



## HOUGHTON CYCLING CLUB PRESENTS

It's 25 Mile Time Trial incorporating the Jack Trusty Memorial Cup

Sunday 25th June 2023

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](mailto: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.

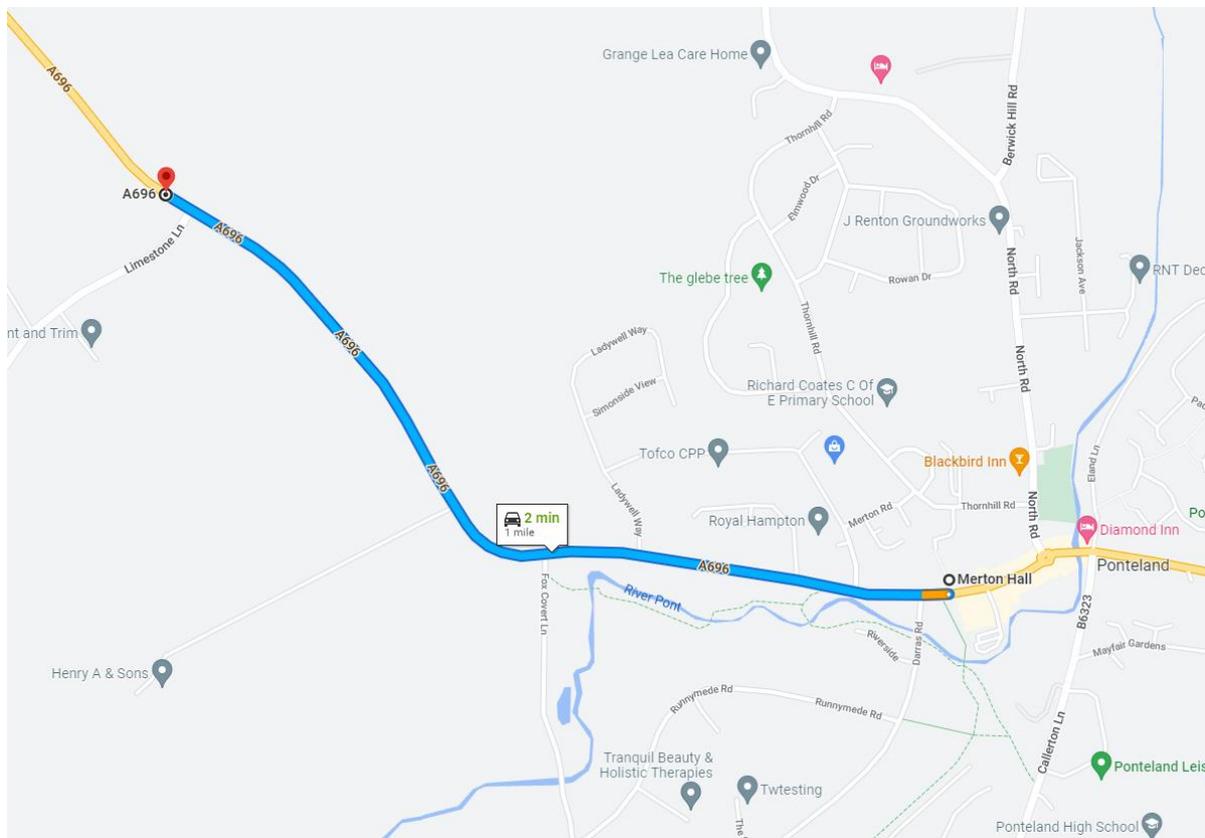


## Event Headquarters: Merton Hall, Merton Road, Ponteland. NE20 9PX

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 06:35. 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 CTT road bike rules apply:

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels - both front & rear wheels must have at least 12 spokes each
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- The maximum rim depth allowed is 90mm



