



Hartlepool Cycling Club

www.hartlepool-cycleclub.org



PRESENTS THE

OPEN 10 MILE TRIAL & VTTA ON SATURDAY 22nd April, 2017

FOR THE PHILLIP RUSSELL MEMORIAL

Promoted for and on behalf of Cycling TimeTrials and including the VTTA.

SPONSORED BY *PQW Engineering Ltd & Facchini Cycles*

Timekeepers

Mr. David Oliver

Mr Albert Harrison

Event Secretary & Organiser: **Paul Garstang, 20 Crocus Gardens, Hartlepool, TS26 0ZG & P Wright 265 Stockton Road , Hartlepool TS25 5AU**

Tel: 07784 781 221 & 07702 244922. E-mail: paulgarstang@ymail.com & jagryk@aol.com

Course T105/4

Start at mark on kerbstone level with the third broken line on the junction of the old lane (closed the motor vehicles), and proceed out onto the road exiting Sedgfield to the south east. After 245 yards bear left onto the slip road to join the A689 towards Hartlepool. At the roundabout for Wynyard Village continue ahead on the A689 (4.07 miles) to the Wynyard Business Park Roundabout (5.08 miles) (M). Encircle the roundabout and retrace on the A689 to the Wynyard Village roundabout (6.18 miles). Continue ahead on the A689 and finish at the second of five lampposts, and mark on the kerb, immediately before the junction with the road into Sedgfield on which you started (10 miles).

Numbers will be at event HQ at Sedgfield Parish Hall, TS21 3AT where RIDERS must sign on.

Parking is available at HQ and on the lane on the left after the finish (Stockton Road). Please note that you must turn left from the parking on Stockton Road onto the A689. DO NOT RIDE ACROSS THE ROAD OR THROUGH THE NO ENTRY SIGNS.

Awards £100 for beating course record of 18:48 set by Ben Etherington in 2016

	FASTEST	ON STANDARD (VTTA only)	TEAM (VTTA Only)	FIRST LADY
1 st	£50	£50	£10 each (team of 3 on standard)	£20
2 nd	£30	£30		
3 rd	£20	£20		

Regulations

No cars, other than Event Officials, are to be parked at the start or finish.

No U-turns are to be undertaken within sight of the start or finish.

Riders are not to warm-up on any part of the course whilst the event is in progress.

No turbo trainers are to be used within 100 metres of inhabited properties.

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

Regulation 15 in the current CTT Handbook states that ALL competitors under the age of 18 years MUST wear a properly-affixed helmet that conforms to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZ/2063.96, DINC 33-954, CPSC, EN 1078.

It is recommended that a working rear light is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

First rider off at 14.01. HEAD UP AND HAVE A SAFE RIDE

Doping Control

This event may be subject to Doping Control. When you return to HQ to sign back in, it is your responsibility to check if you are required for Doping Control. Race numbers of riders required for Doping Control will be displayed adjacent to the result sheet.