



**Tyneside Vagabonds C.C.**  
**100 Mile Time Trial**  
incorporating the  
**VTTA 100 Miles National Championship**  
and  
**Northumberland & Durham C.A.**  
**Championship**  
on  
**Sunday 30<sup>th</sup> August 2020**



Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

**Event Secretary**

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**Event Headquarters**

Pegswood Miners Welfare Hall  
4 Front Street  
Pegswood  
Northumberland  
NE61 6UF

**Timekeepers** Sharon Dyson and Frances Schultz

**VTTA NEC Representative** Mike Penrice - VTTA Magazine and Advertising Secretary

### Headquarters and Parking

- The headquarters will be open from 6 am – please do not arrive earlier than one hour before your start time.
- Access to the headquarters is at the rear of the building in John Street
- Please observe the one-way system and maintain social distancing of 2 metres.
- Toilets will be available on a one in / one out basis.
- No refreshments will be provided but there is a Co-op in Pegswood open from 7 am.
- Parking is available at Pegswood Miners Community Park just south of Pegswood station. If you cannot park socially distanced in the car park (tarmac or grassy area to left) there are plenty of side roads you can park in but please respect the residents.

### Signing on

- **Bring your own pen to sign on.**
- You will be issued with a reusable number – please return it to the HQ and place it in the bucket of disinfectant provided.
- It is compulsory for all riders to sign on AND sign back out again after your ride. Do not forget to sign back out or you will be disqualified from the event.

### Getting to the start

To get to the start turn left from the Miners Welfare Hall and continue for approximately ½ mile.

## Warming up

Warming up can be completed on Butcher's Lane towards Longhirst. Do not warm up on the course once the event has started. No turbos or rollers to be used in Pegswood.

## Covid-19 – Riders please read carefully

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.
- An elevated resting heart rate or exceptionally quick to react heart rate during warmup 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.
- All warm-ups should be done on the road.
- NO SUPPORT can be provided if a Competitor suffers mechanical difficulties during the event. It is strongly advised that all competitors carry with them a spare innertube / tubular, pump and tyre levers if required.
- It is strongly advised that all Competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser on 07753 799308 if you have failed to finish the event.
- Riders MUST NOT gather in any way regardless of current guidelines in the car parks, sign-on area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the sign-on / car parks and MUST pack away and leave immediately upon completion of the race.
- Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Adhere to the 2-metre social distancing rule and take direction from the start marshal.
- NO CLOTHING TO BE LEFT ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE. The start line is only 0.5 miles away from HQ.
- Numbers to be secured to the body with safety pins (as opposed to a tri-belt). You'll need to bring your own safety pins.
- Riders will need to self-start, with one foot on the ground.
- 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.

## Course Details – M100/10

START to the West of Pegswood on Dark Lane at the speed de-restriction sign at gap in hedge. Proceed to Whorral Bank Roundabout (R/A) and take first exit onto A197 in direction of Ashington.

Continue over R/A to outskirts of Ashington, through the pedestrian crossing (riders see safety notes) and take left onto A1068 to continue north over Linton and Ellington R/A's.

At Widdrington South R/A bear right in the direction of Amble, then straight on at Widdrington North R/A along A1068 until left turn onto B1330 via Red Row, South Broomhill and Broomhill (Be aware of traffic calming priorities).

Take left turn onto B6345 via Acklington until marshalled left turn onto the un-classified road via Stobswood, Widdrington Station and take double right turn onto B1337 to Ulgham.

For first three laps continue through Ulgham on B1337, via Longhirst (traffic calming priorities) to return to Whorral Bank roundabout and start of next lap.

On the last, 4th lap, FINISH approximately ½ miles South West of Ulgham at the south end of bridge over old opencast road (this is approx. 150 metres past turning on right to Tritlington and 1 mile north of Longhirst).

### Safety notes

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
- On approach to Ashington there is a pedestrian crossing. This will be marshalled in the hope that it will not be activated during your passing. But if light is Red, you MUST stop as a legal requirement.
- **There is a new additional pedestrian crossing immediately after the left-hand turn in Ashington.**
- There are 6 occasions on the course where narrow road traffic calming is in place. 2 are priority to riders and 4 have priority to oncoming traffic. Take note of any warning notices and Marshals at these points.
- On occasions where road narrows and/or cars are parked, riders to take extra care.
- No U Turns to be made in the vicinity of the timekeepers.
- No dismounting in the finish area. Remember this is a lapped event and competitors may still be racing past finish area.

### PLEASE NOTE IN ACCORDANCE WITH THE ABOVE:

- Any rider observed crossing the pedestrian crossings in Ashington while the red light is activated will be disqualified.
- Any other dangerous riding observed, including not yielding to oncoming traffic when required to do so by traffic calming measures will result in disqualification.

**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.**

**Remember, no rear working light (flashing or constant) NO RIDE.**

For CTT events, riders must have their upper arm covered – i.e. No tri-suits.



