



Open 10 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Saturday 31st July 2021

Course: T103 (East Cowton – Scorton – East Cowton)

First Riders off at 14:01 hrs

Event Officials: Geoff Watson (Timekeeper)
Steve Fullerton (Assistant Timekeeper)

Event Secretary: Marcel Schubert
21 Bleath Ghyll, Darlington, Co. Durham, DL2 2GS
Email: marcel.schubert@gmx.net
Mobile: 07412102735

Event Headquarters (HQ): East Cowton Village Hall, DL7 0DF (wooden building) situated on the main road near village center, on the left coming from the east

Important: There will be no parking at the hall, only for event officials and for number collection and signing on and off. Please note further HQ information below.

Please also don't park in the village itself. This is an agreement we have with the trustees of the hall. There are several long sections of wide grass verges along the B1263 between northern end of Raby Lane (T-junction) and Northallerton road/A167. Competitors are asked to find suitable parking on public road verges away from private property entries and park in a way to not cause obstructions to traffic incl. larger machines such as tractors. Parking is at the vehicle owners' own risk.

Arrival by bike: Competitors who wish to arrive on bike can leave their backpack at their own risk in the HQ. Please follow guidance of the event official. Strictly no changing in the HQ.

Results: Preliminary results will be published online; a link will be sent to all competitors via email. Final and official results will be published on the CTT website within 1 or 2 days of the event.

Prize Awards:

£25 for first in each category – One per person
Female, Junior, Senior/Espoir, Vet40, Vet50, Vet60+, Road bike

Additional awards are available for **road bike** category winners: This event is part of the Aerocoach national road bike series. The male and female winners will win a £15 **AeroCoach** voucher. For more details visit: <https://www.aero-coach.co.uk/events>

Bonus price draw: 2 lucky winners will receive a NiteRider Bullet 200 rear light with daylight visible flash. These have been kindly donated by Keith Murray at ZyroFisher. You can opt into the draw when you sign in.

<https://www.niterider.com/products/5250-bullet-200-bike-tailight-for-optimal-viz>



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Event Sign-On and HQ information

Event sign on and number collection at HQ from 1 pm.

All competitors are required personally to sign in and sign out. Failure to do so will result in the competitor being recorded as DNF.

Riders are not to return numbers and dispose of them responsibly. PLEASE BRING YOUR OWN PEN **AND SAFETY PINS** IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER. Please wear numbers without folding them.

Strictly no changing within the building, so come prepared to race.

Unfortunately, there will still be no post-race refreshments and results presentation. Hopefully this can be done again in the near future.

All under 18 riders **MUST** bring a completed Parental Consent form to be allowed to ride. Please note that photocopies of signatures are not valid.

Course details:

A downloadable route map with approximate start and finish locations can be found at <https://www.plotaroute.com/route/1051618>

T103/1 official description: Start on south side of B1263 at drain cover 205yds west of Corn Hill Farm entrance and 11yds west of farm lane, to Cowton Moor on north side. Proceed westwards via Atley Hill to Scorton village, keeping left to "Give Way" sign, at southwest corner (4.83mls). Taking a right, circle village green and retrace outward route, to pass start at a point opposite gatepost on north side of road and approx. 30yds west of lane to East Cowton where finish (10mls).

For route from HQ to the start please see map below.



Safety Notes

1. No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.
2. Strictly no U-Turns will be permitted in the vicinity of the Start and Finish. Do not proceed to the start line unless within 5 minutes of your allocated start time. Proceed to start line from Raby Lane T-junction only, don't enter the course from any of the other joining roads.
3. Riders are not to warm up on any part of the course, whilst the event has started.
4. **Important note applicable to points 1, 2 and 3 above:** These include the road segment in the westward direction immediately after Raby Lane T-junction on the B1263, see map below. Not adhering to this guidance will lead to disqualification of the rider.
5. Vehicles of Competitors / Officials / Marshals / Helpers to be parked safely and without hindrance to other road users.
6. All riders are responsible for their own safety.
7. All riders under the age of 18 must wear a safety-approved helmet. All other riders are advised to do so by the governing body.
8. **NO LIGHT - NO RIDE!** no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
9. When signing in/out please be considerate to locals, no blocking of driveways and footpaths.
10. No turbo trainers are to be used for warming up within 100 yards of any inhabited properties.
11. No dismounting in the finishing area, proceed straight on towards Raby Lane T-junction.
12. You must look ahead and not ride with your head down.
13. It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.

