



## **Gosforth Road Club 25 Mile Open Time Trial**

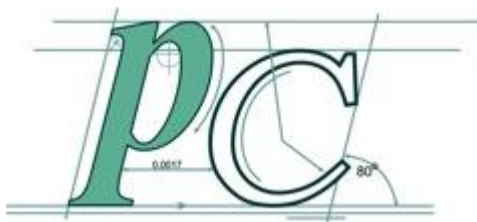
**Sunday 26th May 2019 10.00 am**

**Event promoted for and on behalf of Cycling Time Trials under their  
Rules and Regulations**

*Northumberland & Durham Cycling Association Best All Rounder 2019*

*This event is a counting event in the N&DCA BAR for 2018. In order to be eligible for BAR points and awards your club or team or you as an individual must have affiliated to the N&DCA before the day of the race. For information on how to do this, visit <http://nanddca.org.uk/>*

### **Event Sponsor: Padon Contracts**



#### **Organiser / Event Secretary :**

Richard Exley, 82 Lodore Road, High West Jesmond, Newcastle NE2 3NR  
[richexley211@btinternet.com](mailto:richexley211@btinternet.com) 07712 183201

On the Day : Graeme Dawson 07709 244826 [g-dawson@live.uk](mailto:g-dawson@live.uk)

**Timekeeper: Peter Schultz**

**Assistant Timekeepers: Frances Schultz, Sharon Dyson**

## **HQ: Stamfordham Village Hall**

**<http://www.stamfordhamvillagehall.co.uk>**

HQ will be opened at 8.30 am and sign on and numbers will be available from 9.00 am. **Please return numbers and sign off at the HQ afterwards.**

**Please park considerately in the Village. Stamfordham is used to hosting cycle events and all riders are asked to help maintain the sport's cordial relationship with the residents.**

**Do NOT park on North and South Side residential roads either side of village green. There are lay-bys next to the HQ and the First School **THOUGH THESE MAY BE BUSY**, and further parking in lay-bys at the Start area (do not obstruct the start line vicinity).**

**Additional Parking information will be provided separately**

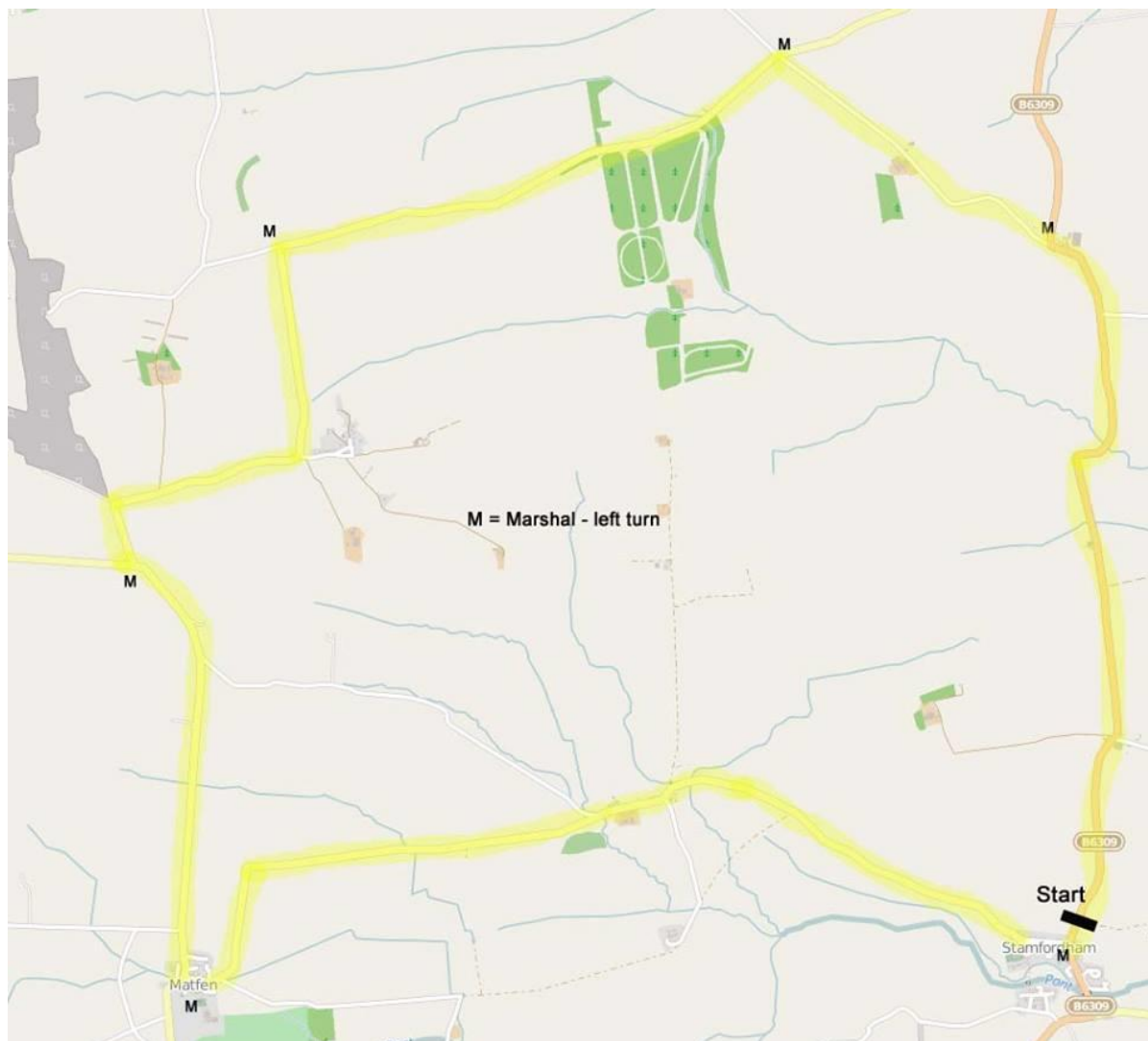
**NB** There are toilet and changing facilities in the HQ.

