



## HOUGHTON CYCLING CLUB PRESENTS

The N&DCA 25 Mile Championships

Sunday 27th June 2021

Course: M254

**First Riders: 7:31am**

Timekeepers: Dave Clark, Frances Schultz & Peter Schultz

Event Secretary: Lee Statham, 12 Aldsworth Close, Springwell Village, Gateshead. NE9 7PG

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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.



### **COVID19 – PLEASE READ CAREFULLY**

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- 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.
- An elevated resting heart rate or exceptionally quick to react heart rate during warmup 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.
- Riders should consider carrying a mobile phone with the organisers number saved in it, extra tubes (etc), a pump and basic tools. If you have a mechanical on course, contact the Organiser.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and leave immediately upon completion of the race.
- Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 1 metre+ social distancing rule.
- Riders will need to self-start, with one foot on the ground. NO track stands
- Remember, no rear working light (flashing or constant) NO RIDE. Riders MUST bring their own working light, marshals/timekeeper cannot provide a light.
- 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.

**DON'T FORGET - BRING A PEN, A REAR LIGHT, & SAFETY PINS**

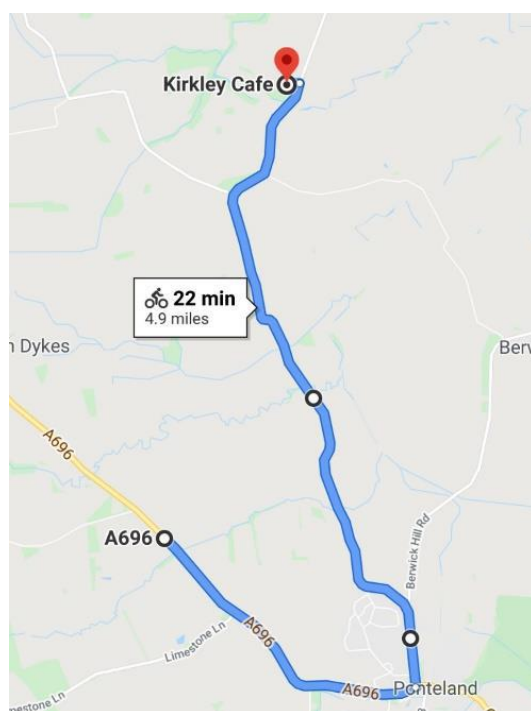


**Event Sign On / Event Headquarters – Kirkely Cycles. Thorneyford Farm, Kirkley, Ponteland. NE20 0AJ**

Sign on is at Kirkley Cycles from approximately 06:30. Numbers provided will be disposable.

Please use the parking facilities at Kirkley Cycles to prevent any hindrance to residents by parking elsewhere. No cars to be parked within the vicinity of the start / number pick up area. If you do wish to purchase refreshments / visit the café after the event has concluded, please ensure you follow all the social distancing requirements under the remit of the café.

**From Kirkley Cycles 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 4.9 miles / 7.1 km to get to the start without riding on the course – ensure you leave enough time to get there. To return continue into Ponteland, turn left at the roundabout and follow North Rd.



### Course Details

The course is the M254 which starts on the A696 at the end of Limestone Lane, just outside Ponteland heading North.

Start 1 mile north of Ponteland on the A696 100yds 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 the 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.

<https://www.cyclingtimetrials.org.uk/course-details/m254>

<https://www.strava.com/segments/4621396>

### Safety:

1. For those who don't know the course, the roads are all single carriage from Ponteland to the turn at Kirkwhelpington. **PLEASE ENSURE YOU CHECK THE ROAD IS CLEAR BEFORE OVERTAKING.**
2. AT THE TURN you will see two marshals. They will indicate that you should make a SAFE U-turn into the Kirkwhelpington road before re-joining the south bound carriageway when it is clear. **BEFORE MOVING OVER TO MAKE THE TURN, PLEASE CHECK THAT IT IS SAFE TO DO SO.**
3. Please TAKE CARE when performing the U-turn as there may be loose gravel at the entrance to the Kirkwhelpington road.

