



CYCLING TIME TRIALS

the national governing body for CYCLING time trials
www.ctt.org.uk



1937 - 2002

HCC Open 25 TT 2019

Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Houghton CC 25 23rd June 2019 ~ START SHEET

HQ, sign-on/off Merton Hall, Merton Way Ponteland NE20 9PX, from 6:30 am

1st rider off at 7:31 am

M254 course ~ Ponteland - Kirkwhelpington - Ponteland

25 Miles

Start 1 mile north of Ponteland on the A696 100 yds north of Dissington Lane End. Proceed via Belsay (Riders take CARE) to Kirkwhelpington on the A696. TURN by turning right into minor road to make safe U turn in minor road (Riders take CARE) and proceed south via Belsay (Riders take CARE) to finish 2 miles north of Ponteland at the old (blocked) gate to Cold Coats Moor farm.

Safety notes:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users – Plenty of parking a few metres from Merton Hall to rear and front
- No U-turns to be made in the vicinity of the timekeepers
- Position body number in line with CTT regulations

Riders:

- No warming up around start area
- Numbers and signing on will be at Merton Hall from 6:30am
- Take care when descending to start from the Heather Lad, there will be no opportunity to warm up after descent as START is immediately at bottom of hill and no U-turns are permitted.
- **Remember the regulation to sign-off and return number, failure to signoff will result in DNF**
- All riders are responsible for their own safety
- 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 any of the above may lead to disciplinary action being taken
- No warming up on the course once the race has started
- 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.
- All competitors under the age of 18 years MUST wear a hard shell helmet.
- It is strongly 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.

Prize giving (as soon as result board verified by Finish timekeeper), tea/coffee and cake/biscuits at Merton Hall after event.

First rider off at **7:31 am**

Prize list

	Men	Women
1st	£50	£50
2nd	£35	£35
3rd	£25	£25
1st Vet	Men	Women
40+	£25	£25
50+	£25	
60+	£25	
70+	£25	

Course Record (Currently 52:07)

£50

Event Secretary: Harry Venables, 21 The Meadows, West Rainton, Houghton le Spring, Durham, DH4 6NP.

Tel: 0191 5840264 Mobile: 07554518086

Time keepers

Start – Dave Clark & Harry Venables

Finish - Dave Clark

Start & Finish Marshall's – David Cummins

Belsay – Bob Smith

Turn Marshal – Eddie McGourley

Thanks to all Marshals & Helpers