



HOUGHTON CYCLING CLUB's

Open 10 Mile Time Trial

Sunday 08th August 2021

Course: M1010B

First Rider: 08:01am

Timekeepers: Dave Clark & Sharon Dyson

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

Email: lee.m.statham@gmail.com

Tel: 07974008969

Results will be posted on the Northumberland & Durham Cycling Association Facebook page as soon as they are received from the Timekeepers on the afternoon of the event.



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



COVID19 – PLEASE READ CAREFULLY

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- Riders must provide their own pen to sign on/off the race, NO pens will be provided.
- Use the hand sanitiser provided before and after signing on/off.
- An elevated resting heart rate or exceptionally quick to react heart rate during warmup can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
- Riders should consider carrying a mobile phone with the organisers number saved in it, extra tubes (etc), a pump and basic tools. If you have a mechanical on course, contact the Organiser.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and leave immediately upon completion of the race.
- Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 1 metre+ social distancing rule.
- Riders will need to self-start, with one foot on the ground. NO track stands
- Remember, no rear working light (flashing or constant) NO RIDE. Riders MUST bring their own working light, marshals/timekeeper cannot provide a light.
- DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

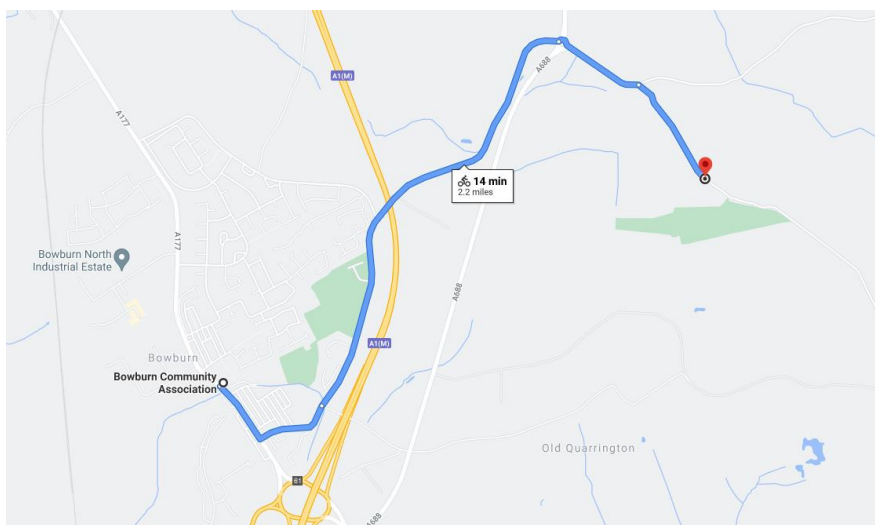
DON'T FORGET - BRING A PEN, A REAR LIGHT, & SAFETY PINS



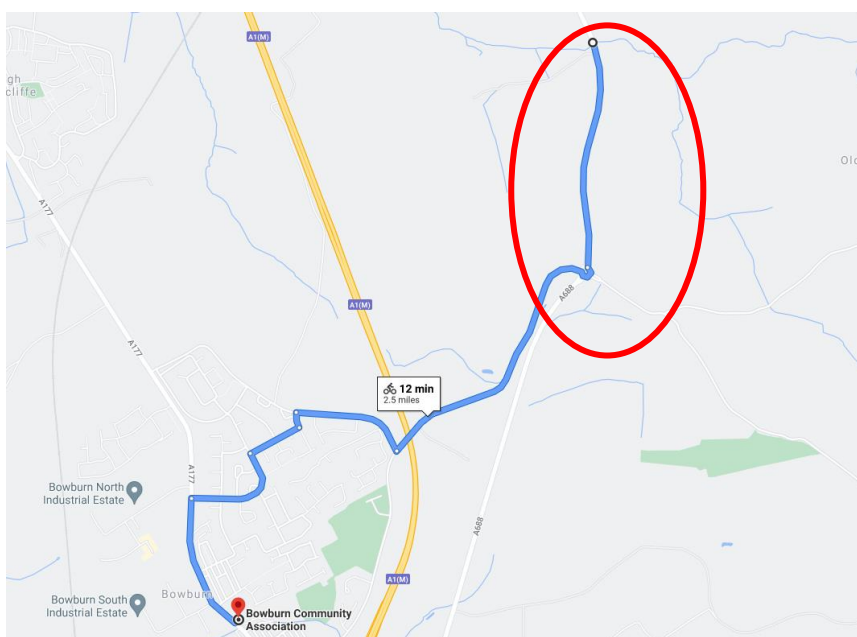
Event Sign On / Event Headquarters – Bowburn Community Association Centre, Durham Road, Bowburn. DH6 5AT

Sign on is at Bowburn Community Centre from approximately 06:45. Numbers provided will be disposable. Please use the parking facilities at Bowburn Community Centre to prevent any hindrance to residents by parking elsewhere. No cars to be parked within the vicinity of the start.

