



Tyneside Vagabonds CC presents

The n&dca 100 mile time trial championship

Course: M100/10

Sunday 1st September 2019

First rider off 7:01 am

Race HQ: Pegswood Community Hub,
Longhirst Road, Pegswood, NE61 6XF

Timekeepers: Mrs Sharon Dyson & Mr Ray Luckett

Event Secretary: Don Speight, 31 Olympia Hill, Morpeth, NE61 1JH
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Promoted for and on behalf of
Cycling Time Trials,
under their rules and regulations

A counting event for the n&dca best all rounder competition

Course description

- START to the West of Pegswood on Dark Lane at the speed de-restriction sign at gap in hedge.
- Proceed to Whorral Bank Roundabout (R/A) and take first exit onto A197 in direction of Ashington.
- Continue over R/A to outskirts of Ashington, through the pedestrian crossing (riders see safety notes) and take left onto A1068 to continue north over Linton and Ellington R/A's.
- At Widdrington South R/A bear right in the direction of Amble, then straight on at Widdrington North R/A along A1068 until left turn onto B1330 via Red Row, South Broomhill and Broomhill (Be aware of traffic calming priorities).
- Take left turn onto B6345 via Acklington until marshalled left turn onto the un-classified road via Stobswood, Widdrington Station and take double right turn onto B1337 to Ulgham.
- For first three laps continue through Ulgham on B1337, via Longhirst (traffic calming priorities) to return to Whorral Bank roundabout and start of next lap.
- On the last, 4th lap, FINISH approximately ½ miles South West of Ulgham at the south end of bridge over old opencast road (this is approx. 150 metres past turning on right to Tritlington and 1 mile north of Longhirst).

Safety notes

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

Riders:

- On approach to Ashington there is a pedestrian crossing. This will be marshalled in the hope that it will not be activated during your passing. But if light is Red, you MUST stop as a legal requirement.
- There are 6 occasions on the course where narrow road traffic calming is in place. 2 are priority to riders and 4 have priority to oncoming traffic. Take note of any warning notices and Marshals at these points.
- On occasions where road narrows and/or cars are parked, riders to take extra care.
- No U Turns to be made in the vicinity of the timekeepers.
- No dismounting in the finish area. Remember this is a lapped event and competitors may still be racing past finish area.

PLEASE NOTE IN ACCORDANCE WITH THE ABOVE:

- Any rider observed crossing the pedestrian crossing in Ashington while the Red Light is activated will be disqualified.
- Any other dangerous riding observed, including not yielding to oncoming traffic when required to do so by traffic calming measures will result in disqualification.

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 properly affixed helmet that conforms to recognised standards.

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.

100 mile time trial - Course M100/20



Note HQ is at Pegswood Community Hub, NE61 6XF

Note there are a number of roundabouts not marshalled and only have a direction sign.

No	Name	Team	Cat	N&DCA	Vet Std	Start
1	Joe Applegarth	Durham Triathlon Club	V70	-	05:44:00	07:01
2	Jane Massey	Cramlington CC	W/V40	Y	05:16:01	07:02
3	Neil Clarkson	Tyneside Vagabonds CC	V60	Y	05:03:36	07:03
4	William Sharman	Barnesbury CC	V40	Y	04:51:12	07:04
5	Crispin Swinhoe	Barnsley Road Club	V60	-	05:07:41	07:05
6	Andrew Wilde	Alnwick & District Triathlon Club	V40	-	04:45:16	07:06
7	Graeme Taylor	T&W Fire & Rescue Service CC		-		07:07
8	Raymond Bell	Derwentside CC	V70	Y	05:20:22	07:08
9	Alan Davison	Tri Northumberland (Tri North)	V50	-	04:58:59	07:09
10	Carrie Brookes	Blaydon CC	W/V40	Y	05:11:45	07:10
11	Lee Mccarron	Barnesbury CC		Y		07:11
12	Joseph Hunter	Allen Valley Velo		Y		07:12
13	Jen McMahon	Muckle Cycle Club	W	Y		07:13
14	Joanne Rea	Blaydon CC	W	Y		07:14
15	Adam Harrison	Barnesbury CC		Y		07:15
16	Andrew Dickson	Berwick Wheelers Cycling Club		-		07:16
17	Jonathan Bayley	Reifen Racing		Y		07:17
18	Dean Madden	Barnesbury CC	V40	Y	04:51:12	07:18
19	Michael Lynch	Derwentside CC	V40	Y	04:50:15	07:19
20	Martin Rasmussen	Tyneside Vagabonds CC	V50	Y	04:54:58	07:20
21	David Swainson	Derwentside CC	V40	Y	04:49:18	07:21
22	John Wallas	Total Tri Training		-		07:22
23	Paul Wright	Blaydon CC		Y		07:23
24	Neil Parkin	Derwentside CC	V40	Y	04:50:15	07:24
25	Simon Clark	GS Metro	V50	Y	04:56:55	07:25
26	Scott Mccance	Derwentside CC	V40	Y	04:43:02	07:26
27	John Routledge	Barnesbury CC		Y		07:27
28	Chris Mather	Derwentside CC	V40	Y	04:46:19	07:28
29	Keith Sibbald	Zeus CRT	V40	Y	04:51:12	07:29
30	Roger Clarke	Tyneside Vagabonds CC	V40	Y	04:51:12	07:30
31	Jay Pitt	Derwentside CC		Y		07:31
32	Gemma Frost	Team Swift	W	Y		07:32
33	Tim Nichol	Blaydon CC		Y		07:33
34	Sean Kennedy	Muckle Cycle Club		Y		07:34
35	David Robinson	Tyneside Vagabonds CC	V50	Y	05:01:12	07:35
36	Ross Gray	Allen Valley Velo		Y		07:36
37	Andy Tovey	VLVRC		-		07:37
38	Michael Todd	Derwentside CC		Y		07:38
39	Robert Noble	Prima Team Racing	V40	-	04:46:19	07:39
40	David Mcleavy	City RC (Hull)		-		07:40
41	Philip Kennell	GS Metro	V50	Y	04:54:58	07:41
42	Marcel Schubert	Darlington Cycling Club		-		07:42
43	Collin Humphrey	Team Kirkley Cycles	V40	Y	04:44:11	07:43
44	Daniel Mcparland	Tri Preston		-		07:44
45	Lewis Timmins	Team Swift		Y		07:45
46	Tom Rigby	Croston Velo		-		07:46
47	Adam Wild	GS Metro		Y		07:47

