



**Barnesbury CC**  
**Present**  
**Open 10M Time Trial**  
**Sunday 18<sup>th</sup> August 2019**

**Course: M102C**

**First Rider: 8.01**

**Official Timekeepers: Ewa Johnson & Sharon Dyson**

**Event Secretary: Sam Dodd**



**Promoted for and on behalf of  
Cycling  
Time Trials under their rules and  
regulations.**



## **Event Headquarters/Sign-on/Competitor Parking**

East Hartford Community Centre, Scott Street, East Hartford, NE23 3AP. Riders will be able to sign on from 07:00. Toilets and changing facilities available.

There is parking in the streets around the Community Centre, but we ask you to be respectful of the local residents as the Community Centre is situated on a residential street and this event has an early start:

Please don't slam car door, keep conversation to a low volume.

No warming up/warming down on turbo trainers/rollers in East Hartford.

Warming up/warming down on turbo trainers/rollers can be done in Nelson Industrial Estates (see course map/route to Start/Finish).

No blocking of residents driveways/garages.

## **Signing on**

Each rider must sign the sign-on sheet before collecting their designated number. Those competing on road bike, please also complete the separate "road bike" sheet to be considered for allocation of N&DCA BAR points. When competing in the road bike category, 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 for themselves and nobody else. Once the course has been completed, please hand your number back in at Race HQs and sign out, otherwise you will be recorded as a "DNF". Junior riders should bring a completed Parental Consent form in order to be allowed to ride.

## **Results**

The results will be phoned in from the finish line and put on the board. Please note that results will be PROVISIONAL until confirmed by the Timekeepers when they get back from Start/Finish lines. We appreciate your patience as we check ride times and calculate results for prizes (we may defer allocating some prizes until after the event, in which case, results will be posted up on the N&DCA Facebook page as soon as possible). Full results will be posted on the CTT website as soon as possible after the event.

Reminder that only official time keeper Time Keeper results are valid, Strava etc is not an official result time. Any rider with concerns over their provisional result should bring it to the attention of the Events Secretary in a courteous manner.

## **Refreshments**

Refreshments will be available at the HQ after the event.



## Safety notes

Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users. All riders are responsible for their own safety.

Any additional safety information will be provided on the day at the sign on HQ

## Rider Information

Take extra care where traffic enters or leaves the course by way of slip roads and in the negotiation of roundabouts.

- No U-turns to be made in the vicinity of the Timekeeper.
- Please refrain from warming up on the course once the event has commenced.
- No dismounting in the finishing area.
- You must look ahead and not ride with your head down.
- 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.
- 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.

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. Position as shown:





## Course Information

Bassington - Earth Balance – Plessey Checks

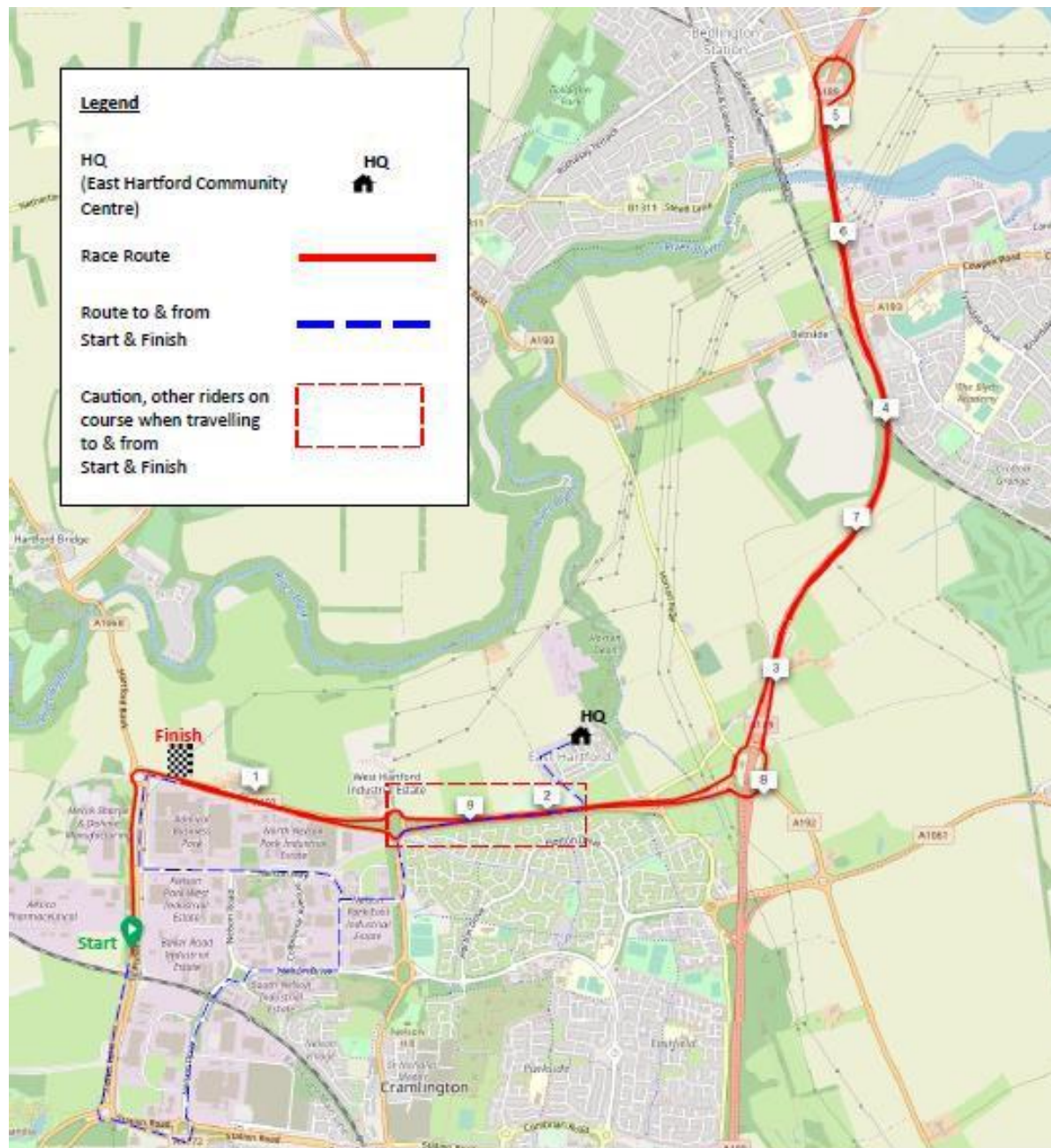
This event is being run on the M102C 10m course.