**DON'T FORGET - BRING A PEN, A REAR LIGHT, & SAFETY PINS**

**You must bring your own pen to sign on and a red rear light to ride (new CTT rules for this year and you cannot ride without one!)**



#### **Safety Notes:**

- All riders are responsible for their own safety.
- Any additional safety information will be provided at sign-on.
- Your machine must have a working rear light (flashing or constant) to be permitted to race.
- 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 your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must not take pace or shelter from any other vehicle or competitor (no drafting) – failure to comply may lead to disciplinary action being taken.

#### **Additional Notes:**

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
- 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.
- There will be no pens or safety pins available.
- Once you've signed in please disperse away from the start line, until maximum 4 minutes before your start time. You will have to start without a pusher-off but the timekeeper will be at the start line as usual, keeping 2 metres away from all riders, and the riders waiting to start need to line up with 2 metre distancing. No equipment can be left at the start unless you intend to retrieve it yourself at your own risk, after all riders have set away.
- No track stands allowed at the start.



### Additional Notes Cont..

- After passing the finish line do not stop but return to your car without gathering in any groups.
- Should you have an incident on the course, and we become aware of this we are not supposed to collect you in a car. Clearly if this is an emergency, we will do everything appropriate to help, but if it's a mechanical and you just can't get back, you'll need someone to pick you up. On the registration form and sign in sheet there is an extra column for "rescue number". If this is not the same as the "emergency number" then please fill the column in, otherwise we will ring the emergency number for rescue.
- All riders to be aware that many roads are in places, suffering from poor surface conditions and as such, should adopt caution and keep their head up, to ensure their own safety. You must look ahead and not ride with your head down
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.
- **For those competing on ROAD BIKES, please also complete the separate "road bike" sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 60mm, aero helmets with built-in visors and trip socks. Skin suits are permitted – please refer to the N&DCA website for further details (<http://www.nanddca.co.uk/>).**
- Each rider must sign on for themselves and nobody else.
- Once the course has been completed, please remember to sign out. If you forget to sign out, you will be recorded as a "DNF" on the results sheet.
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride.
- 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.



### **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.

**DON'T FORGET - BRING A PEN, A REAR LIGHT, & SAFETY PINS**  
**Please shout out your number when crossing the line!**

### **AWARDS CATEGORIES**

Men's Winner - £20

Women's Winner - £20

Juvenile Winner - £20

Vet on Standard - £20

Male Roadbike - £20

Female Roadbike - £20

### **RESULTS**

These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors.

