

# Vector Racing Open 25 Mile Time Trial

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**Sunday 20th June 2021**

**First rider off: 07:32AM**

**Course: M254**

**Event Secretary**

Lewis Timmins

30 Rowland Burn Way, Rowlands Gill, NE39 2PU

[trivectorracing@gmail.com](mailto:trivectorracing@gmail.com)

07411985617

**Timekeepers**

Sharon Dyson, Peter and Frances Schultz

Promoted for and on behalf of Cycling Time Trials (CTT) 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**

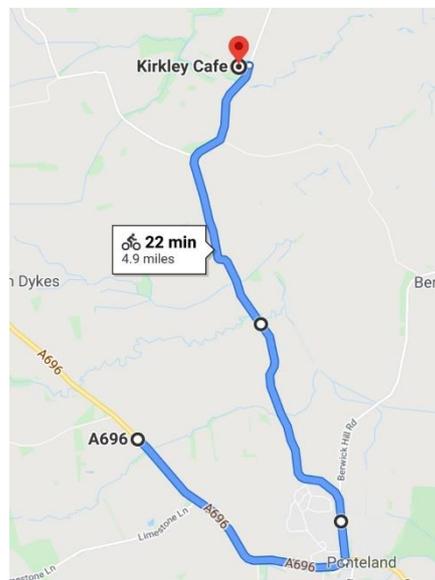
## Event Sign On

Numbers can be collected up from the White VW Transporter parked on the grassy area opposite to the start area and this is where the sign on will be. No cars to be parked within the vicinity of the start/number pick up area. The area will be manned from approximately 1 hour prior to the first rider's start time.

## Parking:

Parking and toilet facilities are available at Kirkley Cycles (Thorneyford Farm) if desired however please note – this is not the formal event HQ and parking / attending this location is done entirely at your own risk. If you do park there, do not congregate at the café/car park and please keep totally out of the way of the regular café visitors or members of the public. If you do wish to purchase refreshments / visit the café after the event has concluded, please ensure you follow all of the social distancing requirements under the remit of the café. Obviously if you wish to park closer to the start/finish then please do so safely and considerately if in a residential area.

**If parking at Kirkley Café 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. If you park at Kirkley Cycles 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 turn into the Kirkwhelpington road before rejoining the south bound carriageway when it is clear. **BEFORE MOVING OVER TO MAKE THE TURN, PLEASE CHECK THAT IT IS SAFE TO DO SO.**

**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!)**

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.
- One 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 startline 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 trackstands allowed at the start.**
- 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.

#### 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.

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

**Please shout out your number when crossing the line!**

## Prize List

1<sup>st</sup> Overall Female - £50  
1<sup>st</sup> Overall Male - £50  
1<sup>st</sup> Female Road bike - £20  
1<sup>st</sup> Male Road bike - £20  
1<sup>st</sup> Junior / Juvenile - £20  
Biggest Mover\* - £20  
1<sup>st</sup> Mixed Team \*\* £60  
1<sup>st</sup> Male Vet on Standard - £20  
1<sup>st</sup> Female Vet on Standard - £20  
The Wooden Spoon\*\*\* - £20  
Spot Prizes - 😊

\*person achieving biggest improvement on their 25 mile personal best time. Please note only personal best times from officially accepted CTT results will be used for calculating this prize winner. Estimated times will not be accepted in this prize category.

\*\* Each team of three must include a veteran and a lady. The vet and the lady can be the same person.

\*\*\* person finishing in slowest time. Please note photographs will be checked to ensure maximum effort is exerted by all and anyone found riding "easy" in an attempt to finish last will not receive the prize should they be successful in their attempts 😊

