

TEAM KIRKLEY CYCLES PRESENTS

10 mile open time trial

A mainly flat rural course with fast return section.

Sunday 25th April 2021

Course: M105

First Rider: 9:01am

Timekeepers: Frances Schultz & Peter Schultz

Event Secretary: Julian MacBride, 20 Castle View, Ovingham, Northumberland

Email: julian.macbride@gmail.com

Tel: 07764493255

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



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

COVID19 – PLEASE READ CAREFULLY

- Competitors should not attend if they feel unwell in ANY way or if family members have any symptoms.
- Temperature checks on Competitors will be carried out on arrival – high temperature (above 37.8°C) = No Ride, Go Home.
- Riders must provide their own pen to sign on/off the race, NO pens will be provided.
- Use the hand sanitiser provided before and after signing on/off.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
- Riders should consider carrying a mobile phone with the organisers number saved in it, extra tubes (etc), a pump and basic tools. If you have a mechanical on course, contact the Organiser.
- Riders MUST NOT gather in any way on or near the course, HQ or car park.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and leave immediately upon completion of the race.
- Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 2 metre social distancing rule.
- Riders will need to self-start, with one foot on the ground. NO track stands
- Remember, no rear working light (flashing or constant) NO RIDE. Riders MUST bring their own working light, marshals/timekeeper cannot provide a light.
- DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

HQ/SIGN ON/SIGN OFF

The event Headquarters is located at Kirkley Cycles, Thorneyford Farm, NE20 0AJ

Riders will be able to sign on from **8am** – please do not arrive any earlier than one hour before your allocated start time to allow for social distancing. Sign on/off will be set up outside in the car park or under cover in one of the barns if the weather is inclement.

There is ample parking however the café will be busy so please park responsibly. The toilet facilities are in the blue containers behind the café. Please follow the social-distancing signage and guidance from officials or café staff. Strictly no changing within any building. Please come prepared to race. Obviously if you wish to park closer to the start/finish then please do so safely and considerately if in a residential area.