START in grassy verge just after the railway bridge on the northbound A1068. Proceed north to the Plessey Checks roundabout. Take the third exit onto the A192 eastbound. Proceed to Crowhall Lane roundabout. Continue straight on to the Three Horseshoes roundabout. Take the second exit onto slip road and then onto the A189 northbound. Proceed along the A189 to the second exit (marked Earth Balance). **Stay in the right lane** to join the A1147. Continue **bearing right** under the A189 and onto the B1331. Continue around the B1331 to re-join the A189 southbound. Proceed south along the A189 to take the second exit onto the Three Horseshoes roundabout. Take the third exit marked A192 and proceed westbound to the Crowhall Lane roundabout, continuing straight on to the FINISH on the A192 westbound at the middle one of three road signs, approximately 200 metres before the Plessey Checks roundabout (the road sign depicting a map of the roundabout ahead).

It is your responsibility to navigate the course in full, so if you are not familiar with it, please allow time to recce it beforehand!! When travelling to and from the Start/Finish lines between East Hartford and Crowhall (Fire Station) roundabout, be mindful that there will be riders still racing so please show courtesy towards them by keeping well in and not impeding their effort. Travel to and from the Start/Finish lines via Nelson Industrial Estates to minimise disruption to riders still racing.

See M102C course map on the next page:

## M102C Course Map





## Prize List

Male (Espior/Senior) (M)	1st	£30.00
	2nd	£25.00
	3rd	£20.00
Female (Espior/Senior/Veteran)(F)	1st	£30.00
	2nd	£25.00
	3rd	£20.00
Junior/Juvenile (JJ)	1st	£20.00
Team (all Cats)	1st	£30.00
	2nd	£15.00
V40	1st	£10.00
V50	1st	£10.00
V60+	1st	£10.00
Inaugural Course Record (all Cats)		£10.00

1 rider one prize (with the exception of Team & Course Record prizes).





# Barnesbury Cycling Club



Est. 1923

Affiliated to: British Cycling, Northumberland & Durham Cycling Association and Cycling Time Trials

