



## HOUGHTON CYCLING CLUB'S

Open 10 Mile Time Trial

Sunday 25th August 2024

Course: M1010B

**First Rider: 07:01am**

Timekeepers: Dave Clark & Sharon Dyson

Event Secretary: Stephen Boxall, 57 Lobley Hill Road, Gateshead, NE8 4XB

Email: [sboxall80@gmail.com](mailto:sboxall80@gmail.com)

Tel: 07746949362

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.



**Event Sign On / Event Headquarters – Bowburn Youth Centre, Durham Road, Bowburn. DH6 5AN**

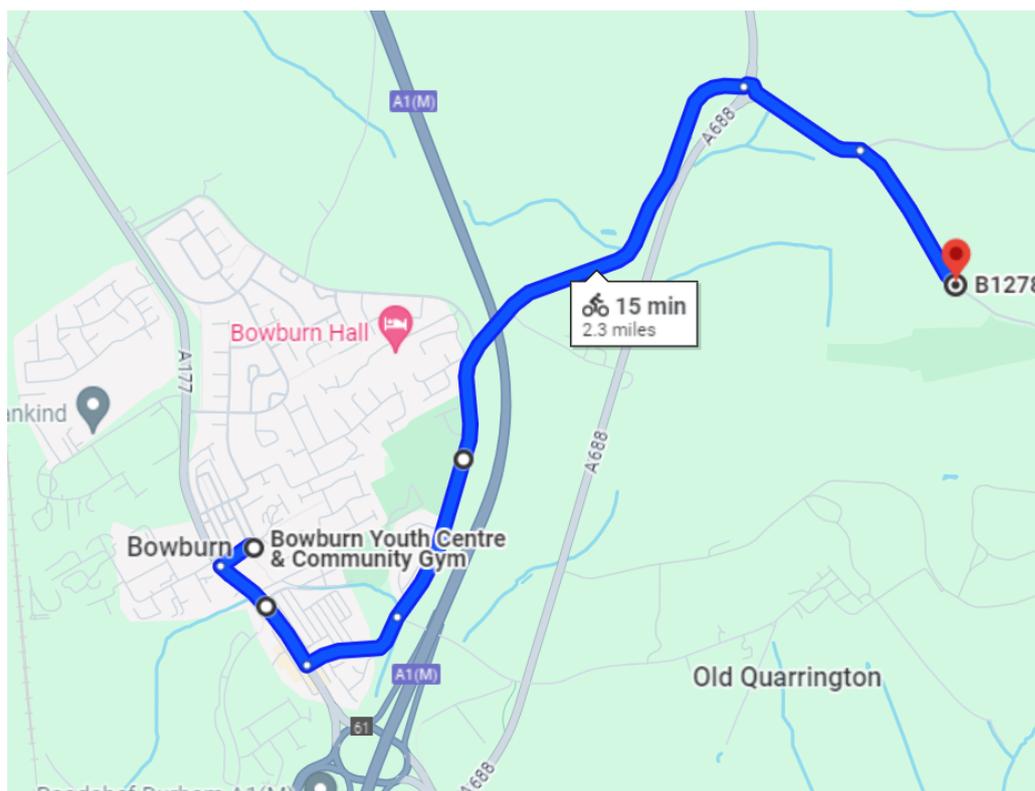
**\*\*\* Please note this year we are using the Youth Centre and NOT the Community Centre as this is booked for a different event.**

**Please do not park at the Community Centre\*\*\***

Numbers and sign on are at Bowburn Youth Centre from approximately 06:30. Remember to sign back out and hand in your race number once you have completed the course or you will be recorded as a DNF on the results sheet.

There will be a prize presentation after the event along with refreshments.