Refreshments for riders will be available in the HQ from 11 am onwards and the Presentations will take place as soon as possible after the last rider has finished (Approx 12.15).

## **Description of Course M2511**

### **Stamfordham - Black Heddon - Ingoe - Matfen – Stamfordham 25 Miles**

Start at road race finish line on hill top ½ mile north of Stamfordham on the B6309. Proceed north to Black Heddon (2.3m & 14.9m), and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left (5.5m & 18.1m) towards Ingoe left to Matfen (8.7m & 21.3m), left to Stamfordham, and left towards Black Heddon and continue past Start to commence 2<sup>nd</sup> lap (12.6 m). Finish at end of 2<sup>nd</sup> lap north of Stamfordham on the B6309 at the Stamfordham village sign approximately 200 yards south of the Start.



2 laps

**Safety notes:**

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

**Riders:**

- Take extra care at road junctions, on descents, and when passing through villages.
- In wet conditions, descents and sharp bends can be particularly hazardous and should be negotiated with extreme care.
- Take care passing through the Start area when commencing 2<sup>nd</sup> lap.
- Keep to the left at all times, and especially so on narrow roads with right hand bends.
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.

All riders are responsible for their own safety:

**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. In accordance with Regulation 15 ALL JUNIOR & JUVENILE competitors must wear Protective Hard Shell Helmets. It is 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.**

- 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 the above may lead to disciplinary action being taken
- No warming up on the course once the race has started

## **Prize list (one rider, one prize)**

### **Road Bike Category**

There will be a road bike category for this event. If you wish to qualify for this the following rules must be observed -

- skin suits are allowed
- No TT bars
- NO aero helmets
- NO wheels deeper than 60mm

Category	Prize
<b>Men's</b>	
<b>1<sup>st</sup></b>	<b>£30</b>
<b>2<sup>nd</sup></b>	<b>£20</b>
<b>3<sup>rd</sup></b>	<b>£10</b>
<b>Women's</b>	
<b>1<sup>st</sup></b>	<b>£30</b>
<b>2<sup>nd</sup></b>	<b>£20</b>
<b>3<sup>rd</sup></b>	<b>£10</b>
<b>Junior/Juvenile male</b>	
<b>1<sup>st</sup></b>	<b>£10</b>
<b>Junior/Juvenile female</b>	
<b>1<sup>st</sup></b>	<b>£10</b>
<b>V40</b>	
<b>1<sup>st</sup></b>	<b>£20</b>
<b>2<sup>nd</sup></b>	<b>£10</b>
<b>V50</b>	
<b>1<sup>st</sup></b>	<b>£20</b>
<b>2<sup>nd</sup></b>	<b>£10</b>
<b>V60</b>	
<b>1<sup>st</sup></b>	<b>£20</b>
<b>2<sup>nd</sup></b>	<b>£10</b>
<b>Road male</b>	
<b>1<sup>st</sup></b>	<b>£20</b>
<b>2<sup>nd</sup></b>	<b>£10</b>
<b>Road female</b>	
<b>1<sup>st</sup></b>	<b>£20</b>
<b>2<sup>nd</sup></b>	<b>£10</b>