



Gosforth Road Club 25 Mile Open Time Trial

Incorporating Northumberland & Durham Cycling Association 25 Mile Championship (Les Whellens Trophy)

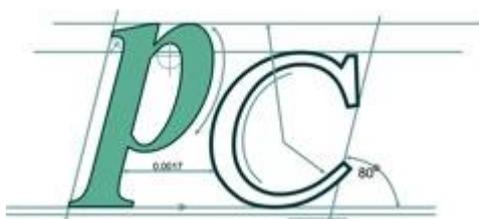
Sunday 9th July 2017 10.00 am

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

Northumberland & Durham Cycling Association Best All Rounder 2017

This event is a counting event in the N&DCA BAR for 2017. In order to be eligible for BAR points and awards your club or team or you as an individual must have affiliated to the N&DCA before the day of the race. For information on how to do this, visit <http://nanddca.org.uk/>

Event Sponsor: Padon Contracts



Organiser / Event Secretary :

Richard Exley, 82 Lodore Road, High West Jesmond, Newcastle NE2 3NR
richexley211@btinternet.com 07712 183201

Timekeeper: Peter Schultz

Assistant Timekeepers: Frances Schultz , Sharon Dyson

HQ: Stamfordham Village Hall.

Location map here:

<http://www.stamfordhamvillagehall.co.uk/location.htm>

HQ will be opened at 8.30 am and sign on and numbers will be available from 9.00 am. **Please return numbers and sign off at the HQ afterwards.**

Please park considerately in the Village. Stamfordham is used to hosting cycle events and all riders are asked to help maintain the sport's cordial relationship with the residents. Do NOT on North and South Side residential roads either side of it. There are lay-bys next to the HQ and the First School, and further parking in lay-bys at the Start area (do not obstruct the start line vicinity).

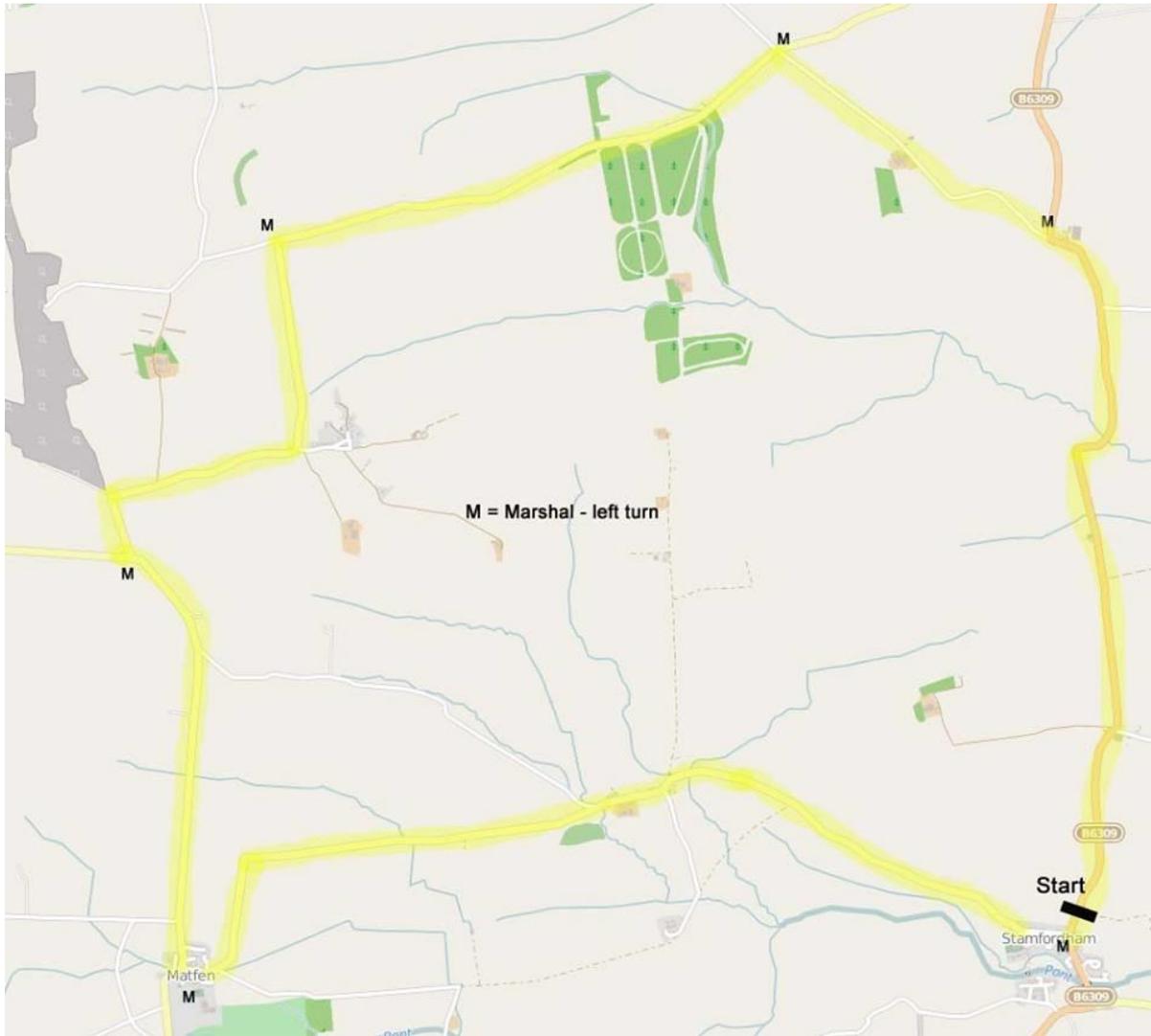
NB There are ample toilet and changing facilities in the HQ.