100 mile time trial – Prizes

1st Overall £25

2nd Overall £20

3rd Overall £15

1st Lady £25

2nd Lady £20

1st Vet on Standard £15

1st V40 £15

1st V50+ £15

1st Road Bike £15

1st Team of 3 £15 each

2nd Team of 3 £10 each

One rider, one prize, except team prizes and road bike prize.

Prizes will be awarded in the priority order shown.

These prizes open to all riders including the Non-N&DCA affiliated riders.

Fastest rider affiliated to the Northumberland & Durham Cycling Association wins the N&DCA 100 mile championship, and the Gateshead Cycling Club Memorial Trophy (presented at the N&DCA awards night in January).

Fastest veteran on standard who is affiliated to the Northumberland & Durham Cycling Association wins the N&DCA Jack Adams Memorial Trophy (also presented at the N&DCA awards night).

Any riders whose club is not affiliated to the N&DCA, or are not individually affiliated before the day of the race will not be eligible for the championship or the trophies.

A club may affiliate if it is registered with the North East or Teesside CTT Districts. An individual may affiliate (if their club has not, or cannot) provided they reside within the North East or Teesside CTT Districts.

To affiliate a club, a payment of £30 is required to be sent to the N&DCA treasurer. For an individual affiliation a payment of £10 is required. Please contact Don Speight directly if more information is required.

Further Information and Notes

Each rider to sign the sign-on sheet when collecting number and sign-off when returning number also recording time when signing-off. CTT Regulations state that all competitors **MUST** sign off failure to do this will result in a DNF.

The HQ will be open for signing on from 6.15am. After sign on, the HQ may be locked, and if so will re-open at approx. 11.15am. If you DNF before this time, please leave your number with a course marshal.

Please do not use any kind of turbo trainer or rollers to warm up in Pegswood. The longevity of using the venue as an HQ of the event requires the goodwill of local residents. If you need to use these items, please sign on then find suitable parking outside the village.

There will be a prize presentation, however this is likely to be at 1.00pm at the earliest, once all riders have finished and had time to arrive at the HQ.

There is very limited parking at the HQ, but you should be able to find space in the streets nearby, but please respect residential spaces and access. Also – there is a layby for parking just north of Whorral Bank R/A, close to the start.

Number Placement

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 noted below. If your number is too high, the timekeepers will not be able to see it. It should be correctly placed and visible at all times to ensure that the timekeepers correctly record your number of laps, and so that the marshals are aware of your position on the course.

“The number shall be centrally positioned below the waist so as to be clearly visible from the rear when in his normal riding position. Position number as shown:



Please be aware of the following key wording from the CTT rules and regulations which are relevant to this event:

Competitors Clothing

Competitors must be clothed from the neck to at least mid-thigh. Sleeves shall be at least mid upper arm length.