From the Community Centre you can follow the below route to the start:



Please do not ride on the course to access the start or to return to your car if there are other riders on the course. Please note it is 2.2 miles to get to the start without riding on the course – ensure you leave enough time to get there. To return to Bowburn Community Centre cross over the road when you have finished and ride on the cycle path before you turn right at the first roundabout:





Course Details

START at farmer's gate on the minor Quarrington Hill road approximately a ½ mile east of the A688 single Carriageway road. Proceed to the Cassop Moor roundabout junction with the A688 and take the first exit left to join the A688 southbound and the beginning of the course circuit. Continue south to the B6291 roundabout near to the A1(M) junction 61. Encircle the roundabout and take the third exit onto the A688 northbound and continue to the Cassop Moor roundabout. Straight on to the A181 Durham to Wheatley Hill roundabout. Encircle the roundabout and take the fourth exit to re-join the A688 southbound. Continue south to the Cassop Moor roundabout and the completion of one circuit. Repeat the circuit to FINISH on the A688 southbound approximately ½ mile south of the A181 Durham to Wheatley Hill roundabout at the beginning of the steel barrier just past a farmer's gate.

HCC 10MM TT 2016 | Strava Ride Segment in Durham, United Kingdom

Course Safety:

1. Please TAKE CARE negotiating the three roundabouts on the course. It is not recommended that they are ridden in the aero bars.
2. Once past the finish line please TAKE CARE crossing the road to join the cycle path on the way back to the HQ.

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You must bring your own pen to sign on and a red rear light to ride (new CTT rules for this year and you cannot ride without one!)



Safety Notes:

- All riders are responsible for their own safety.
- Any additional safety information will be provided at sign-on.
- Your machine must have a working rear light (flashing or constant) to be permitted to race.
- 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 MUST wear a hard-shell helmet.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must not take pace or shelter from any other vehicle or competitor (no drafting) – failure to comply may lead to disciplinary action being taken.

Additional Notes:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.
- 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.
- There will be **no pens or safety pins** available.
- Once you've signed in please disperse away from the start line, until maximum 4 minutes before your start time. You will have to start **without a pusher-off** but the timekeeper will be at the start line as usual, keeping 2 metres away from all riders, and the riders waiting to start need to line up with 2 metre distancing. No equipment can be left at the start unless you intend to retrieve it yourself at your own risk, after all riders have set away.
- No track stands allowed at the start.



Additional Notes Cont..

- After passing the finish line do not stop but return to your car without gathering in any groups.
- Should you have an incident on the course, and we become aware of this we are not supposed to collect you in a car. Clearly if this is an emergency, we will do everything appropriate to help, but if it's a mechanical and you just can't get back, you'll need someone to pick you up. On the registration form and sign in sheet there is an extra column for "rescue number". If this is not the same as the "emergency number" then please fill the column in, otherwise we will ring the emergency number for rescue.
- All riders to be aware that many roads are in places, suffering from poor surface conditions and as such, should adopt caution and keep their head up, to ensure their own safety. You must look ahead and not ride with your head down
- No dismounting in the finishing area.
- DO NOT warm-up on the course once the event has started.
- PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.
- **For those competing on ROAD BIKES, please also complete the separate "road bike" sheet so that your time can be pulled out from final set of results. When competing on road bikes, the rider must not use tri-bars on their machine, wheels deeper than 60mm, 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/>).**
- Each rider must sign on for themselves and nobody else.
- Once the course has been completed, please remember to sign out. If you forget to sign out, you will be recorded as a "DNF" on the results sheet.
- Junior riders should bring a completed Parental Consent form in order to be allowed to ride.
- 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 so as to be clearly visible from the rear when the rider is in his/her normal riding position.



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.

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Please shout out your number when crossing the line!

AWARDS CATEGORIES

Men's Winner - £20

Women's Winner - £20

Juvenile Winner - £20

Vet on Standard - £20

Male Roadbike - £20

Female Roadbike - £20

RESULTS

These will be made available on the N&DCA Facebook page later in the day as well as being emailed out to competitors.