Refreshments for riders will be available in the HQ from 11 am onwards and the Presentations will take place as soon as possible after the last rider has finished (Approx 12.15).

Description of Course M2511

Stamfordham - Black Heddon - Ingoe - Matfen – Stamfordham 25 Miles

Start at road race finish line on hill top ½ mile north of Stamfordham on the B6309. Proceed north to Black Heddon (2.3m & 14.9m), and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left (5.5m & 18.1m) towards Ingoe left to Matfen (8.7m & 21.3m), left to Stamfordham, and left towards Black Heddon and continue past Start to commence 2nd lap (12.6 m). Finish at end of 2nd lap north of Stamfordham on the B6309 at the Stamfordham village sign approximately 200 yards south of the Start.



2 laps

Safety notes:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

Riders:

- Take extra care at road junctions, on descents, and when passing through villages.
- In wet conditions, descents and sharp bends can be particularly hazardous and should be negotiated with extreme care.
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- Take care passing through the Start area when commencing 2nd lap.
- Keep to the left at all times, and especially so on narrow roads with right hand bends.
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.

All riders are responsible for their own safety:

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. In accordance with Regulation 15 ALL JUNIOR & JUVENILE competitors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

- You must obey the rules of the road and obey all traffic signs, signage and direction indicators
- 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

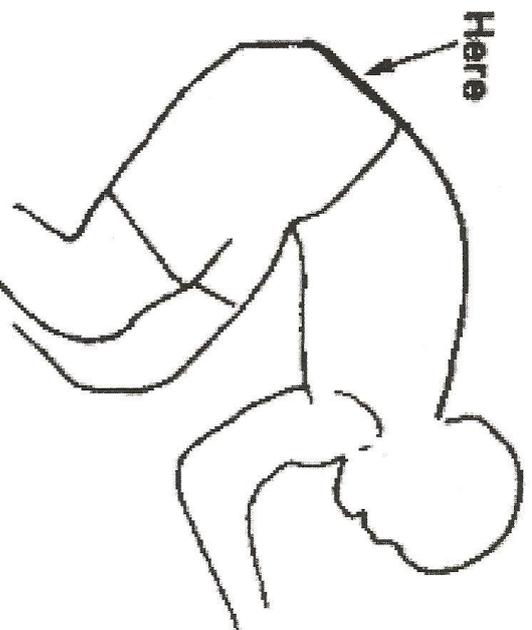
Body Numbers **NOT JUST IDENTIFICATION**

