



North Tyneside Riders

Presents

M50 Open Time Trial

To be held on Sunday 19th June 2022

Promoted on behalf of Cycling Time Trials under their Rules & Regulations

1 Event Secretary

**Ian Gallon
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**Time keepers.
Peter & Francis Schultz.**



Could All riders please note:

**A WORKING FRONT & REAR LIGHT PLUS A
HELMET ARE NOW COMPULSORY TO START
A CTT EVENT**

HQ – Cramlington Town FC.

Ormston Street, East Hartford, Cramlington, NE23 3BE.

The HQ will be open at 6.30am to sign on & numbers will
Be available from then.

There will be plenty of parking available in the car park but
please park responsibly in the streets & please don't block
any driveways

There Won't be a presentation after the race & all the results
and prize winners will be posted/notified later.

Course M50

Plessey Checks - Woodhorn- Amble - Woodhorn -Plessey Checks - Earth Balance - Three Horse Shoes

50 Miles

START. At power cable pole DP14 on the A192, approximately 0.24 mile east of Plessey Checks. Proceed to Crowhall Lane Roundabout. Continue straight on (second exit) to the Three Horseshoes Roundabout. Take the second exit onto slip road and then onto A189. Proceed North on the A189 to North Seaton/Sandy Bay roundabout, proceed straight over (second exit) and on to Woodhorn roundabout. Proceed straight over (second exit) to mini roundabout. Take first exit onto A189. At Linton roundabout, take third exit onto A1068. Continue on A1068 to Widdrington roundabout, where straight on (second exit) remaining on the A1068. Continue until encircling mini roundabout before Amble (19.75 miles), to retrace route south bound on the A1068. Follow A1068 all the way back through Widdrington to Linton roundabout. Take first exit to retrace route via A189 to Woodhorn and then North Seaton/Sandy Bay roundabouts. Continue along A189 until slip road at Three Horse Shoes roundabout/A192. Take third exit onto A192 and proceed over Crowhall Lane roundabout (second exit) and follow A192 until Plessey Checks. At roundabout take first exit onto A1068 proceeding to the Bassington roundabout. Staying right, encircle the roundabout taking third exit to return North on A1068. Continue to Plessey Checks. At the roundabout, take the 3rd exit to join A192 and the start of second shorter lap.

Proceed as first lap to A189, via Crowhall Lane roundabout, to Three Horse Shoes, taking second exit onto A189.

Proceed along A189 to the second exit, marked Earth Balance. Stay in right lane to join the A1147. Continue bearing right under A189 and onto B1331. Continue around B1331 to re-join A189 Southbound. Proceed South along A189 to take second exit onto the Three Horse Shoes Roundabout.

Proceed to roundabout and take the third exit back onto the A192. Continue over Crowhall Roundabout and to:

FINISH At small lay-by .22 miles before Plessey Checks.

ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP”RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.

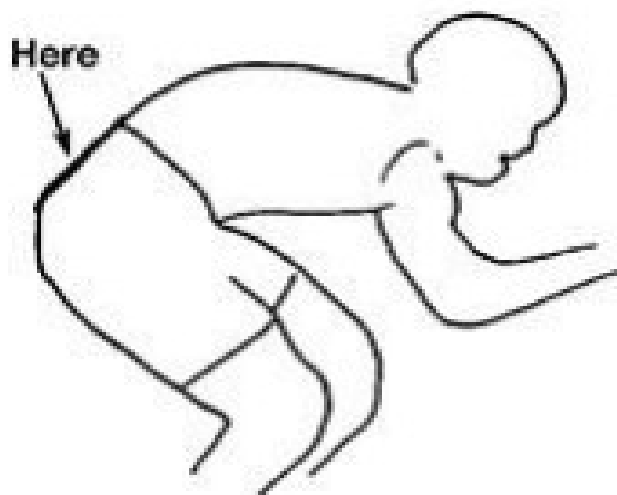
Numbers and Results

All riders must sign the “signing on sheet” before collecting their numbers and must sign the sheet again when returning after their ride.

Please make sure your number is placed correctly on jerseys/skinsuits to assist time timekeepers. If the timekeepers⁴ are unable to read your number then the time may be void.

Below is a diagram for positioning your number on jerseys/skinsuits.

Riders should provide their own safety pins.



Riders

A WORKING FRONT & REAR LIGHT PLUS A HELMET ARE NOW COMPULSORY TO START A CTT EVENT.

- All riders are responsible for their own safety
- You must obey the rules of the road and obey all traffic signs, signage and direction indicators
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times
- You must look ahead and not ride with your head down
- You must not take pace or shelter from any other vehicle or competitor (no drafting)
- Failure to comply with the above may lead to disciplinary action being taken
- No warming up on the course once the race has started
- No dismounting by riders in finishing area.
- Keep strictly to the correct side of the road

M50 TT Prize List

1st Male £30	1st Female £30
2nd Male £20	2nd Female £20
3rd Male £10	3rd Female £10

1st Male Road bike £20

5 1st Female Road bike £20

Vets

Males

Females

1st V40 £20

1st V40 £20

1st V50 £20

1st V50 £20

1st V60 £20

1st Juvenile £20

1st NTR Male £15

1st NTR Female £15