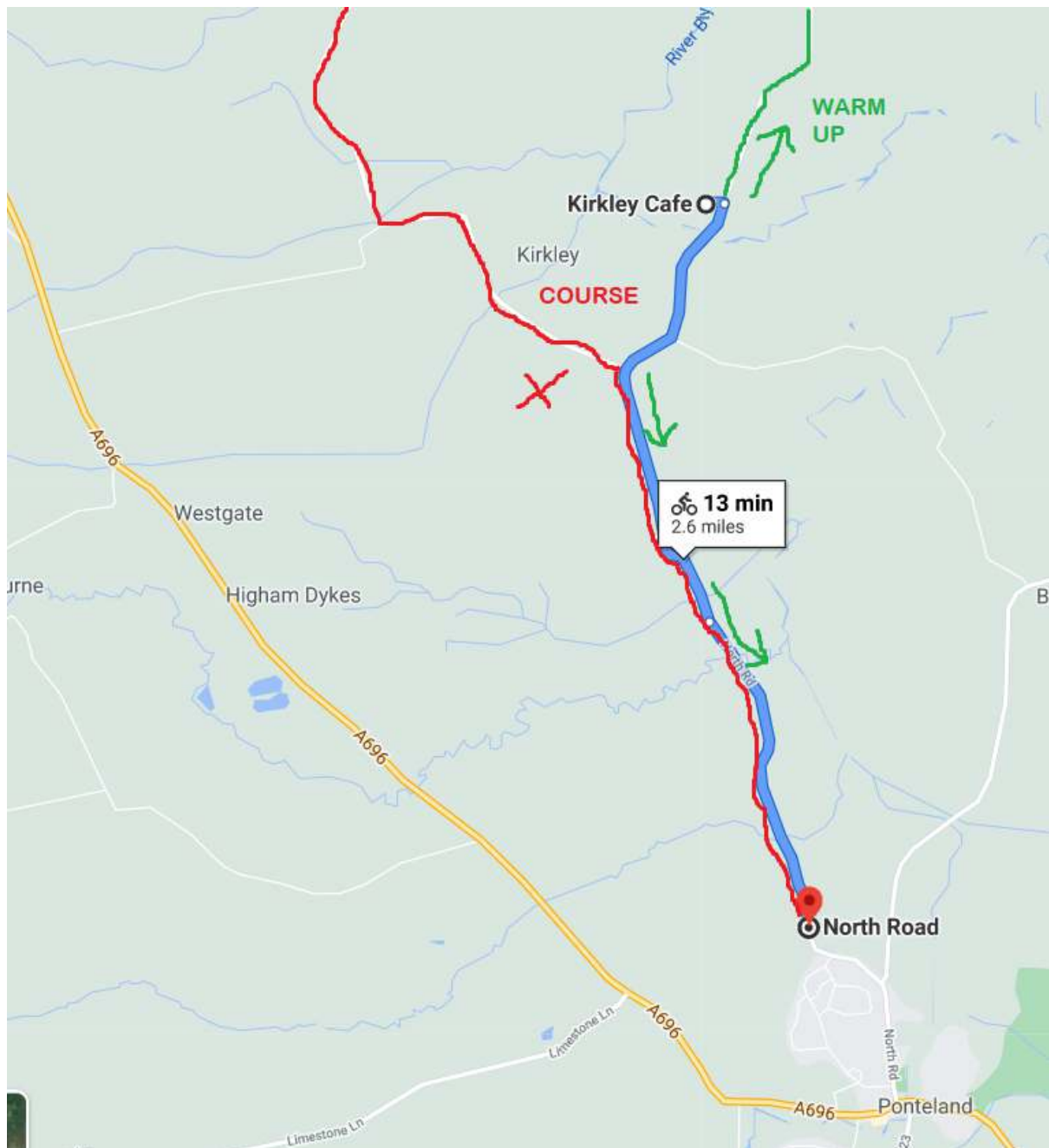
There will be no post-race buffet or refreshments provided. If you do wish to purchase refreshments / visit the café after the event has concluded, please ensure you follow all of the social distancing requirements under the remit of the café.

The start HQ is about 10 minutes ride from the Start/Finish lines.