An interactive map / download of gpx file is available [here](#)



## VTTA Championship Awards

Eligibility – Riders must be VTTA members at the closing date (VTTA regulation 3.4.2)

1st Man and 1st Woman on Standard	Gold medal, champion's jersey & cap (each)
2nd Man and 2nd Woman on Standard	Silver medal (each)
3rd Man and 3rd Woman on Standard	Bronze medal (each)
Club Team of Three on Standard	Gold medals
Group team of Three on Standard	Gold medals
1st Tandem Pair on Standard	Gold medals

## N&DCA Championship Awards

Eligibility – Riders must be a member of a club affiliated to the N&DCA, or privately affiliated to the N&DCA. Awards to be presented by the N&DCA at an occasion to be arranged.

Fastest Rider	Gateshead Cycling Club Memorial Trophy
Fastest Veteran on Standard	Jack Adams Memorial Trophy

## Event Awards

Eligibility – all riders.

Fastest Rider	£40
2nd Fastest Rider	£25
3 <sup>rd</sup> Fastest Rider	£15
Fastest Woman	£40
2 <sup>nd</sup> Fastest Woman	£25
1 <sup>st</sup> Man on Standard	£20
1 <sup>st</sup> Woman on Standard	£20
1 <sup>st</sup> Road Bike	£20
1st Team of 3	£15 each
2 <sup>nd</sup> Team of 3	£10 each

Category Awards – awarded for the fastest time by a rider in each category in the Spindata ranking – see [spindata.co.uk](http://spindata.co.uk). Your current category will be as stated on the event startsheet published on Spindata on Wednesday 26<sup>th</sup> August using the letter and not the number of the category.

B	£15
C	£15
D	£15
E	£15

## Raceclocker

The event will be electronically monitored using the Raceclocker system. This should give live updates of lap times online in real time. Hopefully this will be of interest to supporters on the day and you can access the results on finishing to give you an idea of your performance and time. Link to event on Raceclocker here:

<https://raceclocker.com/7b0cd4eb>

This data is provisional. It is best viewed using the SPLITS rather than INTERVALS option. The DNF status against rider names is misleading - DNF in this context should really read DNF yet - DONT BE ALARMED!

It is easy for the operators to miss a split so if your rider doesn't seem to have gone through a lap it may just mean they weren't spotted.

No.	Start Time	Name	Club	G'dr	Category	Age	Standard	VTTA Group
1	07:01	Joe Applegarth	Durham Triathlon Club	M	Veteran	80	05:52:24	
2	07:02	Barry Kelly	Barnesbury CC	M	Senior	36		
3	07:03	Jeffrey Walker	North Tyneside Riders CC	M	Veteran	53	04:55:56	
4	07:04	Alan Whitley	North Shields Polytechnic Club	M	Veteran	47	04:50:15	
5	07:05	Karen Singleton	Tri Northumberland (Tri North)	F	Veteran	52	05:20:12	
6	07:06	Natalie Batey	Tyne & Wear Fire & Rescue Service CC	F	Senior	35		
7	07:07	Heather Gould	North Shields Polytechnic Club	F	Veteran	59	05:28:27	
8	07:08	Paul Revell	Barrow Central Wheelers	M	Veteran	59	05:02:23	
9	07:09	Stacey Stump	York Cycleworks	M	Veteran	52	04:54:58	Yorkshire
10	07:10	Colin Gardener	Flyte Racing	M	Veteran	60	05:03:36	
11	07:11	Iain Fenwick	Tri Northumberland (Tri North)	M	Veteran	51	04:54:00	
12	07:12	Mark Tully	Sunderland Clarion	M	Senior	31		
13	07:13	Paul Richardson	Derwentside CC	M	Senior	37		
14	07:14	Simon Reynolds	Sun City Tri	M	Veteran	56	04:58:59	
15	07:15	Alex Cunningham	Vector Racing	M	Espoir	19		
16	07:16	David Hilditch	Ribble Valley C&RC	M	Veteran	67	05:14:17	N Lancs & Lakes
17	07:17	Lee Carrick	South Shields Velo Cycling Club	M	Veteran	53	04:55:56	
18	07:18	David Cunningham	Vector Racing	M	Veteran	54	04:56:55	
19	07:19	Daniel Anderson	South Shields Velo Cycling Club	M	Senior	31		
20	07:20	Jay Pitt	Derwentside CC	M	Senior	34		
21	07:21	Brian Morrell	Dumfries CC	M	Veteran	60	05:03:36	Scotland
22	07:22	Randle Shenton	Team Swift	M	Veteran	62	05:06:15	Scotland
63	07:23	Steve Croggon	Beacon Roads CC	M	Veteran	57	05:00:04	
24	07:24	Gary Simpson	Yorkshire Road Club	M	Veteran	52	04:54:58	Yorkshire
25	07:25	Ben Dixon	Royal Navy & Royal Marines CA	M	Senior	39		
26	07:26	David Nichol	Ferryhill Whs	M	Veteran	68	05:16:11	North
27	07:27	Jymmy Trevor	Hull Thursday RC	M	Veteran	48	04:51:12	Yorkshire
28	07:28	Keith Sibbald	Zeus CRT	M	Veteran	49	04:52:08	
29	07:29	Derek McMillan	SVTTA	M	Veteran	60	05:03:36	Scotland
30	07:30	Grant Whiteside	Pontypool Road Cycling Club	M	Veteran	46	04:49:18	Yorkshire
31	07:31	Joanne Rea	Blaydon CC	F	Senior	32		
32	07:32	Trevor Mayne	Birdwell Wheelers	M	Veteran	57	05:00:04	North Mids
33	07:33	Neil Fearn	Harrogate Nova CC	M	Veteran	40	04:43:02	North
34	07:34	Dave Cresswell	Peaks Sports Racing	M	Senior	36		
35	07:35	James Hadfield	Blaydon CC	M	Senior	33		
36	07:37	Joseph Hunter	Allen Valley Velo	M	Senior	33		
37	07:38	Sean Quinn	Law Wheelers	M	Veteran	47	04:50:15	Scotland
38	07:39	Nigel Briggs	South Pennine RC	M	Veteran	59	05:02:23	Notts & E Mids
39	07:40	Warren Mason	VTTA (North)	M	Veteran	55	04:57:56	N Lancs & Lakes
40	07:41	Claire Weller	Tri Harder	F	Senior	30		