THEY are HI VISIBILITY for YOUR SAFETY

TO be SEEN by VEHICLES BEHIND YOU

If number not seen by Finish Timekeeper, you may not be given a time

Body Numbers should be like this



The body number shall be centrally positioned below the waist so as to be clearly visible from the rear when in a normal riding position.

Position number as shown.

Prize List

(One rider, one prize, except for Team)

Fastest Overall

First £30. Second £20. Third £10

The Les Whellens Memorial Trophy will be awarded to the highest placed NDCA affiliated rider at the end of season awards evening.

Women

First £30 Second £20 Third £10

Veterans

First v40+ £15

First V50+ £15

First V60+ £15

Junior

First £15

Road bike

First £30 Second £20 Third £10

NB in order to be Eligible for the Road bike prize category, your bicycle must not be fitted with Tri- bars or clip-on handlebar extensions, and no disc wheels are permitted. Riders must not wear time trial specific aero helmets, though any helmet permissible in a road race will be allowed. You must notify whether you are riding a road bike at sign-on when collecting your number- put 'R' next to name on sign on.

Team of 3 (aggregate time)

First £30. Second £24. Third £18

Start List

Start Number	Start_time		Club	gender	category
1	10:01:00	Paul	Hague Gosforth RC	Male	Veteran
2	10:02:00	Keith	Sibbald Cramlington CC	Male	Veteran
3	10:03:00	Stephen	Magrath Blaydon CC	Male	Senior
4	10:04:00	Ronnie	Thompson Derwentside CC	Male	Veteran
5	10:05:00	Gregory	Bassam London Phoenix CC	Male	Senior
6	10:06:00	Nick	Badcock Allen Valley Velo	Male	Senior
7	10:07:00	Colin	Atkinson Muckle Cycle Club	Male	Veteran
8	10:08:00	Mark	Ambury Cramlington CC	Male	Veteran
9	10:09:00	gareth	davies Barnesbury CC	Male	Veteran
10	10:10:00	Elliot	Gowland Team Bottrill / HSS Hire	Male	Veteran
11	10:11:00	Michael	Todd Derwentside CC	Male	Senior
12	10:12:00	Jennifer	Holland Tyne Tri	Female	Veteran
13	10:13:00	martin	heardman Gosforth RC	Male	Veteran
14	10:14:00	Jen	McMahon Muckle Cycle Club	Female	Senior
15	10:15:00	michael	openshaw Cestria C.C.	Male	Veteran
16	10:16:00	Paul	Robson Houghton CC	Male	Veteran
17	10:17:00	Gemma	Hutchins Blaydon CC	Female	Senior
18	10:18:00	David	Milton Muckle Cycle Club	Male	Veteran
19	10:19:00	Hannah	Baker North Tyneside Riders CC	Female	Senior
20	10:20:00	Craig	Fenwick Team Swift	Male	Veteran
21	10:21:00	Dan	Meggison Barnesbury CC	Male	Senior
22	10:22:00	Daniel	Dixon Gosforth RC	Male	Juvenile
23	10:23:00	Caroline	Golightly Sunderland Clarion	Female	Veteran
24	10:24:00	Raymond	Bell Derwentside CC	Male	Veteran
25	10:25:00	Simon	Gibbs Tyneside Vagabonds CC	Male	Veteran
26	10:26:00	David	Pritchard Kennoway Road Club	Male	Veteran
27	10:27:00	Philip	KENNEL Gosforth RC	Male	Veteran
28	10:28:00	Natalie	Batey Tyne & Wear Fire & Rescue Service CC	Female	Senior
29	10:29:00	Carrie	Brookes North Tyneside Riders CC	Female	Veteran
30	10:30:00	Harry	Walker Team Swift	Male	Veteran
31	10:31:00	Neil	Pendrich Edinburgh Road Club	Male	Veteran
32	10:32:00	peter	macklam Leeds St Christophers	Male	Veteran
33	10:33:00	Venda Louise	Pollock Breeze Bikes RT	Female	Senior
34	10:34:00	David	Cole Derwentside CC	Male	Veteran
35	10:35:00	Kris	Whitelaw Muckle Cycle Club	Male	Senior
36	10:36:00	patrick	deane Tyneside Vagabonds CC	Male	Veteran
37	10:37:00	Jamie	Ruddell Houghton CC	Male	Senior
38	10:38:00	Jennifer	Batey EDCO Continental	Female	Senior
39	10:39:00	Ian	Carter Gosforth RC	Male	Veteran
40	10:40:00	Collin	Humphrey Derwentside CC	Male	Senior
41	10:41:00	Darren	Stow Cramlington CC	Male	Veteran
42	10:42:00	Peter	Mcewan Breeze Bikes RT	Male	Senior
43	10:43:00	Bev	Martin GS Metro	Female	Veteran
44	10:44:00	Paul	Lucas Houghton CC	Male	Veteran
45	10:45:00	Adam	Wilson Cramlington CC	Male	Senior

