



HOUGHTON CYCLING CLUB PRESENTS

It's 25 Mile Time Trial incorporating the VTTA North Nouveau Shield & the Jack Trusty Memorial Cup

Sunday 26th June 2022

Course: M254

First Rider: 7:31am

Timekeepers: Dave Clark, Frances Schultz & Peter Schultz

Event Secretary: Lee Statham, 12 Aldsworth Close, Springwell Village, Gateshead. NE9 7PG

Email: lee.m.statham@gmail.com

Tel: 07974008969

Provisional results will be available at Race HQ after the event and then posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the Timekeepers.



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

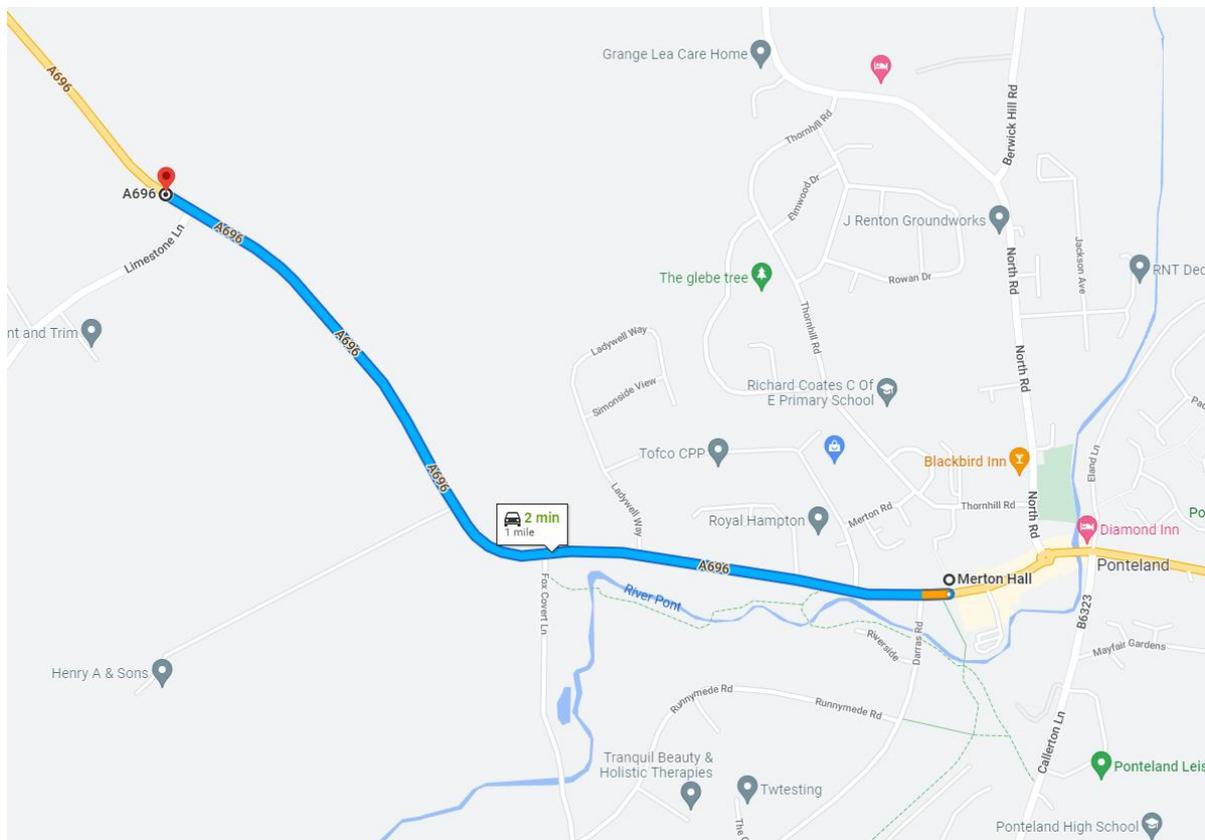


Event Headquarters: Merton Hall, Merton Road, Ponteland. NE20 9PX

Numbers and sign on are at Merton Hall which is approximately 1 mile from the start (see map below). Sign on will be open from 06:30. Remember to sign back out and hand in your race number once you have completed the course or you will be recorded as a DNF on the results sheet.

Parking is available behind the hall in both Merton Road and Thornhill Road Car Parks but please be mindful there are residential properties in the proximity.

There will be a prize presentation after the event along with refreshments.



Road Bikes

If you are riding a road bike and want your time to be considered in the road bike category for the local N&DCA BAR, N&DCA road bike rules apply. Rules prohibit the use of tri-bars, wheels deeper than 65mm, 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/>). When you sign-on, please also complete the separate Road Bike sheet.