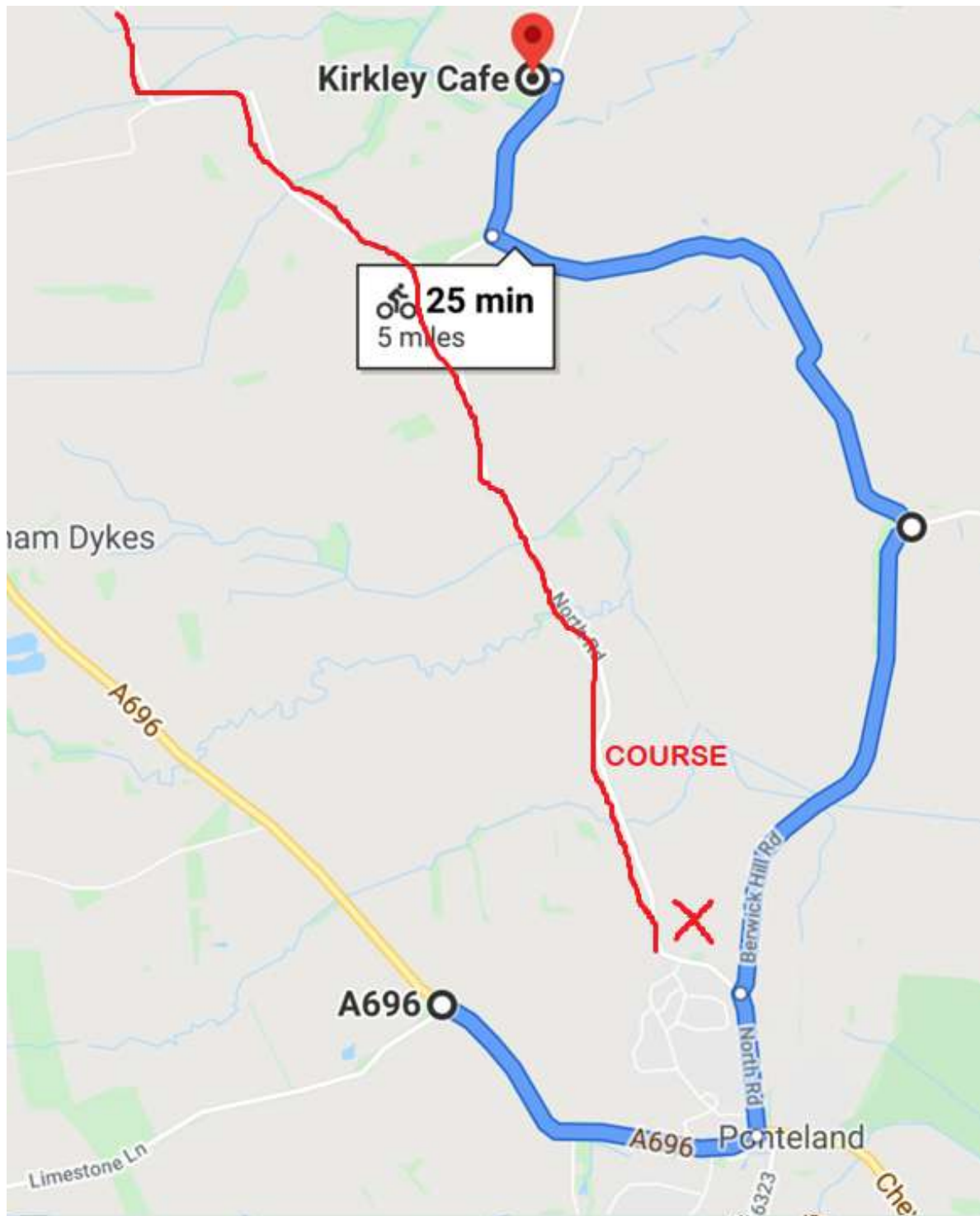
Route from the HQ to start: *When you leave the café turn right onto North Road and follow this road all the way to the start (2.6 miles / 4.2 km).*

The first leg of the course runs in the opposite direction to this route. **DO NOT WARM UP ON THE COURSE** once the event has started (ie between Kirkley / Ogle) and **DO NOT TURN AROUND** if you have past the Kirkley junction once on the way to the start (otherwise you will be riding on the course). If you wish to warm up, turn left out of the café entrance and use that section prior to making your way to the start directly, in one direction only, from Kirkley to the start.

The start is about a 10 minute ride from the HQ.



Route back to the HQ to from the finish: To return to Kirkley from the finish DO NOT use North Rd if other riders are still starting, please use Berwick Hill route as shown below, note this is roughly 5 miles / 8 km (15 minutes).