**From the Youth Centre you can follow the below route to the start:**



Please do not ride on the course to access the start or to return to your car if there are other riders on the course. Please note it is 2.3 miles to get to the start without riding on the course – ensure you leave enough time to get there. To return to Bowburn Community Centre cross over the road when you have finished and ride on the cycle path before you turn right at the first roundabout:



## Road Bike

To be considered for the Road Bike Category your bike needs to comply with the following rules:

### 29. Road Bike Criteria (Moved from Regulation 14, 14I - Section: Competitors)

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars

## Course Details

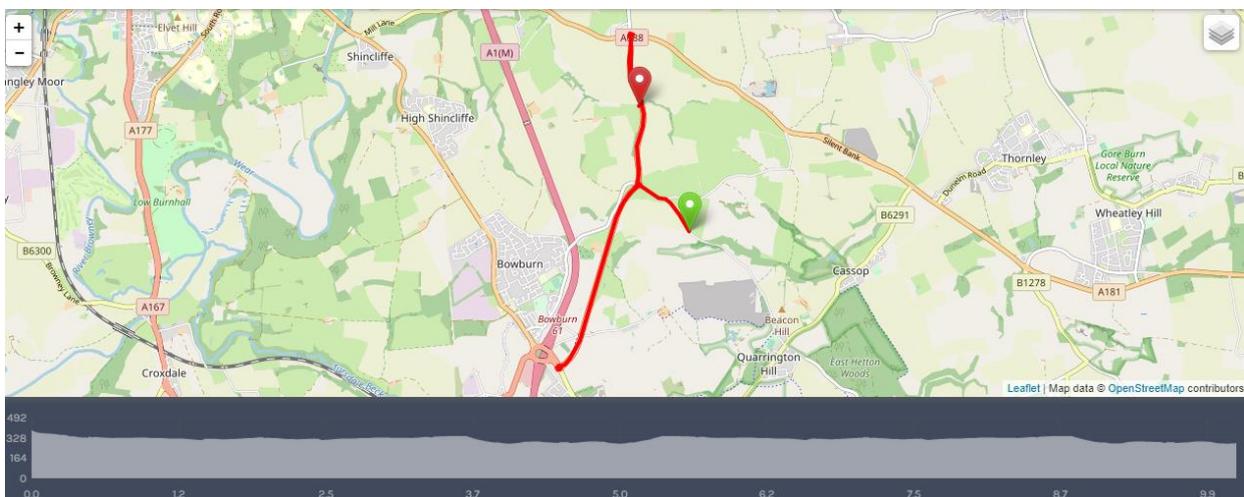
START at farmer's gate on the minor Quarrington Hill road approximately a ½ mile east of the A688 single Carriageway road. Proceed to the Cassop Moor roundabout junction with the A688 and take the first exit left to join the A688 southbound and the beginning of the course circuit. Continue south to the B6291 roundabout near to the A1(M) junction 61. Encircle the roundabout and take the third exit onto the A688 northbound and continue to the Cassop Moor roundabout. Straight on to the A181 Durham to Wheatley Hill roundabout. Encircle the roundabout and take the fourth exit to re-join the A688 southbound. Continue south to the Cassop Moor roundabout and the completion of one circuit.

Repeat the circuit to FINISH on the A688 southbound approximately ½ mile south of the A181 Durham to Wheatley Hill roundabout at the beginning of the steel barrier just past a farmer's gate.

If needed, please familiarise yourself with the course using the scroll function on the CTT

website: <https://www.cyclingtimetrials.org.uk/course-details/m1010b>

[HCC 10MM TT 2016 | Strava Ride Segment in Durham, United Kingdom](#)





### **Course Safety**

1. Please TAKE CARE negotiating the three roundabouts on the course. It is not recommended that they are ridden in the aero bars.
2. Once past the finish line please TAKE CARE crossing the road to join the cycle path on the way back to the HQ.

### **Rider Instructions**

- No competitor shall be allowed to start unless they have affixed to their bike a working FRONT AND REAR light (either constant or flashing). The front light should be WHITE and the rear light RED. Lights should be illuminated and clearly visible to other road users.
- No competitor shall be allowed to start unless they are wearing a properly affixed helmet of hard/soft shell construction conforming to recognised safety standards.
- No U Turns to be made by riders in the vicinity of the Timekeeper at the START or FINISH. Once finished, carry on riding up the slip road to the Three Horseshoes roundabout and return to HQ.
- No warming up on the course once the event has started.
- 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.
- Head down riding is strictly forbidden.
- Please shout your number as you pass the Timekeeper on the finish line.
- 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 to be clearly visible from the rear when the rider is in his/her normal riding position



## Additional Notes

- Parental consent forms will be available for all under 18s at the start and must be filled in by the parent before the rider can start.

