

**North Tyneside Riders
Presents**

M102D Open Time Trial

To be held on Sunday 9th April 2023

Promoted on behalf of Cycling Time Trials under their Rules & Regulations

Event Secretary

**Ian Gallon
17 Springfield gardens,
Wallsend.**

**Tyne & Wear.
NE28 8AJ.**

07828900383

Galnufc@msn.com

**Time keepers.
Sharon Dyson & Ewa Johnson.**

First Rider is off at 8.05 am

Please note any problems on the road please contact Ian Gallon on 07828 900383, who will be looking after the start and HQ while the race is in progress.

HQ – Cramlington Town FC. Ormston Street, East Hartford, Cramlington, NE23 3BE

The HQ will be open at 7am to sign on & numbers will be available from then.

There will be Coffee and Tea refreshments available afterwards & maybe a presentation (Subject to building condition).

Please park in the carpark & if not don't block any drives.

Course - M102D

Plessey Checks --Earth Balance - Three Horse Shoes - Nelson Industrial Estate

Plessey Checks --Earth Balance - Three Horse Shoes - Nelson Industrial Estate 10 Miles START at power cable pole DP14 on the A192, approximately 30 metres east of Plessey Checks Roundabout. Proceed to Crowhall Lane Roundabout. Continue straight on (second exit) to the Three Horseshoes Roundabout. Take the second exit onto slip road and then onto A189. Proceed along A189 to the second exit, marked Earth Balance. Stay in right lane to join the A1147. Continue bearing right under A189 and onto B1331. Continue around B1331 to re-join A189 Southbound. Proceed South along A189 to take the second exit onto the Three Horse Shoes Roundabout. Proceed to roundabout and take the third exit back onto the A192. Continue over Crowhall Lane roundabout and on to Plessey Checks roundabout. Take first exit, left off Plessey Checks roundabout, on the A1068 Southbound until first left into Nelson Way. Proceed to the FINISH line at the drain, 10 meters beyond lamp post 1771CR, approx half a mile along Nelson Way.

Road surface conditions.

- 1. A192 Eastbound has potholes from Plessey Checks.**
- 2. A192 approach to 3 Horseshoes roundabout has several pot holes.**

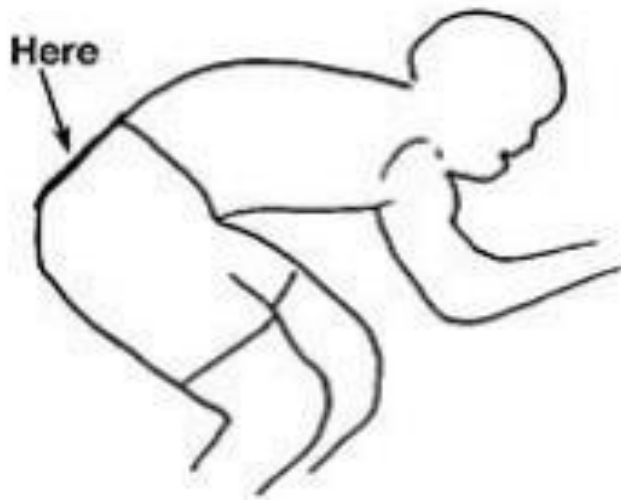
ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.

Numbers and Results

All riders must sign the “sign on sheet” when collecting their numbers and must sign out again when returning numbers after their race. Please make sure your number is placed correctly on jerseys/skinsuits to help time timekeepers. If the timekeepers are unable to read your number then your time may be void.



Below is a diagram for positioning your number on jerseys/skinsuits.



Riders please note.

A WORKING FRONT & REAR LIGHT MUST BE FIXED TO THEIR MACHINE PLUS WEARING A HELMET ARE NOW COMPULSORY TO START A CTT EVENT.

All riders are responsible for their own safety.
You must obey the rules of the road and obey
all traffic signs, signage and direction signs.

It is your responsibility to ensure that your machine is roadworthy and that you ride safely
at all times.

You must look ahead and not ride with your head down.

You must not take pace or shelter from any other vehicle or competitor (no drafting).

Failure to comply with the above may lead to disciplinary action being taken.

No warming up on the course once the race has started or dismounting in the finish
area.

NTR M102D Prize list

1st Male £30.	1st Female £30.
2nd Male £20.	2nd Female £20.
3rd Male £10.	3rd Female £10.

1st V40. V50. V60 & V70 - £20 each .

1st Male	Road Bike £30.
1st Female	Road Bike £30.

1st Juvenile	£20.
2nd Juvenile	£10.

1st Junior	£20.
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1st Male Team	£30 – (£10 per rider).
1st Female Team	£30 – (£10 per rider).

1st Male NTR £15.

1st Female NTR £15.

**1 Rider 1 prize (Highest prize will be awarded)
except for Team prizes.**