46	10:46:00	Neil	Parkin	Derwentside CC	Male	Veteran
47	10:47:00	Nicholas	Stevenson	Blaydon CC	Male	Veteran
48	10:48:00	Christian	Roberts	Allen Valley Velo	Male	Veteran
49	10:49:00	Stephen	Knight	Ryton Tri Club	Male	Senior
50	10:50:00	Nev	Martin	GS Metro	Male	Veteran
51	10:51:00	Tim	Nichol	Derwentside CC	Male	Senior
52	10:52:00	Mark	Herbert	Team Cystic Fibrosis	Male	Veteran
53	10:53:00	Graeme	Dawson	Gosforth RC	Male	Veteran
54	10:54:00	Paul	Mitchell	Blaydon CC	Male	Veteran
55	10:55:00	Sam	Johnson	Wearside Triathlon	Male	Senior
56	10:56:00	darren	williamson	Muckle Cycle Club	Male	Veteran
57	10:57:00	Mark	Tully	Sunderland Clarion	Male	Senior
58	10:58:00	Richard	Cleathero	North Racing	Male	Senior
59	10:59:00	Stephen	Cummings	Blaydon CC	Male	Veteran
60	11:00:00	Adam	Wild	Tyneside Vagabonds CC	Male	Espoir
61	11:01:00	Peter	Herdman	Blaydon CC	Male	Veteran
62	11:02:00	Adam	Jarps	Manilla Cycling	Male	Junior
63	11:03:00	Paul	Wright	Blaydon CC	Male	Senior
64	11:04:00	Mike	Woodison	GS Metro	Male	Senior
65	11:05:00	Ross	Walton	Blaydon CC	Male	Senior
66	11:06:00	Sebastian	Stockbridge	Blaydon CC	Male	Senior
67	11:07:00	david	Linsley	Tyne & Wear Fire & Rescue Service CC	Male	Veteran
69	11:09:00	Clive	Rae	Gosforth RC	Male	Veteran
70	11:10:00	Carl	Donaldson	GS Metro	Male	Senior
71	11:11:00	Terry	Wilkinson	Tyne & Wear Fire & Rescue Service CC	Male	Senior
72	11:12:00	David	Swainson	Derwentside CC	Male	Veteran
73	11:13:00	Lee	Statham	Houghton CC	Male	Veteran
74	11:14:00	Gavin	Husband	Gosforth RC	Male	Veteran
75	11:15:00	chris	mather	Derwentside CC	Male	Veteran
76	11:16:00	Steven	Craggs	Blaydon CC	Male	Senior
77	11:17:00	David	Sparrow	Cestria C.C.	Male	Veteran