

**North Tyneside Riders  
Presents**

**M50 Open Time Trial**

**To be held on Sunday 23<sup>rd</sup> June 2024**

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

**Event Secretary**

**Ian Gallon  
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**Time keepers, Peter & Frances Schultz.**

**1<sup>st</sup> rider is off at 7-31 am.**

**Could All riders please note:**

**A WORKING FRONT & REAR LIGHT PLUS A  
HELMET ARE NOW COMPULSORY TO START**

**A CTT EVENT**

**HQ – Cramlington Town FC.**

Ormston Street, East Hartford, Cramlington, NE23 3BE.

The HQ will be open at 6.30am to sign on & numbers will be available from then onwards.

There will be Coffee & tea refreshments available afterwards & a prize presentation.

There will be plenty of parking available in the car park or in the overflow car park.

**M50 Course**

**Plessey Checks - Woodhorn- Amble - Woodhorn -Plessey Checks -  
Earth Balance - Three Horseshoes roundabout.**

START. At power cable pole DP14 on the A192, approximately 0.24 mile east of Plessey Checks. 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 North on the A189 to North Seaton/Sandy Bay roundabout, proceed straight over (second exit) and on to Woodhorn roundabout. Proceed straight over (second exit) to mini roundabout. Take first exit onto A189. At Linton roundabout, take third exit onto A1068. Continue on A1068 to Widdrington roundabout, where straight on (second exit) remaining on the A1068. Continue until encircling mini roundabout before Amble (19.75 miles), to retrace route south bound on the A1068. Follow A1068 all the way back through Widdrington to Linton roundabout. Take first exit to retrace route via A189 to Woodhorn and then North Seaton/Sandy Bay roundabouts. Continue along A189 until slip road at Three Horse Shoes roundabout/A192. Take third exit onto A192 and proceed over Crowhall Lane roundabout (second exit) and follow A192 until Plessey Checks. At roundabout take first exit onto A1068 proceeding to the Bassington roundabout. Staying right, encircle the roundabout taking third exit to return North on A1068. Continue to Plessey Checks. At the roundabout, take the 3rd exit to join A192 and the start of second shorter lap. Proceed as first lap to A189, via Crowhall Lane roundabout, to Three Horse Shoes, taking second exit 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 second exit onto the Three Horse Shoes Roundabout. Proceed to roundabout and take the third exit back onto the A192. Continue over Crowhall Roundabout and to FINISH at small lay-by .22miles before Plessey Checks.

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

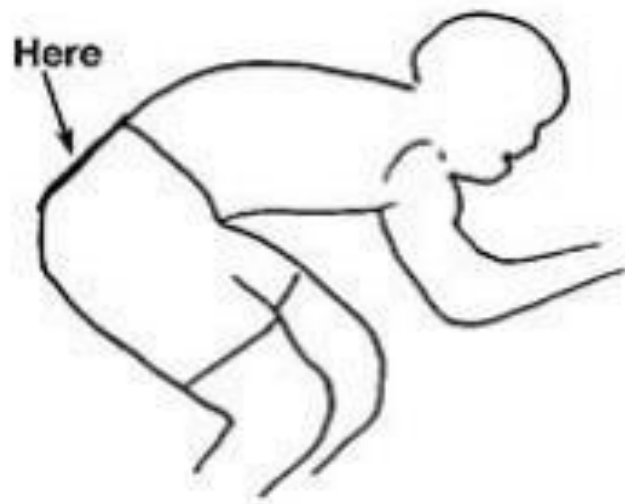
## Numbers and Results

All riders must sign the “signing on sheet” when collecting their numbers and must sign out again when returning their numbers after their race.

Please make sure your number is placed correctly on jerseys/skinsuits to assist time timekeepers.

If the timekeepers are unable to read your number then the time may be void.