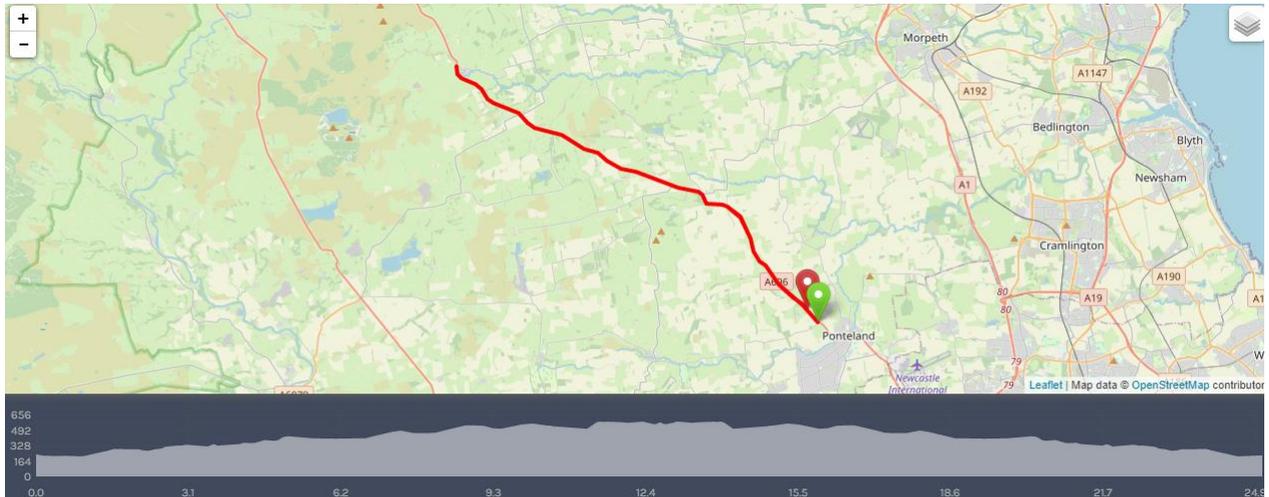
Course Details

The course is the M254 which starts on the A696 at the end of Limestone Lane, just outside Ponteland heading North.

Start 1 mile north of Ponteland on the A696 100yds north of Dissington Lane End. Proceed via Belsay (Riders take CARE) to Kirkwhelpington on the A696. TURN by turning right into minor road to make safe U turn in the minor road (Riders take CARE) and proceed south via Belsay (Riders take CARE) to finish 2 miles north of Ponteland at the old (blocked) gate to Cold Coats Moor farm.

<https://www.cyclingtimetrials.org.uk/course-details/m254>

<https://www.strava.com/segments/4621396>



Safety

1. For those who don't know the course, the roads are all single carriage from Ponteland to the turn at Kirkwhelpington. **PLEASE ENSURE YOU CHECK THE ROAD IS CLEAR BEFORE OVERTAKING.**
2. AT THE TURN you will see two marshals. They will indicate that you should make a SAFE U-turn into the Kirkwhelpington road before re-joining the south bound carriageway when it is clear. **BEFORE MOVING OVER TO MAKE THE TURN, PLEASE CHECK THAT IT IS SAFE TO DO SO.**
3. Please TAKE CARE when performing the U-turn as there may be loose gravel at the entrance to the Kirkwhelpington road.



Rider Instructions

- No competitor shall be allowed to start unless they have affixed to their bike a working FRONT AND REAR light (either constant or flashing). The front light should be WHITE and the rear light RED. Lights should be illuminated and clearly visible to other road users.
- No competitor shall be allowed to start unless they are wearing a properly affixed helmet of hard/soft shell construction conforming to recognised safety standards.
- No U Turns to be made by riders in the vicinity of the Timekeeper at the START or FINISH. Once finished, carry on riding up the slip road to the Three Horseshoes roundabout and return to HQ.
- No warming up on the course once the event has started.
- 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.
- Head down riding is strictly forbidden.
- Please shout your number as you pass the Timekeeper on the finish line.
- 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 to be clearly visible from the rear when the rider is in his/her normal riding position

Additional Notes

- Parental consent forms will be available for all under 18s at the start and must be filled in by the parent before the rider can start.



Signing-on Sheet and Signing-out Sheet

- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed, you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required, you must report to Doping Control after finishing without delay.