No.	Start Time	Name	Club	G'dr	Category	Age	Standard	VTTA Group
41	07:42	Andrew Simpkins	Team Echelon	M	Veteran	66	05:12:29	Midlands
42	07:43	Bud Johnston	SVTTA	M	Veteran	61	05:04:54	Scotland
43	07:44	Rob Wild	Velo Club Long Eaton	M	Senior	37		
44	07:45	Chris Mather	Derwentside CC	M	Veteran	44	04:47:21	
45	07:36	Andrew Dickson	Berwick Wheelers Cycling Club	M	Senior	38		
46	07:46	Paul Roberts	Hambleton RC	M	Veteran	58	05:01:12	North
47	07:47	Nathan Beard	Gala CC	M	Veteran	46	04:49:18	
48	07:48	Alan Davison	Tri Northumberland (Tri North)	M	Veteran	57	05:00:04	North
49	07:49	Peter Hawkins	Muckle Cycle Club	M	Senior	34		
50	07:50	Philip Kennell	GS Metro	M	Veteran	53	04:55:56	North
51	07:51	Martin Rasmussen	Tyneside Vagabonds CC	M	Veteran	53	04:55:56	
52	07:52	Stephen Magrath	Blaydon CC	M	Senior	36		
53	07:53	Jen McMahon	Sub Rosa	F	Senior	34		
54	07:54	Duncan Orme	Kent Valley RC	M	Veteran	49	04:52:08	
55	07:55	Robbie Mitchell	Auchencrow Thistle CC	M	Senior	39		
56	07:56	Martin Flanagan	Peaks Sports Racing	M	Veteran	45	04:48:20	
57	07:57	David Robinson	Tyneside Vagabonds CC	M	Veteran	59	05:02:23	North
58	07:58	Craig Bell	Allen Valley Velo	M	Senior	35		
59	07:59	Patrick Martin	North Tyneside Riders CC	M	Senior	37		
60	08:00	Andrew Duggan	Physiohaus	M	Senior	38		
61	08:01	Tim Nichol	Blaydon CC	M	Senior	35		
62	08:02	Thomas Fletcher	Reifen Racing	M	Senior	31		
63	08:03	Joanna Cebart	Bury Clarion CC	F	Veteran	41	05:08:14	Manchester & NW
64	08:04	Roger Clarke	Tyneside Vagabonds CC	M	Veteran	49	04:52:08	North
65	08:05	Nick Badcock	Team Kirkley Cycles	M	Senior	38		
66	08:06	Miles Haslam	Buxton CC/Sett Valley Cycles	M	Veteran	61	05:04:54	North Mids
67	08:07	Julian MacBride	Team Kirkley Cycles	M	Senior	36		
68	08:08	Gavin Richardson	Sunderland Clarion	M	Veteran	45	04:48:20	
69	08:09	Jez Willows	Sherwood CC	M	Veteran	55	04:57:56	Notts & E Mids
70	08:10	Darren Yarwood	Almerico Vive Le Velo	M	Veteran	46	04:49:18	Yorkshire
71	08:11	Roy Flanagan	Rossendale RC	M	Veteran	63	05:07:41	N Lancs & Lakes
72	08:12	Shaun Brannan	Muckle Cycle Club	M	Senior	25		
73	08:13	Crispin Swinhoe	Barnsley Road Club	M	Veteran	64	05:09:12	Yorkshire
74	08:14	Joe Leiserach	Blaydon CC	M	Senior	35		
75	08:15	Andy Jackson	AeroCoach	M	Veteran	45	04:48:20	Yorkshire