Dashed Line = Race Course - - - - -

No Entry to course until 5 minutes prior to allocated start time and only via indicated course entry location (Raby Lane T-Junction)! No course entry at any time from other locations! Riders to leave course immediately after finishing. This strict guidance is required due to the large field of competitors. Not adhering to this guidance will lead to rider disqualification. A marshal will be positioned at Raby Lane T-junction.







Road Bike Category Specification for Teesside District Events

To compete in the 2021 road bike category in any of the Teesside District open event, the following specification is appropriate to the conditions of inclusion:

Signing On:

When signing on please tick the road bike column to indicate that you are to compete on a road bike.

The Rider:

1. No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.
2. Use of skinsuits is permitted
3. No riding with elbows or forearms on the handlebars. If witnessed, the competitor may be disqualified.

The Machine:

1. The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.
2. No time trial style or triathlon forward extension bars with or without elbow pads will be used.
3. Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 65mm.

Please apply the spirit of the road bike competition in your equipment choice. Non-compliance with any of the above (albeit for point 3 in rider section) will result in the competitor being excluded from the road bike category.



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number	start_time	firstname	lastname	club
1	14:01	Malcolm	Steer	Darlington Cycling Club
2	14:02	Kieran	Brownless	Teesdale CRC
3	14:03	Andy	Delaney	Northumbria Police C.C.
4	14:04	Helen	Quartermaine	Sowerby Sunday Club
5	14:05	Matthew	Cole	Team Bottrill
6	14:06	Paul	Dawson	VTTA (North)
7	14:07	Gordon	Johnston	Team Terminator
8	14:08	Andrew	Harland	Darlington Tri Club
9	14:09	Sarah	Foulds	Velo Culture
10	14:10	Marcel	Schubert	Darlington Cycling Club
11	14:11	Neil	Johnson	Stockton Wheelers CC
12	14:12	Paul	Tyler	Ferryhill Whs
13	14:13	Phil	Wright	Hartlepool CC
14	14:14	Paul	Sander	Stockton Wheelers CC
15	14:15	Russ	Richardson	Teesdale CRC
16	14:16	Ian	Hutchinson	Cleveland Wheelers CC
17	14:17	Lewis	Hutton	Durham University Cycling Club
18	14:18	Neil	Bainbridge	AIMS Cycling
19	14:19	Mark	Burtonshaw	Harrogate Nova CC
20	14:20	Alex	Ingham	AIMS Cycling
21	14:21	David	Hird	Hambleton RC
22	14:22	David	Nichol	Ferryhill Whs
23	14:23	Mark	Brownless	Teesdale CRC
24	14:24	Shaun	Wakes	Ferryhill Whs
25	14:25	Adam	Pinder	PM Racing UK
26	14:26	Louise	Scupham	Liv AWOL
27	14:27	Terry	Parvin	Ferryhill Whs
28	14:28	James	Meadows	Cleveland Wheelers CC
29	14:29	Steven	Tilly	Cleveland Wheelers CC
30	14:30	Shaun	Tyson	Protech Velo
31	14:31	Brian	Ward	Protech Velo
32	14:32	Gary	Hunt	Hartlepool CC
33	14:33	Steve	Gibson	Peak Road Club
34	14:34	Kris	Atkin	Team Kirkley Cycles
35	14:35	Ellis	Murray	Vector Racing
36	14:36	Ross	Walton	GS Metro