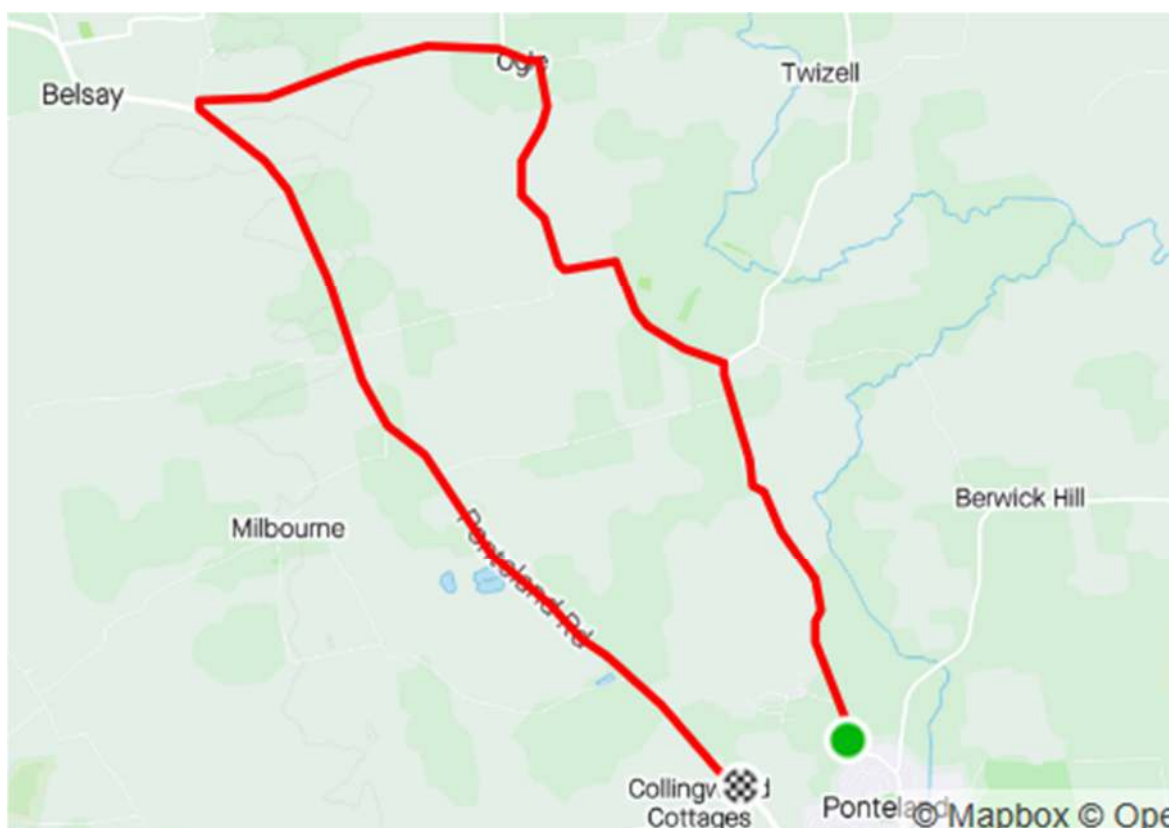


COURSE DETAILS

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

<https://www.strava.com/segments/971869>

START at the field gate approx 200 yds south of entrance to Northumbria Police HQ at Ponteland on North Road (the unclassified road from Ponteland to Morpeth). Proceed Kirkley Hall and turn left, continue to T-junction in Ogle and turn left (be aware of parked cars), then left again onto minor farm road towards Belsay. Pass Ogle Hill Head Farm to junction with unclassified road Gowk Lane, (A696 to Whalton). Turn left (Riders take CARE) to T-junction with the A696 half a mile south of Belsay. Turn left onto A696 (Riders take CARE) and proceed south towards Ponteland. FINISH at the end of the coppice opposite Dissington Lane end, approx 1/2 mile before Ponteland..



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.

IMPORTANT NOTES FOR RIDERS:

- Take extra care at T-junctions, left and right-hand turns, on steep descents, bends, narrow bridges and lightly built-up areas.
- There are a number of pot-holes on the course as noted below, please take extra care to keep your head up and familiarise yourself with the course.
- BE AWARE of farm machinery/traffic on the single track road from Ogle.
- Any rider crossing the white line in the centre of the road prior to a left turn will be disqualified.
- You must look ahead and not ride with your head down
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.
- For those competing on ROAD BIKES, please also complete the separate “road bike” sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 60mm, aero helmets with built-in visors and trip socks. Skin suits are permitted – please refer to the N&DCA website for further details (<http://www.nanddca.co.uk/>).
- Each rider must sign on for themselves and nobody else. Once the course has been completed, please remember to sign out, race numbers are disposable, please take them with you after the race to dispose of.
- 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.

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.
- Any additional safety information will be provided at sign-on.
- Your machine must have a working rear light (flashing or constant) to be permitted to race. 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 MUST wear a hard-shell helmet.**
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- 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.

ADDITIONAL NOTES TO COMPETITORS:

Signing-on Sheet and Signing-out Sheet

(a) 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.