### Start Sheet

Number	Start Time	Firstname	Lastname	Club	Gender	Category
2	07:32:00	Jack	Smith	Vector Racing	Male	Senior
3	07:33:00	Paul	Lofthouse	Ryton Tri Club	Male	Veteran
4	07:34:00	Stuart	Cook	Cestria C.C.	Male	Veteran
5	07:35:00	Nicholas	Stevenson	Wearside Triathlon	Male	Veteran
6	07:36:00	Stephen	Kerr	Sunderland Clarion	Male	Veteran
7	07:37:00	Michael	Laverick	Blaydon CC	Male	Senior
8	07:38:00	Paul	Dunlop	Sun City Tri	Male	Veteran
9	07:39:00	Stuart	Woodward	Tyneside Vagabonds CC	Male	Senior
10	07:40:00	Neil	Wilkinson	Blaydon CC	Male	Veteran
11	07:41:00	Lee	Ridden	Reifen Racing	Male	Veteran
12	07:42:00	Chris	Anderson	North Tyneside Riders CC	Male	Veteran
13	07:43:00	Sam	Dodd	Barnesbury CC	Male	Senior
14	07:44:00	Daire	Fitzgerald	Tricademy	Male	Senior
15	07:45:00	John	Routledge	Barnesbury CC	Male	Senior
16	07:46:00	Jacob	Anderson	South Shields Velo Cycling Club	Male	Senior
17	07:47:00	Philip	Parsley	Muckle Cycle Club	Male	Senior
18	07:48:00	John	Cantrill	Blaydon CC	Male	Veteran
19	07:49:00	Chris	Ashall	Tricademy	Male	Senior
20	07:50:00	Terry	Wilkinson	Barnesbury CC	Male	Senior
21	07:51:00	David	Symes	Blaydon CC	Male	Veteran
22	07:52:00	Paul	Barrett	Wearside Triathlon	Male	Senior
23	07:53:00	Clive	Horton	Barnesbury CC	Male	Veteran
24	07:54:00	David	Milton	Vector Racing	Male	Veteran
25	07:55:00	Philip	Kennell	GS Metro	Male	Veteran
26	07:56:00	Martin	Lloyd	Vector Racing	Male	Veteran
27	07:57:00	Craig	Bell	Allen Valley Velo	Male	Senior
28	07:58:00	Alan	Turnbull	Hawick Cycling Club	Male	Veteran
29	07:59:00	Joseph	Collins	Vector Racing	Male	Senior
30	08:00:00	Nev	Martin	Velo Culture	Male	Veteran
31	08:01:00	Guillaume	Zoppi	North Tyneside Riders CC	Male	Veteran
32	08:02:00	Heather	Gould	North Shields Polytechnic Club	Female	Veteran
33	08:03:00	Tracey	Sample	Alnwick & District Triathlon Club	Female	Veteran
34	08:04:00	Lois	Jarvis	North Tyneside Riders CC	Female	Senior
35	08:05:00	Joanne	Rea	Team Kirkley Cycles	Female	Senior
36	08:06:00	Justine	Norman	Velo Culture	Female	Veteran
37	08:07:00	Ellen	Powell	Durham Triathlon Club	Female	Senior
38	08:08:00	Sarah	Seymour	Vector Racing	Female	Veteran
39	08:09:00	Vicky	Gibbs	Reifen Racing	Female	Veteran
40	08:10:00	Kate	Giddings	Liverpool Century RC	Female	Senior
41	08:11:00	Teri	Bayliss	Sub Rosa	Female	Veteran
42	08:12:00	Benjamin	Amaira	Alnwick Cycling Club	Male	Senior
43	08:13:00	Joe	Dixon	Velo Culture	Male	Juvenile
44	08:14:00	Daniel	Holmes	Derwentside CC	Male	Junior
45	08:15:00	Jay	Pitt	Velo Culture	Male	Senior
46	08:16:00	Ellis	Murray	Vector Racing	Male	Junior
47	08:17:00	Ben	Flanagan	Derwentside CC	Male	Junior
48	08:18:00	Harris	Hall	Velo Culture	Male	Juvenile
49	08:19:00	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
50	08:20:00	Phil	Hall	Velo Culture	Male	Veteran
51	08:21:00	Mark	Herbert	Derwentside CC	Male	Veteran
52	08:22:00	Andrew	Thorp	North Racing	Male	Veteran

53	08:23:00	Mal	Gray	Reifen Racing	Male	Veteran
54	08:24:00	Andy	Niven	VO2MAX Race Team	Male	Senior
55	08:25:00	Elliot	Sharp	Vector Racing	Male	Senior
56	08:26:00	Iain	Katz	VO2MAX Race Team	Male	Senior
57	08:27:00	Ian-James	Elder	Vector Racing	Male	Senior
58	08:28:00	Daniel	Kane	Muckle Cycle Club	Male	Senior
59	08:29:00	Keith	Sibbald	Zeus CRT	Male	Veteran
60	08:30:00	Peter	Stokoe	Reifen Racing	Male	Senior
61	08:31:00	Christopher	Beaty	Allen Valley Velo	Male	Senior
62	08:32:00	Stephen	Hill	Barnesbury CC	Male	Veteran
63	08:33:00	Michael	Johnson	Muckle Cycle Club	Male	Senior
64	08:34:00	Gavin	Richardson	Sunderland Clarion	Male	Veteran
65	08:35:00	Chris	Reynolds	Liverpool Century RC	Male	Senior
66	08:36:00	Tim	Irwin	Team Kirkley Cycles	Male	Veteran
67	08:37:00	Darren	Robson	North Tyneside Riders CC	Male	Veteran
68	08:38:00	Paul	Robson	Protech Velo	Male	Veteran
69	08:39:00	Mick	Golightly	Vector Racing	Male	Veteran
70	08:40:00	Shaun	Brannan	Muckle Cycle Club	Male	Senior
71	08:41:00	Michael	Charlton	Barnesbury CC	Male	Senior
72	08:42:00	Howie	Buckingham	Allen Valley Velo	Male	Veteran
73	08:43:00	Aidan	Berry	North Tyneside Riders CC	Male	Veteran
74	08:44:00	Christopher	Wayman	Blumilk.com	Male	Senior
75	08:45:00	Lewis	Wake	Team Kirkley Cycles	Male	Senior
76	08:46:00	Mark	Whaley	Blaydon CC	Male	Veteran
77	08:47:00	David	Swainson	Derwentside CC	Male	Veteran
78	08:48:00	Mark	Tully	Sunderland Clarion	Male	Senior
79	08:49:00	Ray	Bell	Derwentside CC	Male	Veteran
80	08:50:00	Kris	Atkin	Team Kirkley Cycles	Male	Senior
81	08:51:00	Michael	Lynch	Derwentside CC	Male	Veteran
82	08:52:00	Chris	Whittle	Vector Racing	Male	Senior
83	08:53:00	Mark	Strang	Velo Culture	Male	Veteran
84	08:54:00	Kris	Whitelaw	Vector Racing	Male	Senior
85	08:55:00	Julian	MacBride	Team Kirkley Cycles	Male	Senior
86	08:56:00	Lee	McCarron	Vector Racing	Male	Senior
87	08:57:00	John	Brown	Sub Rosa	Male	Veteran
88	08:58:00	Danny	Short	Vector Racing	Male	Senior
89	08:59:00	Shaun	Wilkinson	Muckle Cycle Club	Male	Senior
90	09:00:00	Lewis	Timmins	Vector Racing	Male	Senior