No competitor may carry advertising or the name of a commercial business on his race clothing except where he is a member of a club or team that has paid the advertising fee, he may carry advertising, but must not compete in clothing of a trade team that is/has been registered with the UCI unless he is a member of that team.

Paced & Company Riding

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

This is not an exhaustive list of rules and riders are advised to be familiar with the CTT rules and regulation found on the CTT website.

n&dca 100 mile championship - Gateshead trophy former winners

Year	Rider	Club	Time
2018	T. Hutchinson	Tyneside Vagabonds CC	4:02:26
2017	A Wild	Tyneside Vagabonds CC	3:56:58
2016	C Donaldson	GS Metro	3:50:35
2015	C Donaldson	GS Metro	4:01:24
2014	B Lane	GS Metro	4:26:40
2013	K Murray	Strategic Lions Cycling	4:05:50
2012	J Sturman	blumilk.com	3:57:21
2011	Not awarded		
2010	B Walker	Team Swift	3:58:51
2009	J Sturman	Derwentside CC	3:57:15
2008	J Sturman	Derwentside CC	4:07:47
2007	J Gavaghan	Wansbeck CC	3:53:50
2006	W Mitchinson	VC Briganti	4:04:57
2005	M Gibson	Houghton CC	4:13:52
2004	J Gavaghan	Wansbeck CC	3:56:15
2003	S Gibson	VS Briganti	4:06:34
2002	M Sladdin	GS Metro	4:04:28
2001	C Blacklock	Zeus CRT	4:04:03
2000	G Bell	Tyne Velo	3:58:01
1999	S Walton	Barnesbury CC	4:11:22
1998	S Gibb	Cramlington CC	4:16:54
1997	H Walker	GS Metro	3:46:03
1996	G Bell	Tyne Velo	3:57:09
1995	G Bell	Cramlington CC	3:55:41
1994	P Wildsmith	Barnesbury CC	4:07:25
1993	Not awarded		
1992	P Wildsmith	Barnesbury CC	4:14:07
1991	P Wildsmith	Barnesbury CC	4:10:52
1990	J Joseph	GS Metro	4:12:25
1989	J Joseph	GS Metro	4:03:55
1988	P Chapman	Tyne Velo	3:57:38
1987	M Bradshaw	GS Metro	3:59:35
1986	D Gillings	Tyne Velo	4:13:12

n&dca fastest vet on standard in 100 mile TT

Jack Adams memorial trophy former winners

Year	Rider	Club	Plus
2018	I Simon	Breeze Bikes RT	+24:28
2017	H Fletcher	Blaydon CC	+39:22
2016	P Rider	Tyneside Vagabonds CC	+32:22
2015	Ingrid	Shepherd Sunderland Clarion	+41:30
2014	B Lane	GS Metro	+22:46
2013	D Robinson	Tyneside Vagabonds CC	+41:31
2012	J Sturman	blumilk.com	+48:46
2011	Not awarded		
2010	R Bell	Ryton Tri	+65:41
2009	R Bell	Ryton Tri	+34:14
2008	P Tuckwell	Houghton CC	+62:54
2007	P Manners	Barnesbury CC	+87:56
2006	R Longstaff	Zeus CRT	+65:33
2005	D Campbell	Stockton Wheelers CC	+51:51
2004	R Ross	Tyneside Vagabonds CC	+82:07
2003	R Ross	Tyneside Vagabonds CC	+74:05
2002	R Longstaff	Zeus CRT	+87:30
2001	R Longstaff	Zeus CRT	+110:26
2000	R Longstaff	Zeus CRT	+114:46
1999	R Longstaff	Zeus CRT	+87:29
1998	R Longstaff	Cramlington CC	+101:39
1997	K Longstaff	Cramlington CC	+68:53
1996	R Longstaff	Barnesbury CC	+102:53
1995	R Longstaff	Barnesbury CC	+94:38
1994	P Wildsmith	Barnesbury CC	+67:02
1993	Not awarded		
1992	W Clayton	Tyne RC	+55:52
1991	W Clayton	Tyne RC	+58:57
1990	Mary	Dawson Teesside RC	+79:56
1989	W Parker	Northumbrian RC	+71:17
1988	GL Dawson	Teesside RC	+61:45
1987	R Longstaff	Tyne Velo	+63:40
1986	J Joseph	GS Metro	+48:02
1985	J Watson	Barnesbury CC	+64:36
1984	J Telford	Tyne RC	+49:31
1983	J Watson	Barnesbury CC	+69:46
1982	J Watson	Barnesbury CC	+68:36
1981	J Jones	Barnesbury CC	+67:31

n&dca 100 mile championship trophies



n&dca 100 mile championship
gateshead cycling club memorial trophy



n&dca fastest vet on standard in 100 mile tt
jack adams memorial trophy