## 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 - These will be awarded on a one rider one prize basis

- 1<sup>st</sup> Female - £20
- 2<sup>nd</sup> Female - £15
- 1<sup>st</sup> Open – £20
- 2<sup>nd</sup> Open - £15
- 1<sup>st</sup> Junior - £20
- 1<sup>st</sup> Vet on AAT - £20
- 1<sup>st</sup> Female Road bike -  
£20
- 1<sup>st</sup> Open Road Bike  
£20

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



Number	Start Time	Firstname	Lastname	Club	Classification	Category	Machine
3	07:03:00	Dawn	Elliott	Houghton CC	Female	Veteran	Road Bike
4	07:04:00	Katrina	Robson	Wearside Triathlon	Female	Veteran	TT Bike
5	07:05:00	David	Robinson	EMC Cycling	Open	Veteran	TT Bike
6	07:06:00	Andrew	Bell	Wearside Triathlon	Open	Veteran	TT Bike
7	07:07:00	Duncan	Craig	South Shields Velo Cycling Club	Open	Veteran	Road Bike
8	07:08:00	Dave	Norman	Wearside Triathlon	Open	Veteran	TT Bike
9	07:09:00	Richard	Johnstone	North Shields Polytechnic Club	Open	Veteran	TT Bike
10	07:10:00	Stephen	Boxall	Houghton CC	Open	Veteran	TT Bike
11	07:11:00	Michael	Albert	Wearside Triathlon	Open	Veteran	Road Bike
12	07:12:00	Allan	Card	South Shields Velo Cycling Club	Open	Veteran	TT Bike
13	07:13:00	Stephen	Kerr	Sunderland Clarion	Open	Veteran	Road Bike
14	07:14:00	Lester	Grant	Durham City Velo	Open	Senior	Road Bike
15	07:15:00	Frank	Devlin	South Shields Velo Cycling Club	Open	Veteran	Road Bike
16	07:16:00	Keith	Elliott	Houghton CC	Open	Veteran	Road Bike
17	07:17:00	Lee	Williams	North Tyneside Riders CC	Open	Veteran	TT Bike
18	07:18:00	Barry	Holyoak	South Shields Velo Cycling Club	Open	Veteran	Road Bike
19	07:19:00	David	Goodwin	Endurance Academy	Open	Veteran	Road Bike
20	07:20:00	Glen	Rutherford	Wearside Triathlon	Open	Veteran	TT Bike
21	07:21:00	Andrew	Tough	Coalfields Triathlon Club	Open	Veteran	TT Bike
22	07:22:00	Myles	Johnston	Southampton University Road Cycling Club (SURC)	Open	Espoir	TT Bike
23	07:23:00	Richard	Napper	Sitwell Cycling Club	Open	Veteran	TT Bike
24	07:24:00	Andy	Delaney	Northumbria Police C.C.	Open	Veteran	TT Bike
25	07:25:00	Shaun	Tyson	Protech Velo	Open	Veteran	TT Bike
26	07:26:00	Mikey	Steele	Wearside Triathlon	Open	Senior	TT Bike
27	07:27:00	Ian	Gallon	North Tyneside Riders CC	Open	Veteran	Road Bike
28	07:28:00	Graham	Thompson	Protech Velo	Open	Veteran	Road Bike
29	07:29:00	Paul	Robson	Wearside Triathlon	Open	Veteran	TT Bike
30	07:30:00	Zach	Haigh	Team Kirkley Cycles	Open	Senior	TT Bike
31	07:31:00	Steven	Burns	Houghton CC	Open	Veteran	TT Bike
32	07:32:00	Neil	Wilkinson	Blaydon CC	Open	Veteran	TT Bike
33	07:33:00	Kevin	Hall	Protech Velo	Open	Veteran	TT Bike
34	07:34:00	Lee	Morley	Hartlepool CC	Open	Veteran	TT Bike
35	07:35:00	Christopher	Isats	Berwick Wheelers Cycling Club	Open	Veteran	TT Bike
36	07:36:00	Wayne	Coates	Team Bottrill	Open	Veteran	TT Bike
37	07:37:00	Matt	Hill	Zurbaran Racing	Open	Veteran	TT Bike
38	07:38:00	Daniel	Kane	Muckle Cycle Club	Open	Senior	TT Bike
39	07:39:00	Russ	Richardson	Zurbaran Racing	Open	Veteran	TT Bike
40	07:40:00	Lewis	Wake	Team Kirkley Cycles	Open	Senior	TT Bike