## Start Sheet

Bib	Start Time	Firstname	Surname	Club	Cat
1	08:01	John	Routledge	Barnesbury CC	M
2	08:02	Dennis	Fuller	GS Metro	V60+
3	08:03	Mark	Whaley	Blaydon CC	V40
4	08:04	Ian	Gallon	North Tyneside Riders CC	V50
5	08:05	Nick	Badcock	Allen Valley Velo	M
6	08:06	Adam	Smith	North Shields Polytechnic Club	M
7	08:07	Neil	Parkin	Derwentside CC	V40
8	08:08	Keith	Sibbald	Zeus CRT	V40
9	08:09	Harris	Hall	Breeze Bikes RT	JJ
10	08:10	Ian	Norris	Blumilk.com	V50
11	08:11	Simon	Clark	GS Metro	V50
12	08:12	Neil	Wilkinson	Blaydon CC	V50
13	08:13	Craig	Bell	Allen Valley Velo	M
14	08:14	Gareth	Swindells	Tricademy	V40
15	08:15	Lewis	Wake	Team Kirkley Cycles	M
16	08:16	Peter	Herdman	Blaydon CC	V40
17	08:17	Colin	Blacklock	Muckle Cycle Club	V60+
18	08:18	Tom	Guy	Sunderland Clarion	V60+
19	08:19	Frank	Devlin	South Shields Velo Cycling Club	V60+
20	08:20	Phil	Hall	Breeze Bikes RT	V40
21	08:21	Jamie	Johnson	Barnesbury CC	M
22	08:22	Keith	Davison	Hadrian R.T	V50
23	08:23	Patrick	Deane	Tyneside Vagabonds CC	V50
24	08:24	Andrew	Thorp	North Racing	M
25	08:25	Paul	Guest	Worcester St. Johns CC	V40
26	08:26	Michael	Sloanes	Blumilk.com	M
27	08:27	David	Linsley	Tyne & Wear Fire & Rescue Service CC	V50
28	08:28	Colin	Gardener	Flyte Racing	V50
29	08:29	Mick	Chappel	North Tyneside Riders CC	V40
30	08:30	Julian	Macbride	Team Kirkley Cycles	M
31	08:31	Adam	Wilson	Cramlington CC	V40
32	08:32	Michael	Charlton	Barnesbury CC	M
33	08:33	Lee	Ridden	Reifen Racing	V50
34	08:34	Raymond	Bell	Derwentside CC	V60+
35	08:35	Nev	Martin	GS Metro	V60+
36	08:36	Ross	Gray	Allen Valley Velo	M
37	08:37	William	Sharman	Barnesbury CC	V40
38	08:38	Christopher	Beaty	Allen Valley Velo	M
39	08:39	Michael	Lynch	Derwentside CC	V40
40	08:40	Ben	Lane	GS Metro	V40



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41	08:41	Neil	Pendrich	SVTTA	V40
42	08:42	Richard	Tyson	Rock to Roll CC	V50
43	08:43	Joe	Dixon	Gosforth RC	JJ
44	08:44	Justine	Norman	Breeze Bikes RT	F
45	08:45	Russell	McClean	Beacon Wheelers	V40
46	08:46	Joseph	Hunter	Allen Valley Velo	M
47	08:03	Claire	Harlow	North Tyneside Riders CC	F
48	08:04	David	Ballantyne	EMC Cycling	V50
49	08:05	Gemma	Hutchins	Blaydon CC	F
50	08:06	Lewis	Timmins	Team Swift	M
51	08:07	Philip	Kennell	GS Metro	V50
52	08:08	Teri	Bayliss	Muckle Cycle Club	F
53	08:09	Lee	Mccarron	Barnesbury CC	M
54	08:10	Maddy	Hall	Breeze Bikes RT	JJ
55	08:11	Thomas	Hutchinson	Team Kirkley Cycles	M
56	08:12	Chris	Mather	Derwentside CC	V40
57	08:59	Fiona	Burnie	GS Metro	F
58	09:00	Daniel	O'callaghan	South Shields Velo Cycling Club	M
59	09:01	Gemma	Frost	Team Swift	F
60	09:02	Harry	Walker	Revolver Racing	V50
61	09:03	Tommy	Murray	Hawick Cycling Club	M
62	09:04	Kevin	Hall	Sunderland Clarion	V40
63	09:05	Ross	Ketteridge	Gala CC	V50
64	09:06	Stephen	Mcintosh	Barnesbury CC	V40
65	09:07	David	Beattie	Hawick Cycling Club	M
66	09:08	Shaun	Brannan	Muckle Cycle Club	M
67	09:09	Lee	Statham	Houghton CC	V40
68	09:10	Nicholas	Stevenson	Wearside Triathlon	V40
69	09:11	Gareth	Davies	Barnesbury CC	V50
70	09:12	Liam	Beaty	Hawick Cycling Club	M
71	09:13	Daniel	Dixon	Revolver Racing	JJ
72	09:14	Steven	Walker	Hawick Cycling Club	M
73	09:15	David	Swainson	Derwentside CC	V40
74	09:16	Paul	Bernardelli	Physiohaus Health and Performance	V40
75	09:17	Danny	Grieves	GS Metro	M
76	09:18	Michael	Todd	Derwentside CC	M
77	09:19	David	Pritchard	Kennoway Road Club	V60+
78	09:20	Joanne	Rea	Blaydon CC	F
79	09:21	Nicola	Mccoy	Muckle Cycle Club	F
80	09:22	Adam	Wild	GS Metro	M