

Cestria Cycling Club

Open 9 Mile Time Trial

To be held on Saturday 26th June 2021 at 9am

This event is being promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

This is a counting event in the Northumberland & Durham Cycling Association BAR.

Event Organiser

Rick Mitford
6 Herrington Close
Langley Park
Durham
DH7 9FS
Tel : 07902334716
e-mail : **rick.mitford@chemoxy.com**

Timekeeper

Frances Schultz

Prizes

	1st	2nd
1 st Overall : Female	£40	£20
1 st Overall : Male	£40	£20
1 st Road Bike : Female	£20	
1 st Road Bike : Male	£20	
1 st V40 : Female	£15	
1 st V40 : Male	£15	
1 st V50 : Female	£15	
1 st V50 : Male	£15	
1 st V60	£15	
20th (20 years since the first Terry Proctor Memorial TT)	£15	
35th (35 years since Cestria CC was founded in 1986)	£15	
Last Placed Rider	£12 (Refund of entry fee to enter another event!)	

Riders who wish to be eligible for the Road Bike prize must sign the separate “Road Bikes” sheet in addition to the event sign-on sheet and must comply with the Road Bike category rules of the N&DCA BAR which prohibit the use of tri bars, “TT” helmets, helmets with visors, “trip strips” and wheels deeper than 65mm.

For the definitive rules for this please refer to the N&DCA Rule 2.8

<https://www.nanddca.co.uk/rules/>

Fastest rider from Cestria CC : The Terry Proctor Trophy, to be held for 1 year

One rider – One prize. In the event of a rider being eligible for more than one cash prize, the higher value prize will be awarded. Prizes of equal value will be awarded in the order listed above.

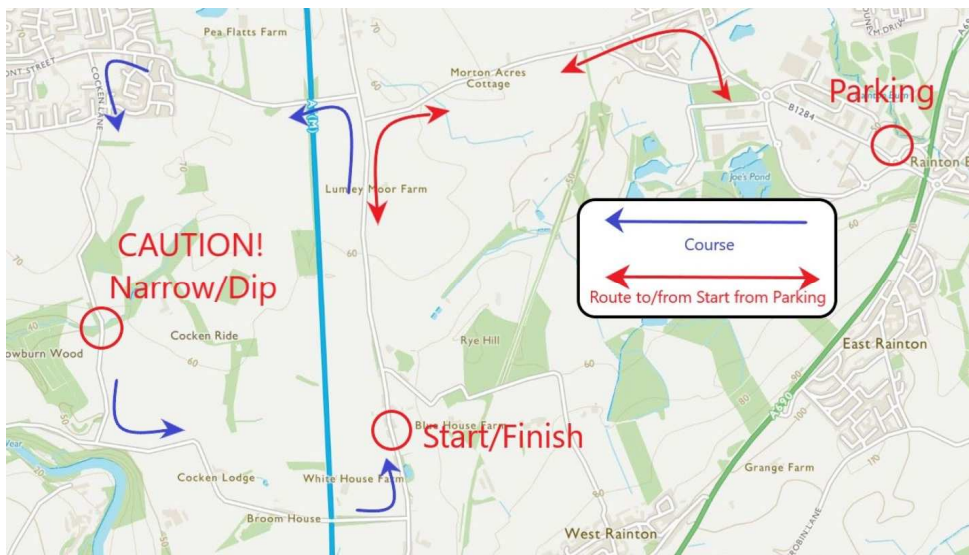
All prizes will be posted or BAC transferred to winners after the event

Course Details M9 - Leamside Circuit

START at telegraph pole 103 in narrow lay-by just south of the Three Horse Shoes pub, Pithouse Lane, Leamside situated between West Rainton and Great Lumley. Proceed north to turn left on to minor road in the direction of Great Lumley. Continue west over the A1(M) to Great Lumley to turn left onto Cocken Lane at the village school. Proceed south to the T-junction with the minor Cocken Road at Finchale Cottage. Left and east on minor Cocken Road to cross over the A1(M) to the T-junction with the minor Pithouse Lane. Turn left on to minor Pithouse Lane and proceed north to the starting point and the completion of one circuit. Repeat the circuit to FINISH at the starting point. **Remember that you have to complete 2 laps!**