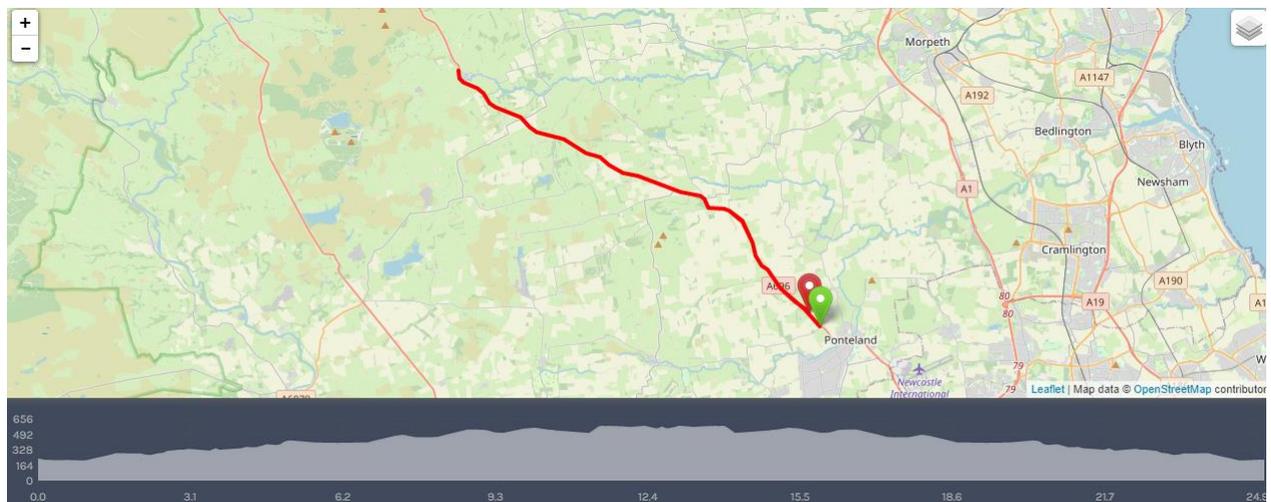
## Course Details

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

- 1<sup>st</sup> Female - £20
- 1<sup>st</sup> Male – £20
- 1<sup>st</sup> Junior / Juv - £20
- 1<sup>st</sup> Vet on Standard - £20
- 1<sup>st</sup> Female Road bike - £20
- 1<sup>st</sup> 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.



No.	start time	First name	Last name	club	gender	category
1	07:31	Steven	Homer	Houghton CC	Male	Veteran
2	07:32	Adam	Lunn	Velo Culture	Male	Senior
3	07:33	Celia	Michie	Alnwick Cycling Club	Female	Senior
4	07:34	Chris	Wann	EMC Cycling	Male	Veteran
5	07:35	Hedley	Fletcher	Blaydon CC	Male	Veteran
6	07:36	Garry	Greenaway	Vanelli-Project GO	Male	Veteran
7	07:37	Adele	McAleer	Velo Culture	Female	Veteran
8	07:38	Heather	Witham	Blaydon CC	Female	Veteran
9	07:39	Matthew	Walmsley	Cestria C.C.	Male	Senior
10	07:40	Philip	Kennell	GS Metro	Male	Veteran
11	07:41	Simon	Crisp	Gosforth RC	Male	Senior
12	07:42	Ian	Gallon	North Tyneside Riders CC	Male	Veteran
13	07:43	Barry	Holyoak	South Shields Velo Cycling Club	Male	Veteran
14	07:44	Hugo	Storey	Muckle Cycle Club	Male	Senior
15	07:45	Harry	Walker	Revolver Racing	Male	Veteran
16	07:46	Neil	Wilkinson	Blaydon CC	Male	Veteran
17	07:47	Michael	Charlton	Barnesbury CC	Male	Senior
18	07:48	Stephen	Kerr	Sunderland Clarion	Male	Veteran
19	07:49	Henry	Povey	VO2MAX Race Team	Male	Veteran
20	07:50	Adam	Smith	Team Kirkley Cycles	Male	Senior
21	07:51	David	Linsley	Tyne & Wear Fire & Rescue Service CC	Male	Veteran
22	07:52	Mark	Herbert	Derwentside CC	Male	Veteran
23	07:53	David	Milton	Vector Racing	Male	Veteran
24	07:54	Paul	Cottrell	Sunderland Clarion	Male	Veteran
25	07:55	Nick	Badcock	Allen Valley Velo	Male	Veteran
26	07:56	Stephen	Boxall	Houghton CC	Male	Veteran
27	07:57	Scott	McCance	Derwentside CC	Male	Veteran
28	07:58	Caroline	Cunningham	North Tyneside Riders CC	Female	Veteran
29	07:59	Joshua	Hodgson	GS Metro	Male	Senior
30	08:00	Tom	Hutchinson	Team Bottrill	Male	Senior
31	08:01	Adam	Harrison	Barnesbury CC	Male	Veteran
32	08:02	Benjamin	Johnston	Scottish Borders Race Team	Male	Espoir
33	08:03	Ray	Bell	Derwentside CC	Male	Veteran