(b) In Type A events a competitor 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.

AWARDS CATEGORIES

Male	Female	Prize
1 st	1 st	£30
2 nd	2 nd	£20
3 rd	3 rd	£10
1 st Junior	1 st Junior	£10
1 st Juvenile	1 st Juvenile	£10
V40	V40	£10
V50	V50	£10
V60+	V60+	£10
1 st Road Bike	1 st Road Bike	£10
1 st team of 3	1 st mixed team of 3 (MMF)	£30
New Course Record	New Course Record	£10
Fastest first timer	Fastest first timer	£10

*all prizes are awarded at the organiser's discretion and will only be awarded where there is more than 1 entry/team in a category. First timer applies to Open Events only.

RESULTS

These will be made available on the N&DCA Facebook page as soon as possible as well as being emailed out to competitors.

Results will not be published on the CTT Website until Wednesday 28th April at the earliest, to allow for any queries (these can be made via phone, email or text to the event organiser).

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

DON'T FORGET - BRING A PEN, A REAR LIGHT & SAFETY PINS (if needed)

No	Start Time	First Name	Last Name	Club	Gender	Category
1	09:01:00	Tim	Irwin	Team Kirkley Cycles	Male	Veteran
2	09:02:00	Lottie	Steele	Blaydon CC	Female	Senior
3	09:03:00	Heather	Gould	North Shields Polytechnic Club	Female	Veteran
4	09:04:00	Anna	Halstead	Blaydon CC	Female	Veteran
5	09:05:00	Libby	Crawford	VO2MAX Race Team	Female	Senior
6	09:06:00	Lois	Jarvis	North Tyneside Riders CC	Female	Senior
7	09:07:00	Jane	Aston	Blaydon CC	Female	Veteran
8	09:08:00	Tracey	Sample	Alnwick & District Triathlon Club	Female	Veteran
9	09:09:00	Vicky	Gibbs	Reifen Racing	Female	Veteran
10	09:10:00	Justine	Norman	Velo Culture	Female	Veteran
11	09:11:00	Claire	Harlow	Blaydon CC	Female	Senior
12	09:12:00	Nicola	McCoy	Muckle Cycle Club	Female	Veteran
13	09:13:00	Sarah	Wilkinson	Blaydon CC	Female	Veteran
14	09:14:00	Teri	Bayliss	Sub Rosa	Female	Veteran
15	09:15:00	Joanne	Rea	Blaydon CC	Female	Senior
16	09:16:00	Ella	Jamieson	Team Bottrill	Female	Junior
17	09:17:00	Dan	Wilson	Cramlington CC	Male	Veteran
18	09:18:00	Daniel	Kane	Muckle Cycle Club	Male	Senior
19	09:19:00	Ray	Bell	Derwentside CC	Male	Veteran
20	09:20:00	Andrew	Duggan	Muckle Cycle Club	Male	Senior
21	09:21:00	Elliot	Gowland	MTS Cycle Sport	Male	Veteran
22	09:22:00	Shaun	Wilkinson	Muckle Cycle Club	Male	Senior
23	09:23:00	Stephen	Locker	VO2MAX Race Team	Male	Veteran
24	09:24:00	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
25	09:25:00	Chris	Mather	Derwentside CC	Male	Veteran
26	09:26:00	Guillaume	Zoppi	North Tyneside Riders CC	Male	Veteran
27	09:27:00	Ray	Christie	Wearside Triathlon	Male	Veteran
28	09:28:00	Timothy	Brown	North Tyneside Riders CC	Male	Senior
29	09:29:00	Mal	Gray	Reifen Racing	Male	Veteran
30	09:30:00	Andrew	Hall	GS Metro	Male	Senior
31	09:31:00	Paul	Ryan	Northumbria Police C.C.	Male	Veteran
32	09:32:00	Nicholas	Allen	Team Newcastle Triathlon	Male	Senior
33	09:33:00	Paul	Robson	Protech Velo	Male	Veteran
34	09:34:00	Clive	Horton	Barnesbury CC	Male	Veteran
35	09:35:00	Adam	Wilson	Velo Culture	Male	Veteran
36	09:36:00	Jason	Robson	Derwentside CC	Male	Veteran
37	09:37:00	Clive	Allan	Allen Valley Velo	Male	Senior
38	09:38:00	Kevin	Hall	Sunderland Clarion	Male	Veteran
39	09:39:00	Craig	Bell	Allen Valley Velo	Male	Senior
40	09:40:00	Nev	Martin	Velo Culture	Male	Veteran
41	09:41:00	Peter	Hawkins	Muckle Cycle Club	Male	Senior
42	09:42:00	Phil	Watson	Hadrian R.T	Male	Veteran
43	09:43:00	Dan	Venner	North Shields Polytechnic Club	Male	Veteran
44	09:44:00	Philip	Parsley	Muckle Cycle Club	Male	Senior
45	09:45:00	Mark	Strang	Velo Culture	Male	Veteran
46	09:46:00	Daniel	Holmes	Derwentside CC	Male	Junior
47	09:47:00	Thomas	Fletcher	CJ Performance	Male	Senior
48	09:48:00	Joe	Leiserach	Blaydon CC	Male	Senior
49	09:49:00	Sam	Dodd	Barnesbury CC	Male	Senior
50	09:50:00	Alex	Beldon	Team Bottrill	Male	Juvenile
51	09:51:00	James	Gunn	Blaydon CC	Male	Senior
52	09:52:00	Colin	Blacklock	Muckle Cycle Club	Male	Veteran
53	09:53:00	Mark	Whaley	Blaydon CC	Male	Veteran
54	09:54:00	Keith	Sibbald	Zeus CRT	Male	Veteran
55	09:55:00	Adam	Smith	Team Kirkley Cycles	Male	Senior