Strava Segment : <https://www.strava.com/segments/1241664>

You are encouraged to familiarize yourself with the course so that you know the locations where you may need to take special care or caution. No warming up on the course after the event starts



Unlike in previous years, there is **No Indoor HQ** for the event and **No Toilets**. Our usual venue is currently closed and was unavailable. **Parking, Sign-on/off & Numbers are at Rainton Arena.**

Postcode of Rainton Arena : DH4 5PH

Parking, Sign On & Numbers : Parking has been secured at the Rainton Arena. The car park will be manned by parking attendants who are being provided by and will represent the Arena. Please follow the instructions of the parking attendants when entering the car park, and during your stay. The car park is approximately 2.5 miles from the start. **Please give yourself plenty of time to ride to the start.**

Other than officials, please do not park anywhere on the course. Please do not park in the car park of the Three Horse Shoes public house (near the start). It looks nice and handy – but it's not worth the earful you'll get off the landlord and it could interfere with the event.

Toilets : There are none! Sorry about this but I could only secure the use of the car park. This is a very short event, so hopefully nobody will be caught short! It goes without saying that nobody should relieve themselves at the car parking area (note the above reference to car park attendants) or anywhere else where doing so might bring the sport or the organizing club into disrepute.

Course Specific Safety Information & Instructions

- Do not park anywhere on the course
- Do not park in the lay-by/roadside parking area which is near the start. This is for use by the timekeepers and officials who need to be there. This parking area also is used by local residents. There's a large car park available away from the course for all others.
- Do not park where you may cause an obstruction or across driveways
- Vehicles of competitors / officials / marshals / helpers must be parked safely and without hindrance to other road users.
- No U-turns in the vicinity of the start/finish area. During the event, please do not pass the start point travelling in the direction of the race unless you are actually racing. Any warming up should be done away from the finishing straight.
- Do not obstruct the view of the timekeeper at the start/finish. After finishing, continue riding and proceed to the parking area to sign out.
- There are two T-junctions on each lap at which you must **GIVE WAY** to vehicles approaching from the right. Marshals will be posted at each junction. The marshals will provide a visible presence only. They cannot and will not stop traffic and they will be under instructions to report any rider who fails to give way to a vehicle. It is unfortunate if you are slowed down as a result of complying with the highway code but it is far better than risking a collision or disqualification.
- Between Lumley village and the junction at Cocken Wood the road becomes narrower. There is a dip in the road where the tendency for a rider to hold the centre line can place him/her close to vehicles travelling in the opposite direction. It is difficult to see traffic coming into the dip from the other direction and if you have to make a steering correction you've not got much room to do so. **Be very careful at this dip.** **You are advised not to use aero-bars on this section of the course.**
- The final left turn on each lap is at a T-junction at the bottom of a gradual descent after crossing the motorway. Riders are unable to see traffic approaching from the right until they are almost at the give way line due to the hedges next to the junction. Take care. Make sure you are safe to make the turn **before** pulling out at this junction.
- Please shout out your number as you cross the line **for the final time on completing lap 2**
- After finishing, continue riding and proceed to the parking area to sign out. Remember that others will be still be on the course and approaching from behind
- When riding back to the car park, you will need to turn right at a junction on the course. Take great care at this junction and be aware of riders still competing – check behind you!
BEFORE MOVING OVER TO MAKE THE TURN, PLEASE CHECK THAT IT IS SAFE TO DO SO

Terry Proctor Memorial Trophy (Cestria CC Members only)

This event incorporates the Terry Proctor Memorial time trial and the Terry Proctor trophy will be awarded to the fastest rider from Cestria Cycling Club, to be held for 1 year.

Terry was a founding member of Cestria Cycling Club and was the Club Chairman for many years.

