

# **Cestria Cycling Club**

## **Open 9 Mile Time Trial**

**To be held on Saturday 22nd June 2019 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](mailto:rick.mitford@chemoxy.com)

### Timekeepers

Peter Schultz  
Frances Schultz  
Sharon Dyson

## **Prizes**

	1st	2nd	3rd
Men	25	20	15
Women	25	20	15
Road Bike	10	-	-
MV40	10	-	-
FV40	10	-	-
MV50	10	-	-
MV60	10	-	-

### **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.

Prizes will be awarded at the HQ after the event (or posted out to winners who have left)

Event Headquarters is at Great Lumley Community Centre. The postcode is DH3 4JD. There is parking for approximately 25 cars at the centre, which is located 2 miles from the start/finish point. **Please give yourself plenty of time to ride to the start.** Numbers and the signing-on/off sheet will be at the centre which will be open from 8am. Refreshments will be available after the event.

**First rider off at 09:05**

**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.**

## **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.

Safety notes:

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

Riders:

- No U-turns in the vicinity of the Timekeeper or the Three Horse Shoes.
- Take extra care at all left hand turns and on the winding descent towards the T-junction at Finchale Cottage, especially so in wet or slippery conditions.
- Do not cross over to the wrong side of the road at any time.
- Look ahead when riding – do not ride with your head down

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

You are encouraged to familiarize yourself with the course before the event. It's only 4.5 miles so it's a good way of warming up. Ride around it at least once before the event starts 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**

## **Terry Proctor Memorial (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.

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 New Cestria Cycles in Chester-le-Street.

## **Important Course-Specific Safety Information**

Do not park anywhere on the course unless you can do so off the highway.

Do not park anywhere within 100 metres of the start – this area is needed for officials to park

Do not park where you may cause an obstruction or across driveways

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 tri-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.

Be very careful on all the corners. Do not cross the white centre line before or after turning.

Do not obstruct the view of the timekeeper at the start/finish. After finishing, continue riding and proceed to the HQ. Remember that others will be finishing behind you.

Please shout out your number as you cross the line for the final time on completing lap 2

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.

Well, that was a lot of do's and don'ts! One major do is – have a safe and enjoyable ride!

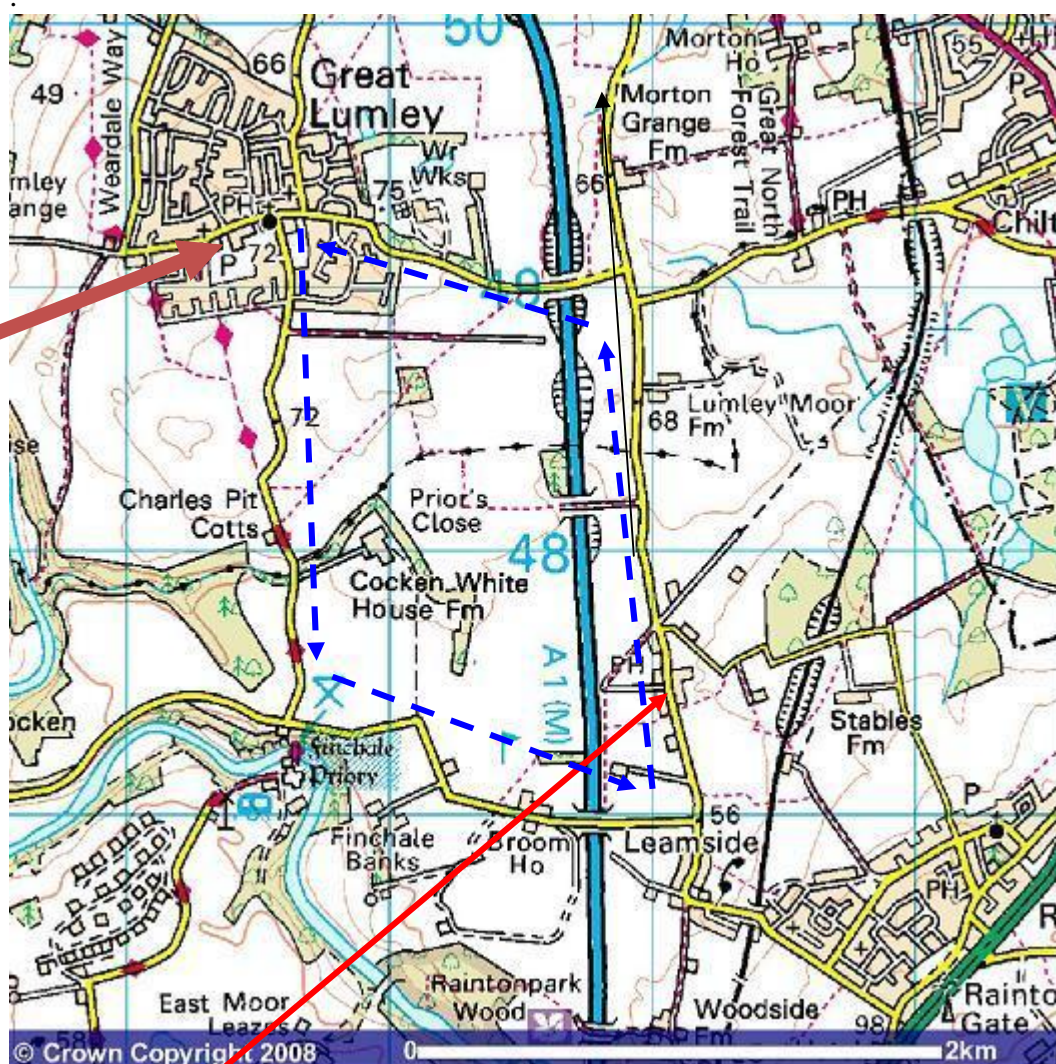
**In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.**