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

# Startsheet

## Houghton Cycling Club (Inc N&DCA 25 Mile Champs)

Number	Start time	First Name	Last Name	Club	Gender	Category
1	07:31	Heather	Gould	North Shields Polytechnic Club	Female	Veteran
2	07:32	Dawn	Johnson	Sun City Tri	Female	Veteran
3	07:33	Lois	Jarvis	North Tyneside Riders CC	Female	Senior
4	07:34	Tracey	Sample	Alnwick & District Triathlon Club	Female	Veteran
5	07:35	Justine	Norman	Velo Culture	Female	Veteran
6	07:36	Caroline	Cunningham	North Tyneside Riders CC	Female	Veteran
7	07:37	Claire	Harlow	Blaydon CC	Female	Senior
8	07:38	Teri	Bayliss	Sub Rosa	Female	Veteran
9	07:39	Angela	McGurk	Blaydon CC	Female	Veteran
10	07:40	Joanne	Rea	Team Kirkley Cycles	Female	Senior
11	07:41	Sarah	Wilkinson	Blaydon CC	Female	Veteran
12	07:42	Miriam	Jesett	Team Kirkley Cycles	Female	Espoir
13	07:43	Mark	Strang	Velo Culture	Male	Veteran
14	07:44	Ian	Gallon	North Tyneside Riders CC	Male	Veteran
15	07:45	Phil	Hall	Velo Culture	Male	Veteran
16	07:46	Guillaume	Zoppi	North Tyneside Riders CC	Male	Veteran
17	07:47	Michael	Lynch	Derwentside CC	Male	Veteran
18	07:48	Shaun	Wilkinson	Muckle Cycle Club	Male	Senior
19	07:49	Stephen	Kerr	Sunderland Clarion	Male	Veteran
20	07:50	Harry	Walker	Revolver Racing	Male	Veteran
21	07:51	Nick	Badcock	Team Kirkley Cycles	Male	Senior
22	07:52	Christopher	Beaty	Allen Valley Velo	Male	Senior
23	07:53	David	Swainson	Derwentside CC	Male	Veteran
24	07:54	Richard	Exley	Gosforth RC	Male	Veteran
25	07:55	Darren	Williamson	Muckle Cycle Club	Male	Veteran
26	07:56	Tim	Irwin	Team Kirkley Cycles	Male	Veteran
27	07:57	Harris	Hall	Velo Culture	Male	Juvenile
28	07:58	Keith	Sibbald	Zeus CRT	Male	Veteran
29	07:59	Paul	Barrett	Wearside Triathlon	Male	Senior
30	08:00	Julian	MacBride	Team Kirkley Cycles	Male	Senior
31	08:01	Nicholas	Stevenson	Wearside Triathlon	Male	Veteran
32	08:02	Adam	Harrison	Barnesbury CC	Male	Senior
33	08:03	Michael	Johnson	Muckle Cycle Club	Male	Senior
34	08:04	Howie	Buckingham	Allen Valley Velo	Male	Veteran
35	08:05	Thomas	Fletcher	CJ Performance	Male	Senior
36	08:06	Adam	Wilson	Velo Culture	Male	Veteran
37	08:07	Mark	Herbert	Derwentside CC	Male	Veteran
38	08:08	Gavin	Richardson	Sunderland Clarion	Male	Veteran
39	08:09	Andy	Niven	VO2MAX Race Team	Male	Senior
40	08:10	Lewis	Wake	Team Kirkley Cycles	Male	Senior
41	08:11	Ben	Lane	GS Metro	Male	Veteran
42	08:12	Michael	Charlton	Barnesbury CC	Male	Senior
43	08:13	Paul	Robson	Wearside Triathlon	Male	Veteran



Number	Start time	First Name	Last Name	Club	Gender	Category
44	08:14	Stephen	Hill	Barnesbury CC	Male	Veteran
45	08:15	Philip	Kennell	GS Metro	Male	Veteran
46	08:16	Peter	Stokoe	Reifen Racing	Male	Senior
47	08:17	David	Linsley	Tyne & Wear Fire & Rescue Service CC	Male	Veteran
48	08:18	Joe	Dixon	Velo Culture	Male	Juvenile
49	08:19	Colin	Gardener	Flyte Racing	Male	Veteran
50	08:20	Lewis	Timmins	Vector Racing	Male	Senior
51	08:21	Nev	Martin	Velo Culture	Male	Veteran
52	08:22	Chris	Wood	TS Racing - OTR	Male	Veteran
53	08:23	David	Symes	Blaydon CC	Male	Veteran
54	08:24	Ray	Bell	Derwentside CC	Male	Veteran
55	08:25	Adam	Smith	Team Kirkley Cycles	Male	Senior
56	08:26	Mark	Whaley	Blaydon CC	Male	Veteran
57	08:27	Patrick	Martin	Tyneside Vagabonds CC	Male	Senior
58	08:28	Sam	Hodgson	Blaydon CC	Male	Senior
59	08:29	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
60	08:30	Finlay	Robertson	Derwentside CC	Male	Senior
61	08:31	Andrew	Hall	GS Metro	Male	Senior
62	08:32	Neil	Wilkinson	Blaydon CC	Male	Veteran
63	08:33	Thomas	Mein	Canyon dnb SunGod	Male	Espoir