Prior to joining Cestria, Terry had associations with several other cycling clubs in the North East. He was also proprietor of Cestria Cycles in Chester-le-Street

General Rider Instructions Instructions

- Your machine must have a working rear light (flashing or constant) to be permitted to race **(No light no ride!)**.
- No U turns to be made by riders in the vicinity of the timekeeper at the start.
- Riders take extra care at junctions, turns, blind summits, on steep descents with bends, and through built-up areas.
- Riders must stay on the correct side of the road at all times. Do not cross the white centre line before or after turning.
- Head down riding is strictly forbidden.
- No dismounting by riders in finishing area.
- Please shout your number as you pass the finishing timekeeper.
- If you forget to sign out, you will be recorded as a “DNF” on the results sheet.
- 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 so as to be clearly visible from the rear when the rider is in his/her normal riding position.

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

COVID 19 Instructions

In compliance of the CTT Covid Risk Assessment and to minimise risk during the ongoing pandemic, there are some specific instructions and requirements. Please read carefully!

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms

An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.

All warm-ups should be done on the road – No Turbo Trainers are allowed in the Car Park

Riders MUST NOT gather in any way regardless of current guidelines in the car park, or elsewhere

Disposable numbers will be provided. Please take these home with you and dispose of them in an appropriate manner

Please bring your own safety pins to pin on the numbers

Riders must provide their own pen to sign on/off the race, NO pens will be provided. Use the hand sanitiser provided before and after signing on/off

Please report to the start line no more than 5 minutes before your designated start time. Adhere to the social distancing rule in force at the time of the event.

You cannot leave anything (bottles/clothing/children/pets/elderly relatives, etc) at the start/finish

There will be no pusher off - you must start with one foot on the ground. NO track stands!

DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the Car park and MUST pack away and leave immediately upon completion of the event

If you've still got any energy left after reading all of the instructions and guidance.....the following pages have the start sheet