56	09:56:00	Paddy	Blundell	Muckle Cycle Club	Male	Senior
57	09:57:00	Jonathan	Bayley	Reifen Racing	Male	Senior
58	09:58:00	Ian	Taylor	Blumilk.com	Male	Veteran
59	09:59:00	Lee	Ridden	Reifen Racing	Male	Veteran
60	10:00:00	Darren	Williamson	Muckle Cycle Club	Male	Veteran
61	10:01:00	Michael	Lynch	Derwentside CC	Male	Veteran
62	10:02:00	Neil	Wilkinson	Blaydon CC	Male	Veteran
63	10:03:00	Philip	Gilbanks	Muckle Cycle Club	Male	Senior
64	10:04:00	David	Donaldson	Derwentside CC	Male	Veteran
65	10:05:00	James	Hadfield	Blaydon CC	Male	Senior
66	10:06:00	Stuart	Davison	Allen Valley Velo	Male	Veteran
67	10:07:00	Joshua	Hodgson	GS Metro	Male	Senior
68	10:08:00	Christopher	Beaty	Allen Valley Velo	Male	Senior
69	10:09:00	Ben	Flanagan	Derwentside CC	Male	Junior
70	10:10:00	Phil	Hall	Velo Culture	Male	Veteran
71	10:11:00	Rafe	Williams	Team Bikestop Tyrekey	Male	Senior
72	10:12:00	Mark	Herbert	Derwentside CC	Male	Veteran
73	10:13:00	Martin	Rasmussen	Tyneside Vagabonds CC	Male	Veteran
74	10:14:00	Iain	Katz	VO2MAX Race Team	Male	Senior
75	10:15:00	Jay	Pitt	Velo Culture	Male	Senior
76	10:16:00	David	Purvis	Sunderland Clarion	Male	Veteran
77	10:17:00	Elliot	Sharp	Vector Racing	Male	Senior
78	10:18:00	Gavin	Richardson	Sunderland Clarion	Male	Veteran
79	10:19:00	Scott	Hunter	Berwick Wheelers Cycling Club	Male	Senior
80	10:20:00	Graham	Crammond	Vector Racing	Male	Senior
81	10:21:00	Keith	Davison	Hadrian R.T	Male	Veteran
82	10:22:00	Joseph	Collins	Vector Racing	Male	Senior
83	10:23:00	Nick	Munro	Royal Air Force Cycling Association	Male	Senior
84	10:24:00	David	Ballantyne	EMC Cycling	Male	Veteran
85	10:25:00	Peter	Stokoe	Reifen Racing	Male	Senior
86	10:26:00	Darren	Robson	North Tyneside Riders CC	Male	Veteran
87	10:27:00	Michael	Sloanes	Blumilk.com	Male	Senior
88	10:28:00	David	Symes	Blaydon CC	Male	Veteran
89	10:29:00	Michael	Hindmarch	Sub Rosa	Male	Veteran
90	10:30:00	Simon	Beldon	Team Bottrill	Male	Veteran
91	10:31:00	Tim	Miley	Northumbria Police C.C.	Male	Veteran
92	10:32:00	Nicholas	Stevenson	Wearside Triathlon	Male	Veteran
93	10:33:00	John	Bowman	Muckle Cycle Club	Male	Senior
94	10:34:00	Jacob	Anderson	South Shields Velo Cycling Club	Male	Senior
95	10:35:00	Ben	Lane	GS Metro	Male	Veteran
96	10:36:00	Richard	Exley	Gosforth RC	Male	Veteran
97	10:37:00	Colin	Atkinson	Muckle Cycle Club	Male	Veteran
98	10:38:00	John	Brown	Sub Rosa	Male	Veteran
99	10:39:00	Andrew	Dickson	Berwick Wheelers Cycling Club	Male	Senior
100	10:40:00	Lewis	Timmins	Vector Racing	Male	Senior
101	10:41:00	Stuart	Cook	Cestria C.C.	Male	Veteran
102	10:42:00	Michael	Charlton	Barnesbury CC	Male	Senior
103	10:43:00	Andy	Niven	VO2MAX Race Team	Male	Senior
104	10:44:00	Adam	Harrison	Barnesbury CC	Male	Senior
105	10:45:00	Wayne	Coates	Team Bottrill	Male	Veteran
106	10:46:00	Harris	Hall	Velo Culture	Male	Juvenile
107	10:47:00	Wilson-Jay	Brown	PM Racing UK	Male	Veteran
108	10:48:00	Matthew	Mernin	Muckle Cycle Club	Male	Espoir
109	10:49:00	Noel	Stoddart	Blaydon CC	Male	Veteran
110	10:50:00	Lewis	Wake	Team Kirkley Cycles	Male	Senior
111	10:51:00	Scott	Walton	Tyne Tri	Male	Senior