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

Startsheet

Houghton Cycling Club 10M TT

Number	Start time	First name	Last name	Club	Gender	Category
1	08:01	Steven	Homer	Houghton CC	Male	Veteran
2	08:02	Mike	Donnelly	South Shields Velo Cycling Club	Male	Veteran
3	08:03	Stephen	Kerr	Sunderland Clarion	Male	Veteran
4	08:04	Richard	Nichol	Cestria C.C.	Male	Veteran
5	08:05	Kris	Whitelaw	Vector Racing	Male	Senior
6	08:06	Stephen	Walton	Muckle Cycle Club	Male	Veteran
7	08:07	Justine	Norman	Velo Culture	Female	Veteran
8	08:08	Heather	Gould	North Shields Polytechnic Club	Female	Veteran
9	08:09	Dawn	Johnson	Sun City Tri	Female	Veteran
10	08:10	Peter	Stokoe	Reifen Racing	Male	Senior
11	08:11	David	Linsley	Tyne & Wear Fire & Rescue Service CC	Male	Veteran
12	08:12	Mark	Bartley	Cambridge CC	Male	Veteran
13	08:13	Barry	Holyoak	South Shields Velo Cycling Club	Male	Veteran
14	08:14	Chris	Callan	Protech Velo	Male	Veteran
15	08:15	Christopher	Beaty	Allen Valley Velo	Male	Senior
16	08:16	Noel	Stoddart	Blaydon CC	Male	Veteran
17	08:17	Peter	Harridge	Tyneside Vagabonds CC	Male	Veteran
18	08:18	Peter	Searle	Protech Velo	Male	Veteran
19	08:19	Simon	Hilton	South Shields Velo Cycling Club	Male	Veteran
20	08:20	Wayne	Coates	Team Bottrill	Male	Veteran
21	08:21	Nick	Munro	Royal Air Force Cycling Association	Male	Senior
22	08:22	Colin	Gardener	Flyte Racing	Male	Veteran
23	08:23	Ian	Walker	South Shields Velo Cycling Club	Male	Veteran
24	08:24	Ricky	Parkinson	Houghton CC	Male	Veteran
25	08:25	Colin	Atkinson	Muckle Cycle Club	Male	Veteran
26	08:26	Harris	Hall	Velo Culture	Male	Juvenile
27	08:27	Ian	Gallon	North Tyneside Riders CC	Male	Veteran
28	08:28	Kyle	Sunley	Durham Triathlon Club	Male	Senior
29	08:29	Stephen	Boxall	Houghton CC	Male	Veteran
30	08:30	Phil	Hall	Velo Culture	Male	Veteran
31	08:31	Nicholas	Stevenson	Wearside Triathlon	Male	Veteran
32	08:32	Daniel	Weatherspoon	Protech Velo	Male	Senior
33	08:33	Frank	Devlin	South Shields Velo Cycling Club	Male	Veteran
34	08:34	Gary	Lawless	Muckle Cycle Club	Male	Veteran
35	08:35	Joe	Dixon	Velo Culture	Male	Juvenile
36	08:36	Michael	Lynch	Derwentside CC	Male	Veteran
37	08:37	Ellen	Powell	Durham Triathlon Club	Female	Senior
38	08:38	Ian	Wright	North Tyneside Riders CC	Male	Veteran
39	08:39	Vicky	Cuthbertson	Sun City Tri	Female	Veteran
40	08:40	Kris	Atkin	Team Kirkley Cycles	Male	Senior

41	08:41	Stephen	Magrath	Blaydon CC	Male	Senior
42	08:42	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
43	08:43	Ian	Hampton	Clifton CC York	Male	Veteran
44	08:44	Katarina	Bonner	Team Newcastle Triathlon	Female	Espoir
45	08:45	Daniel	Kane	Muckle Cycle Club	Male	Senior
46	08:46	Gavin	Richardson	Sunderland Clarion	Male	Veteran
47	08:47	Stephen	Hannah	Protech Velo	Male	Senior
48	08:48	Paul	Borrowdale	Houghton CC	Male	Veteran
49	08:49	Stephen	Brown	Sun City Tri	Male	Veteran
50	08:50	Jack	Rees	Ribble Weldtite Pro Cycling	Male	Senior
51	08:51	Neil	Wilkinson	Blaydon CC	Male	Veteran
52	08:52	Darren	Robson	North Tyneside Riders CC	Male	Veteran