



'The North Pennine Mountain Time Trial 2019'

A Lakes & Lancs SPOCO & N&DCA BAR counting event

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

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Official Timekeepers: Peter McGrath and Sharon Dyson

Event Headquarters: Allendale Sports Club (Off B6295),
Allendale Town,
Hexham
NE47 9EQ

Directions: From Hexham (B6305 → B6304 → B6295) heading South through Catton (200 yds) take 1st right staying on B6295. HQ is approximately 400 yds from junction.

From Allendale Town on B6303 take 1st left onto B6295 (approximately 1 mile from Allendale Town). HQ is approximately 400 yds from junction of B6303 and B6295.

M40 course summary (please note this is the standard course not the amended version used last year)

- Start alongside gate of Village Hall opposite Middle School just North of Allendale Town and proceed North on the B6303 to Catton. Please note the start is approximately 1 mile from the HQ.
- Continue North on the B6295 and bear right (**do not take the left turn at this point**) on to the B6304 over Stublick Moor and continue to the junction with the B6305 at Branchend.
- Turn left on to the B6305 and proceed West to junction with the A686. (Marshal)
- Turn left onto the A686 and proceed South West towards Alston. (Marshal)
- Turn left onto the A689 onto Alston Front St and proceed up hill to junction with the B6277. (Marshal). Take care on the cobbled road surface over this section.
- Bear left at the T junction to stay on the A689 and continue to Cowshill. (Marshal)
- Turn left on to the B6295 (note: the inside of junction is very steep!) and proceed North.
- Continue on the B6295 through Allenheads (Marshal).
- Finish at the South boundary sign of Allendale Town.



Rider safety information:

- Riders should familiarise themselves with the route in advance of the race.
- Take extra care on several steep descents with bends, and especially that of Staward Peel, indicated by red flags and which ends with a left hand turn onto a narrow bridge.
- Take care on the B6294 (diversion section of route) with a tight bend onto a narrow bridge. Red flags in advance.
- Take care on sharp left turns at Branchend and Cowshill. Cowshill has a steep ramp to the inside of the junction on exit.
- Take extra care in all built-up areas and at all road junctions.
- Keep to the correct side of the road at all times.
- No U-turns to be made in the vicinity of the timekeeper/starter.
- No dismounting in the finishing area.
- All riders pulling out of the race on course must notify the organiser or marshal as soon as possible.
- The race route reaches an elevation of approximately 650m above sea level and is remote at times. It is the rider's responsibility to wear/carry appropriate clothing/equipment for the conditions.
- Due to the recent weather conditions, the general condition of road surfaces can be poor. Numerous broken sections and/or potholes are likely on the course in some degree or other. It is the rider's responsibility to take care of his line and be aware of the road conditions ahead.
- CTT and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted standard. This is compulsory for all junior competitors under the age of 18.
- It is also recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active whilst the machine is in use.

Event Information:

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users and local residents.
- No cars to be parked at start/finish, except officials.
- No use of turbo trainers/rollers within 100yds of inhabited property.
- No warming up on course once the event has started.
- Sign on and collect numbers from HQ after 09:00.
- All riders must sign out personally at the event Headquarters once they have completed the course. Failure to do so will result in disqualification.
- The start is approximately 1 mile from the event headquarters. Allow plenty of time to get there!
- Please shout your number as you cross the finish line.
- Refreshments afterwards at the event headquarters.
- No cycling shoes to be worn inside the event headquarters (or use cleat covers).
- Please use the facilities with respect.
- Good luck and have a great race!



Prizes: We will attempt to hand out all prizes as soon as possible after the last rider has completed the course. Please bear with us whilst we calculate and verify the results. It may be necessary to post some prizes after the event.

Derwentside CC

First Mountain TT Shield + £30

Overall:

First £40

Second £30

Third £20

Ladies:

First £40

Second £30

Third £20

Road Bike:

Please sign the separate sheet to be included for this category in this event. If you are competing for the roadman category for the BAR please inform the organisers. N&DCA rules apply for equipment.

First Male £30

Second Male £20

First Female £30

Second Female £20

Age Categories:

First 40-49 £25

First 50-59 £25

First 60+ £25

Tandem

First pair £25

Maximum of one prize per rider (except DCC rider). Highest value prize will be paid.