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



**Riders Please note:**

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EVENT.**

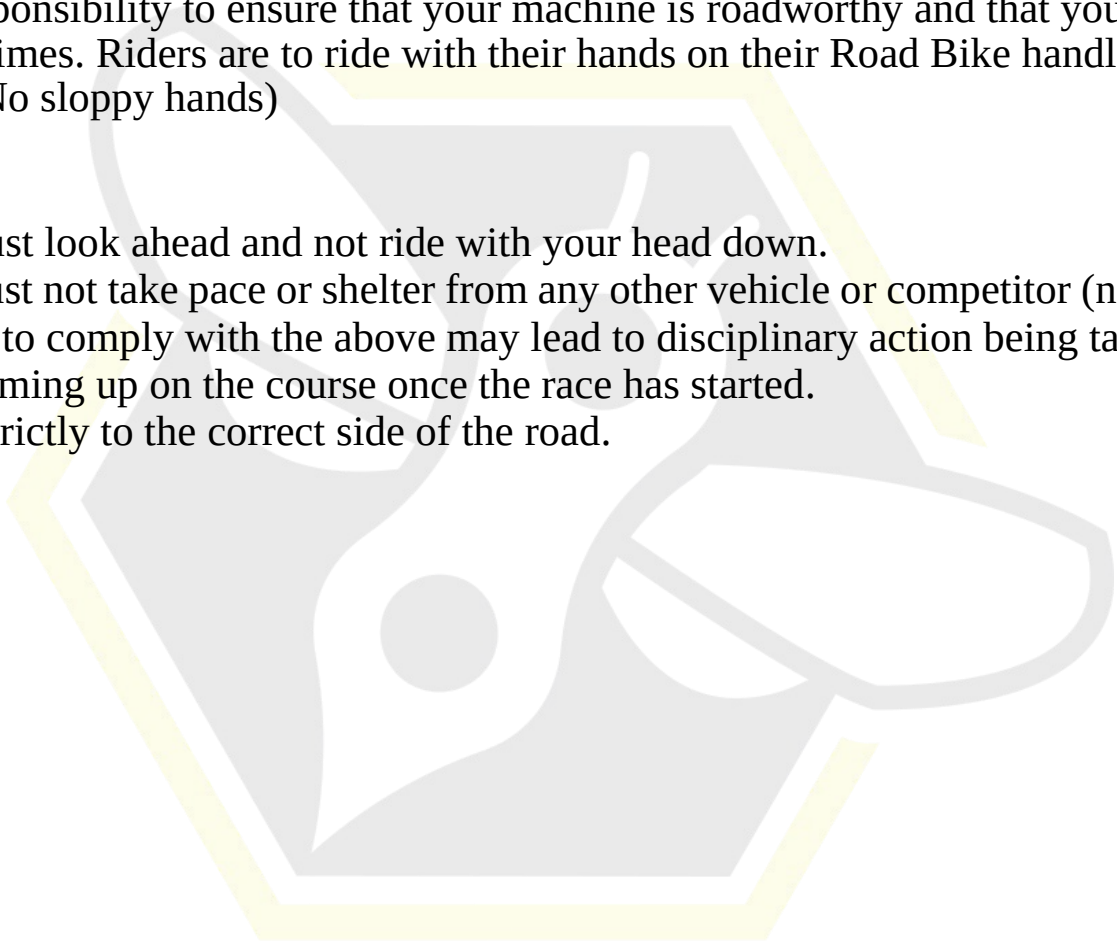


**All riders are responsible for their own safety.**

You must obey the rules of the road and obey all traffic rule & regulations.

It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times. Riders are to ride with their hands on their Road Bike handlebar at all times. (No sloppy hands)

- 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.
- Keep strictly to the correct side of the road.



## M50 TT Prize List.

**1<sup>st</sup> Open £30.**

**2<sup>nd</sup> Open £20.**

**3<sup>rd</sup> Open £10.**

**1<sup>st</sup> Female £30.**

**2<sup>nd</sup> Female £20.**

**3<sup>rd</sup> Female £10.**

**Open Road bike – 1<sup>st</sup> £30. 2<sup>nd</sup> £20. 3<sup>rd</sup> £10.**

**Female Road bike – 1<sup>st</sup> £30. 2<sup>nd</sup> £20. 3<sup>rd</sup> £10.**

**Vets. 1<sup>st</sup> V40 £20.**

**1<sup>st</sup> V50 £20.**

**1<sup>st</sup> V60 £20.**

**1<sup>st</sup> V70 £20.**

**1 rider 1 prize (highest prize will be awarded).**