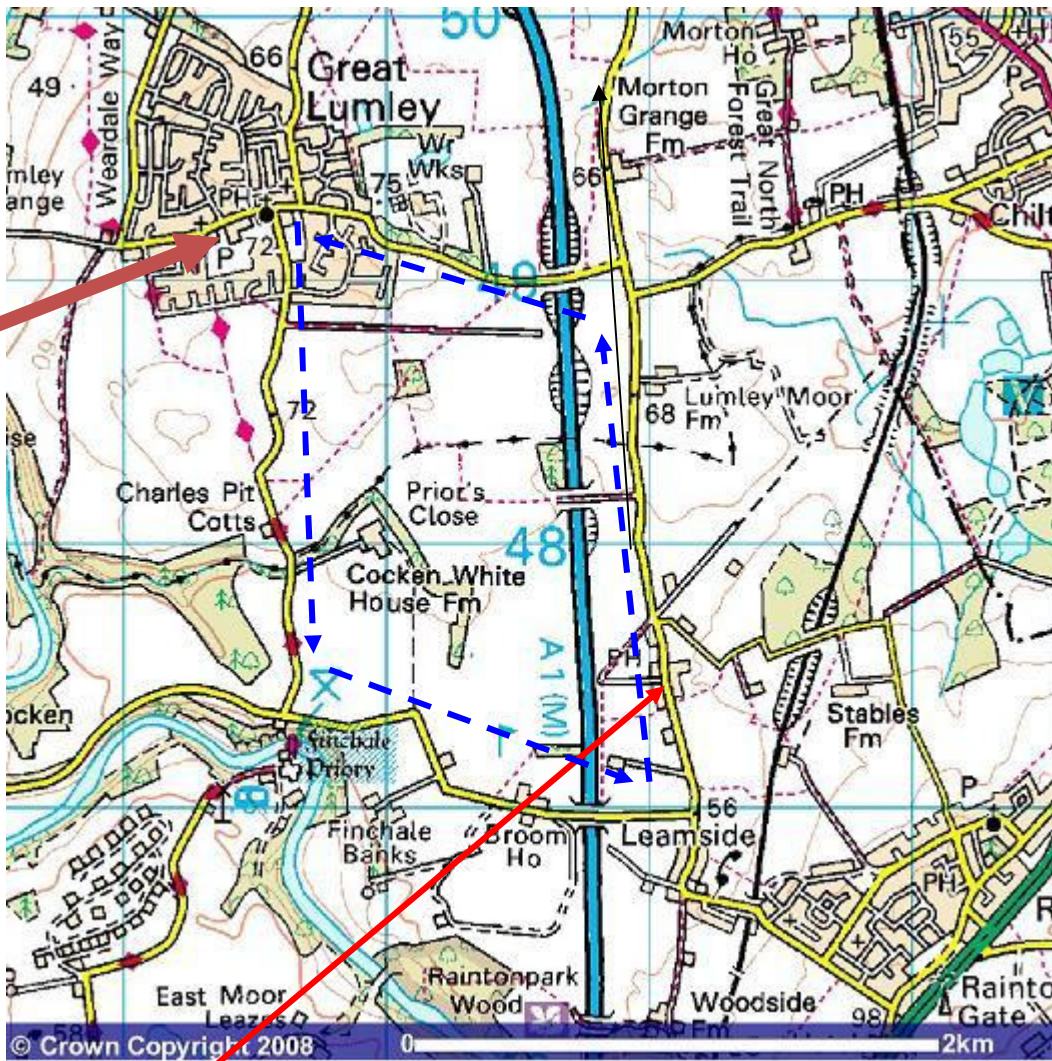
Well, that was a lot of do's and don'ts! One major do is – have a safe and enjoyable ride!

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

All competitors under the age of 18 years and/or Juniors must wear a Protective Hard Shell Helmet.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

Number	Start Time	Name	Club	Cat
8	09:08	Sarah Wilkinson	Cestria C.C.	V40, W
9	09:09	Joanne Rea	Blaydon CC	W
10	09:10	Frank Devlin	South Shields Velo Cycling Club	V60
11	09:11	Paul Barrett	Sunderland Clarion	
12	09:12	James George Dunn	South Shields Velo Cycling Club	
13	09:13	Rachel Galler	Blaydon CC	W
14	09:14	Philip Kennell	Allen Valley Velo	V50
15	09:15	Nicholas Weddle	Houghton CC	
16	09:16	James Meadows	Cleveland Wheelers CC	
17	09:17	Hannah Baker	North Tyneside Riders CC	W
18	09:18	Sam Murray	DRAG2ZERO	Juv
19	09:19	Stephen Walton	Muckle Cycle Club	V40
20	09:20	Collin Humphrey	Derwentside CC	
21	09:21	Ben Wilkinson	Cestria C.C.	
22	09:22	Kerry Gowland	Houghton CC	V40, W
23	09:23	Clive Horton	Barnesbury CC	V50
24	09:24	Michael Openshaw	Reifen Racing	V40
25	09:25	Paul Mitchell	Blaydon CC	V40
26	09:26	Michael Johnson	Muckle Cycle Club	
27	09:27	Sebastian Stockbridge	Blaydon CC	
28	09:28	Craig Haslam	Muckle Cycle Club	V40
29	09:29	Chris Judson	North Tyneside Riders CC	V40
30	09:30	David Sparrow	Reifen Racing	V40
31	09:31	Stuart Raw	Bishop Auckland CC	
32	09:32	Darren Williamson	Muckle Cycle Club	V40
33	09:33	Barry Fordham	Cestria C.C.	V40
34	09:34	Richard Lilleker	Cleveland Wheelers CC	
35	09:35	David Linsley	Tyne & Wear Fire & Rescue Service CC	V50
36	09:36	Kris Atkin	Team Bottrill / Vanguard	
37	09:37	Graeme Simpson	South Shields Velo Cycling Club	
38	09:38	Neil Wilkinson	Cestria C.C.	V40
39	09:39	Colin Gardener	Flyte Racing	V50
40	09:40	Julian MacBride	Blaydon CC	
41	09:41	Carrie Brookes	North Tyneside Riders CC	V40, W
42	09:42	Michael Todd	Derwentside CC	
43	09:43	Kevin Hall	Sunderland Clarion	V40
44	09:44	Adam Wild	GS Metro	
45	09:45	Ellis Murray	DRAG2ZERO	Juv
46	09:46	Marcus Cram	Blaydon CC	
47	09:47	Craig Foley	Tricademy	V40
48	09:48	David Robinson	Tyneside Vagabonds CC	V50
49	09:49	Gemma Frost	Team Swift	W
50	09:50	Chris Mather	Derwentside CC	V40
51	09:51	Paul Wright	Blaydon CC	
52	09:52	Shaun Tyson	Adept Cycling	V40
53	09:53	Damon Devine	Reifen Racing	V40
54	09:54	Chris Burns	Reifen Racing	
55	09:55	Paul Tyler	Ferryhill Whs	V60
56	09:56	Justin Ramel	Blaydon CC	V40
57	09:57	Peter Stokoe	Sunderland Clarion	
58	09:58	Steven Craggs	Blaydon CC	
59	09:59	Nick Munro	Royal Air Force Cycling Association	
60	10:00	Keith Murray	DRAG2ZERO	V40



HQ

Start/Finish

Remember that you have to complete 2 laps!
Please call out your number when crossing the finish line on your SECOND lap.