Number	Start Time	Name	Club	Gender	Category	Age
1	09:01	Donna McBride	Cestria C.C.	Female	Veteran	V50
2	09:02	Peter Bennett	Coalfields Triathlon Club	Male	Veteran	V40
3	09:03	Stuart Raw	Bishop Auckland CC	Male	Senior	
4	09:04	Ellen Powell	Durham Triathlon Club	Female	Senior	
5	09:05	Neil Wilkinson	Blaydon CC	Male	Veteran	V50
6	09:06	Aleksandra Higson	Durham Triathlon Club	Female	Espoir	
7	09:07	David Robinson	Tyneside Vagabonds CC	Male	Veteran	V60
8	09:08	John Cantrill	Blaydon CC	Male	Veteran	V40
9	09:09	Shaun Brannan	Muckle Cycle Club	Male	Senior	
10	09:10	Mal Gray	Cestria C.C.	Male	Veteran	V40
11	09:11	Andrew Tough	Coalfields Triathlon Club	Male	Veteran	V40
12	09:12	Stuart Sinclair	Cestria C.C.	Male	Veteran	V40
13	09:13	Nicholas Stevenson	Wearside Triathlon	Male	Veteran	V40
14	09:14	Ian Walker	South Shields Velo Cycling Club	Male	Veteran	V60
15	09:15	David Swainson	Derwentside CC	Male	Veteran	V40
16	09:16	Stephen Hannah	Protech Velo	Male	Senior	
17	09:17	Terry Wilkinson	Barnesbury CC	Male	Senior	
18	09:18	Adele McAleer	Cestria C.C.	Female	Senior	
19	09:19	John Sample	Protech Velo	Male	Senior	
20	09:20	Ian Gaskins	Zurbaran Racing	Male	Veteran	V40
21	09:21	Kevin Hall	Sunderland Clarion	Male	Veteran	V50
22	09:22	Frank Devlin	South Shields Velo Cycling Club	Male	Veteran	V60
23	09:23	Gary Lawless	Muckle Cycle Club	Male	Veteran	V40
24	09:24	Clive Horton	Barnesbury CC	Male	Veteran	V50
25	09:25	Philip Kennell	GS Metro	Male	Veteran	V50
26	09:26	Romain Chuffart	Cestria C.C.	Male	Senior	
27	09:27	Lewis Hutton	Durham University Cycling Club	Male	Senior	
28	09:28	Stephen McAllister	Cestria C.C.	Male	Veteran	V40
29	09:29	Colin Atkinson	Muckle Cycle Club	Male	Veteran	V50
30	09:30	Tracey Sample	Alnwick & District Triathlon Club	Female	Veteran	V50
31	09:31	Daniel Kane	Muckle Cycle Club	Male	Senior	
32	09:32	Matt Ellis	North Tyneside Riders CC	Male	Veteran	V40
33	09:33	Steven Parsonage	Richardsons-Trek RT	Male	Senior	
34	09:34	Caroline Cunningham	North Tyneside Riders CC	Female	Veteran	V40
35	09:35	Carl Foreman	Muckle Cycle Club	Male	Senior	
36	09:36	Mick Chappel	North Tyneside Riders CC	Male	Veteran	V40
37	09:37	John Bowman	Muckle Cycle Club	Male	Senior	
38	09:38	Kenny McLellan	Cestria C.C.	Male	Veteran	V40
39	09:39	Helen Ballard	Tricademy	Female	Veteran	V40
40	09:40	Ian Dodds	Cestria C.C.	Male	Veteran	V50
41	09:41	Shaun Tyson	Protech Velo	Male	Veteran	V50
42	09:42	Andrew Stirling	Cestria C.C.	Male	Veteran	V40
43	09:43	Stephen Walton	Muckle Cycle Club	Male	Veteran	V40
44	09:44	Paul Tyler	Ferryhill Whs	Male	Veteran	V60
45	09:45	Craig Berry	Reifen Racing	Male	Veteran	V40
46	09:46	Barry Holyoak	South Shields Velo Cycling Club	Male	Veteran	V60
47	09:47	Chris Mather	Derwentside CC	Male	Veteran	V40
48	09:48	David Goodwin	Newcastle Cheviot CC	Male	Veteran	V50
49	09:49	Kris Atkin	Team Kirkley Cycles	Male	Senior	
50	09:50	Sarah Minto	North Tyneside Riders CC	Female	Senior	
51	09:51	Phil Cook	Velo Culture	Male	Veteran	V40
52	09:52	Andrew Thorp	North Racing	Male	Veteran	V40
53	09:53	Peter Stokoe	Reifen Racing	Male	Senior	
54	09:54	Sarah Wilkinson	Blaydon CC	Female	Veteran	V50
55	09:55	Simon Emsley	Derwentside CC	Male	Veteran	V40

Number	Start Time	Name	Club	Gend	Cat	Age
56	09:56	Ian Gallon	North Tyneside Riders CC	Male	Veteran	V50
57	09:57	Ross Walton	GS Metro	Male	Senior	
58	09:58	Chris Callan	Protech Velo	Male	Veteran	V40
59	09:59	James Meadows	Cleveland Wheelers CC	Male	Senior	
60	10:00	Paul Barrett	Wearside Triathlon	Male	Senior	
61	10:01	Ben Lane	GS Metro	Male	Veteran	V50
62	10:02	Adam Dunn	Cestria C.C.	Male	Senior	
63	10:03	Michael Lynch	Derwentside CC	Male	Veteran	V40
64	10:04	Barry Fordham	Cestria C.C.	Male	Veteran	V50
65	10:05	Nick Badcock	Team Kirkley Cycles	Male	Senior	
66	10:06	Raymond Haldane	Cestria C.C.	Male	Veteran	V60
67	10:07	Paul Robson	Protech Velo	Male	Veteran	V50
68	10:08	Stuart Cook	Cestria C.C.	Male	Veteran	V60
69	10:09	Hedley Fletcher	Blaydon CC	Male	Veteran	V40
70	10:10	Rob De'Giovanni	Muckle Cycle Club	Male	Senior	
71	10:11	Gavin Richardson	Sunderland Clarion	Male	Veteran	V40
72	10:12	Teri Bayliss	Sub Rosa	Female	Veteran	V40
73	10:13	Jack Rees	Ribble Weldtite Pro Cycling	Male	Senior	