Bib	Start	Name		Club	Category
1	10:01:00	Miriam	Jessett	Team Kirkley Cycles	Tandem
2		Jon	Bennett	Tyneside Vagabonds CC	
3	10:03:00	Raymond	Bell	Derwentside CC	V60(M)
4	10:04:00	Josh	Craven	Muckle Cycle Club	Espoir(M)
5	10:05:00	Lee	Ager	Blaydon CC	Senior(M)
6	10:06:00	Clive	Allan	Allen Valley Velo	Senior(M)
7	10:07:00	Francis	Smith	Derwentside CC	V60(M)
8	10:08:00	John	Cantrill	Blaydon CC	V40(M)
9	10:09:00	Samantha	Fletcher	Tri Northumberland (Tri North)	V40(F)
10	10:10:00	Collin	Humphrey	Team Kirkley Cycles	V40(M)
11	10:11:00	Russell	Hughes	Tyneside Vagabonds CC	V50(M)
12	10:12:00	Jamie	Johnson	Barnesbury CC	Senior(M)
13	10:13:00	Jane	Massey	Cramlington CC	V40(F)
14	10:14:00	Robert	Smith	Derwentside CC	V50(M)
15	10:15:00	Roy	Flanagan	Rossendale RC	V60(M)
16	10:16:00	Amy	Whelan	Barrow Central Wheelers	Senior(F)
17	10:17:00	Dougan	Collins	Ferryhill Whs	V50(M)
18	10:18:00	Craig	Summersgill	Rock to Roll CC	Senior(M)
19	10:19:00	Michal	Dzieweczynski	Team Newcastle Triathlon	Senior(M)
20	10:20:00	Darren	Williamson	Muckle Cycle Club	V40(M)
21	10:21:00	Michael	Todd	Derwentside CC	Senior(M)
22	10:22:00	Gemma	Frost	Team Swift	Senior(F)
23	10:23:00	Ian	Barnes	Barrow Central Wheelers	Senior(M)
24	10:24:00	Ian	Gallon	North Tyneside Riders CC	V50(M)
25	10:25:00	Chris	Mather	Derwentside CC	V40(M)
26	10:26:00	Teri	Bayliss	Muckle Cycle Club	V40(F)
27	10:27:00	Randle	Shenton	Team Swift	V60(M)
28	10:28:00	Lee	Ridden	Reifen Racing	V50(M)
29	10:29:00	Neil	Mckinnon	Derwentside CC	V50(M)
30	10:30:00	Neil	Withington	Beacon Wheelers	V40(M)
31	10:31:00	Peter	Herdman	Blaydon CC	V40(M)
32	10:32:00	Neil	Parkin	Derwentside CC	V40(M)
33	10:33:00	Mark	Whaley	Blaydon CC	V40(M)
34	10:34:00	Ian	Coates	Derwentside CC	Senior(M)
35	10:35:00	Jon	Sturman	Blumilk.com	V40(M)
36	10:36:00	Rachel	Galler	Blaydon CC	Senior(F)
37	10:37:00	Stephen	Walton	Muckle Cycle Club	V40(M)
38	10:38:00	Jane	Aston	Blaydon CC	V40(F)
39	10:39:00	Nikki	Metcalfe	Team Boompods	V40(F)
40	10:40:00	Tim	Wilcock	GS Metro	Senior(M)