112	10:52:00	Kyle	Spence	Velo Culture	Male	Senior
113	10:53:00	David	Cunningham	Vector Racing	Male	Veteran
114	10:54:00	Rhys	Edwards	Edinburgh Road Club	Male	Juvenile
115	10:55:00	Philip	Kennell	GS Metro	Male	Veteran
116	10:56:00	Matt	Ellis	North Tyneside Riders CC	Male	Veteran
117	10:57:00	Dave	Diston	Muckle Cycle Club	Male	Veteran
118	10:58:00	David	Robinson	Tyneside Vagabonds CC	Male	Veteran
119	10:59:00	Rick	Mitford	Cestria C.C.	Male	Veteran
120	11:00:00	Tom	Hutchinson	Team Bottrill	Male	Senior
121	Reserve	Frank	Devlin	South Shields Velo Cycling Club	Male	Veteran
122	Reserve	Francis	Smith	Derwentside CC	Male	Veteran
123	Reserve	Kieran	Graham	South Shields Velo Cycling Club	Male	Senior
124	Reserve	Andy	Delaney	Northumbria Police C.C.	Male	Veteran
125	Reserve	Barry	Taylor	VO2MAX Race Team	Male	Veteran
126	Reserve	Ian	Wright	North Tyneside Riders CC	Male	Veteran
127	Reserve	Morgan	Cooper	Team Newcastle Triathlon	Male	Senior