**All competitors under the age of 18 years and/or Juniors must wear a Protective Hard Shell Helmet.**

**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 while the machine is in use.**

Number	Start Time	Name	Club	Gender	Group
5	09:05	Raymond Haldane	Cestria C.C.	Male	MV60
6	09:06	Graeme Taylor	Tyne & Wear Fire & Rescue Service CC	Male	
7	09:07	Mick Chappel	North Tyneside Riders CC	Male	MV40
8	09:08	Paul Barrett	Wearside Triathlon	Male	
9	09:09	Chris Mather	Derwentside CC	Male	MV40
10	09:10	Barry Holyoak	South Shields Velo Cycling Club	Male	MV60
11	09:11	Carrie Brookes	Blaydon CC	Female	FV40
12	09:12	Teri Bayliss	Muckle Cycle Club	Female	FV40
13	09:13	Hedley Fletcher	Blaydon CC	Male	MV40
14	09:14	Howie Buckingham	Allen Valley Velo	Male	MV40
15	09:15	Gemma Frost	Team Swift	Female	
16	09:16	Stuart Britton	Cestria C.C.	Male	MV40
17	09:17	Philip Kennell	GS Metro	Male	MV50
18	09:18	Rachel Galler	Blaydon CC	Female	
19	09:19	Neil Foster	Adept Cycling	Male	MV50
20	09:20	John Cantrill	Blaydon CC	Male	MV40
21	09:21	Lewis Wake	Team Kirkley Cycles	Male	
22	09:22	Barry Fordham	Cestria C.C.	Male	MV40
23	09:23	Michael Lynch	Derwentside CC	Male	MV40
24	09:24	Colin Blacklock	Muckle Cycle Club	Male	MV50
25	09:25	Michael Todd	Derwentside CC	Male	
26	09:26	Frank Devlin	South Shields Velo Cycling Club	Male	MV60
27	09:27	Neil Wilkinson	Blaydon CC	Male	MV50
28	09:28	Paul Tyler	Ferryhill Whs	Male	MV60
29	09:29	Nick Badcock	Allen Valley Velo	Male	
30	09:30	Sarah Wilkinson	Blaydon CC	Female	FV40
31	09:31	Nicholas Weddle	Houghton CC	Male	
32	09:32	Allan Card	South Shields Velo Cycling Club	Male	MV60
33	09:33	Ian Norris	Blumilk.com	Male	MV50
34	09:34	Tracey Sample	Breeze Bikes RT	Female	FV40
35	09:35	David Robinson	Tyneside Vagabonds CC	Male	MV50
36	09:36	Craig Foley	Tricademy	Male	MV40
37	09:37	Thomas Hutchinson	Team Kirkley Cycles	Male	
38	09:38	Christopher Wayman	EMC Cycling	Male	
39	09:39	Daryl Oguona	Tricademy	Male	MV40
40	09:40	Stephen McIntosh	Barnesbury CC	Male	MV40
41	09:41	Peter Stokoe	Sunderland Clarion	Male	
42	09:42	Amy Hugill	Tri-Life Triathlon Team	Female	
43	09:43	Paul Wright	Blaydon CC	Male	
44	09:44	Jay Pitt	Derwentside CC	Male	
45	09:45	Lewis Timmins	Team Swift	Male	

HQ



Start/Finish

Remember that you have to complete 2 laps!  
Please call out your number when crossing the finish line on your SECOND lap.