41	10:41:00	Scott	Mccance	Derwentside CC	V40(M)
42	10:42:00	Tim	Bennett	Kent Valley RC	V50(M)
43	10:43:00	David	Goodwin	Newcastle Cheviot CC	V50(M)
44	10:44:00	Jonathan	Bayley	Reifen Racing	Senior(M)
45	10:45:00	Philip	Kennell	GS Metro	V50(M)
46	10:46:00	Jan	Scotchford	North Lancashire Road Club	V50(F)
47	10:47:00	Hannah	Farran	Team Boompods	Senior(F)
48	10:48:00	Sandy	Cheung	Reifen Racing	Senior(F)
49	10:49:00	Andrew	Duggan	Physiohaus Health & Performance	Senior(M)
50	10:50:00	Lewis	Timmins	Team Swift	Senior(M)
51	10:51:00	Nicholas	Stevenson	Wearside Triathlon	V40(M)
52	10:52:00	Claire	Swoboda	Velo Club St Raphael	V40(F)
53	10:53:00	Andy	Richardson	Muckle Cycle Club	Senior(M)
54	10:54:00	Richard	Morgan	Barrow Central Wheelers	Senior(M)
55	10:55:00	Dan	Kendall	Rock to Roll CC	Senior(M)
56	10:56:00	Daniel	Holmes	Derwentside CC	Juvenile (M)
57	10:57:00	Francis	Gainsborough	Team Newcastle Triathlon	Espoir(M)
58	10:58:00	Wayne	Baker	Blaydon CC	V40(M)
59	10:59:00	Norman	Lomax	Rosendale RC	V60(M)
60	11:00:00	Simon	Gibbs	Reifen Racing	V40(M)
61	11:01:00	Kieran	Lacey	Barrow Central Wheelers	V40(M)
62	11:02:00	Bryan	Pool	Border City Whs CC	V50(M)
63	11:03:00	Gemma	Hutchins	Blaydon CC	V40(F)
64	11:04:00	Jen	Mcmahon	Muckle Cycle Club	Senior(F)
65	11:05:00	Wayne	Coates	Derwentside CC	V60(M)
66	11:06:00	Craig	Foley	Tricademy	V40(M)
67	11:07:00	Paul	Lawson	St Christopher's CC	V40(M)
68	11:08:00	David	Jones	EMC Cycling	V50(M)
69	11:09:00	Dave	Nicholl	Barrow Central Wheelers	V40(M)
70	11:10:00	Matt	Moorhouse	Preston CC	V40(M)
71	11:11:00	Keith	Taylor	Derwentside CC	V50(M)
72	11:12:00	Byron	Beatty	Alnwick & District Triathlon Club	V40(M)
73	11:13:00	Paul	Wright	Blaydon CC	Senior(M)
74	11:14:00	Natalie	Batey	T&WF&RS CC	Senior(F)
75	11:15:00	Ken	Thursby	Tyneside Vagabonds CC	V40(M)
76	11:16:00	Craig	Bell	Allen Valley Velo	Senior(M)
77	11:17:00	Terry	Fountain	Breeze Bikes RT	V50(M)
78	11:18:00	I	Maddison	Ryton Tri Club	V50(M)
79	11:19:00	Jock	Bolam	Breeze Bikes RT	V50(M)
80	11:20:00	Anna	Turvey	DRAG2ZERO	Senior(F)
81	11:21:00	Mark	Herbert	Derwentside CC	V50(M)



82	11:22:00	Tim	Nichol	Blaydon CC	Senior(M)
83	11:23:00	Jennifer	Batey	Team Boompods	Senior(F)
84	11:24:00	Fiona	Burnie	GS Metro	Senior(F)
85	11:25:00	Hedley	Fletcher	Blaydon CC	V40(M)
86	11:26:00	Craig	Boggon	Muckle Cycle Club	Senior(M)
87	11:27:00	Lee	Mccarron	Barnesbury CC	Senior(M)
88	11:28:00	Simon	Clark	GS Metro	V50(M)
89	11:29:00	Chris	Beaty	Allen Valley Velo	Senior(M)
90	11:30:00	Paul David	Fleming	Preston Whs	V50(M)
91	11:31:00	Ben	Johnson	Derwentside CC	Senior(M)
92	11:32:00	Lester	Grant	Auchencrow Thistle CC	Senior(M)
93	11:33:00	Nick	Badcock	Allen Valley Velo	Senior(M)
94	11:34:00	Joseph	Hunter	Allen Valley Velo	Senior(M)
95	11:35:00	Thomas	Gilbert	Team Newcastle Triathlon	Senior(M)
96	11:36:00	Jay	Pitt	Derwentside CC	Senior(M)
97	11:37:00	Mal	Gray	Reifen Racing	V40(M)
98	11:38:00	Ross	Gray	Allen Valley Velo	Senior(M)
99	11:39:00	Simon	Emsley	Derwentside CC	V40(M)
100	11:40:00	Adam	Wild	GS Metro	Espoir(M)