Awards

- 1st Female - £20
- 1st Male – £20
- 1st Junior / Juv - £20
- 1st Vet on Standard (incl. Nouveau Shield if VTTA member) - £20
- 1st Female Road bike - £20
- 1st Male Road bike - £20
- Jack Trusty Memorial Cup – Awarded to the fastest Houghton, Sunderland Clarion or Cestria rider

Please contact the Event Secretary before the Event day if you have any queries/concerns/comments on any of the above.



number	Start time	First name	Last name	club	gender	category
1	07:31	Paul	Barrett	Velo Culture	Male	Senior
2	07:32	Heather	Gould	North Shields Polytechnic Club	Female	Veteran
3	07:33	Amelia	Cleathero	Racing Metro 15	Female	Juvenile
4	07:34	Lois	Jarvis	North Tyneside Riders CC	Female	Senior
5	07:35	Tracey	Sample	Alnwick & District Triathlon Club	Female	Veteran
6	07:36	Adele	McAlear	Velo Culture	Female	Senior
7	07:37	Caroline	Cunningham	North Tyneside Riders CC	Female	Veteran
8	07:38	Justine	Norman	Velo Culture	Female	Veteran
9	07:39	Sarah	Hamilton	VO2MAX Race Team	Female	Veteran
10	07:40	Vicky	Gibbs	Reifen Racing	Female	Veteran
11	07:41	Stephen	Boxall	Houghton CC	Male	Veteran
12	07:42	Tom	Guy	Sunderland Clarion	Male	Veteran
13	07:43	Tim	Miley	Northumbria Police C.C.	Male	Veteran
14	07:44	Ian	Wright	North Tyneside Riders CC	Male	Veteran
15	07:45	Peter	Stokoe	Reifen Racing	Male	Senior
16	07:46	Michael	Lynch	Derwentside CC	Male	Veteran
17	07:47	Iain	Katz	VO2MAX Race Team	Male	Senior
18	07:48	Jack	Siddoway	Blaydon CC	Male	Senior
19	07:49	Barry	Taylor	VO2MAX Race Team	Male	Veteran
20	07:50	Calum	Gibb	Deeside Thistle CC	Male	Senior
21	07:51	Mark	Whaley	Blaydon CC	Male	Veteran
22	07:52	Martin	Rasmussen	Tyneside Vagabonds CC	Male	Veteran
23	07:53	Philip	Gilbanks	Muckle Cycle Club	Male	Senior
24	07:54	Stephen	Kerr	Sunderland Clarion	Male	Veteran
25	07:55	Harris	Hall	Velo Culture	Male	Juvenile
26	07:56	Christopher	Beaty	Allen Valley Velo	Male	Senior
27	07:57	Lee	Ridden	Reifen Racing	Male	Veteran
28	07:58	John	Cantrill	Blaydon CC	Male	Veteran
29	07:59	Michael	Hindmarch	Sub Rosa	Male	Veteran
30	08:00	Jay	Pitt	Velo Culture	Male	Senior
31	08:01	Wayne	Coates	Team Bottrill	Male	Veteran
32	08:02	Zach	Haigh	Barnesbury CC	Male	Senior
33	08:03	Howie	Buckingham	Allen Valley Velo	Male	Veteran
34	08:04	Chris	Calvert	Alnwick & District Triathlon Club	Male	Veteran
35	08:05	Phil	Hall	Velo Culture	Male	Veteran
36	08:06	Christopher	Wayman	Blumilk.com	Male	Senior
37	08:07	Noel	Stoddart	Blaydon CC	Male	Veteran
38	08:08	Stephen	Locker	VO2MAX Race Team	Male	Veteran
39	08:09	Matthew	Theaker	Northumbria Police C.C.	Male	Senior
40	08:10	Lewis	Timmins	Vector Racing	Male	Senior
41	08:11	Neil	Wilkinson	Blaydon CC	Male	Veteran
42	08:12	Lee	McCarron	Vector Racing	Male	Senior
43	08:13	Mal	Gray	Velo Culture	Male	Veteran

44	08:14	David	Lavery	North Tyneside Riders CC	Male	Veteran
45	08:15	John	Routledge	Barnesbury CC	Male	Veteran
46	08:16	Adam	Wilson	Velo Culture	Male	Veteran
47	08:17	Keith	Davison	Hadrian R.T	Male	Veteran
48	08:18	Ray	Bell	Derwentside CC	Male	Veteran
49	08:19	Peter	Darnell	South Shields Velo Cycling Club	Male	Senior
50	08:20	Lewis	Wake	Team Kirkley Cycles	Male	Senior
51	08:21	Harry	Walker	Revolver Racing	Male	Veteran
52	08:22	Sarah	Minto	North Tyneside Riders CC	Female	Veteran