



## HARTLEPOOL CYCLING CLUB

[www.hartlepool-cycleclub.org](http://www.hartlepool-cycleclub.org)

### PRESENTS THE Pentagon Freight Services PLC



#### OPEN 10 MILE TRIAL ON SUNDAY 14<sup>TH</sup> MAY, 2017 FOR THE ARTHUR METCALFE MEMORIAL TROPHY

Promoted for and on behalf of Cycling Time Trials and including the VTTA.  
Timekeepers

Mr. A. Harrison

Mr. D. Oliver

Event Secretaries: Paul Garstang, 20 Crocus Gardens, Hartlepool, TS26 0ZG. Tel: 07784 781 221. E-mail: [paulgarstang@gmail.com](mailto:paulgarstang@gmail.com) & Phil Wright. Tel: 07702 244 922.

#### Course T105/4

Start at mark on kerbstone level with the third broken line on the junction of the old lane (closed the motor vehicles), and proceed out onto the road exiting Sedgfield to the south east. After 245 yards bear left onto the slip road to join the A689 towards Hartlepool. At the roundabout for Wynyard Village continue ahead on the A689 (4.07 miles) to the Wynyard Business Park Roundabout (5.08 miles) (M). Encircle the roundabout and retrace on the A689 to the Wynyard Village roundabout (6.18 miles). Continue ahead on the A689 and finish at the second of five lampposts, and mark on the kerb, immediately before the junction with the road into Sedgfield on which you started (10 miles).

Numbers will be at event HQ at Ceddesfield Hall, Rectory Row, Sedgfield TS21 2AE where RIDERS must sign on AND OFF.  
Anyone not signing-off may be recorded as DNF.

Parking is available on the roads around HQ and on the lane on the left after the finish (Stockton Road). Please note that you must turn left from the parking on Stockton Road onto the A689. DO NOT RIDE ACROSS THE ROAD OR THROUGH THE NO ENTRY SIGNS.

#### Awards

	<u>FASTEST</u>	<u>ON STANDARD (VTTA only)</u>	<u>FASTEST LADY</u>	<u>TEAM (VTTA only)</u>
1 <sup>st</sup>	£50	£50	£20	£10 each (team of 3 on standard)
2 <sup>nd</sup>	£30	£30		
3 <sup>rd</sup>	£20	£20		

Please note: one prize/rider, excluding team prize.

#### Regulations

No cars, other than Event Officials, are to be parked at the start or finish.

No U-turns are to be undertaken within sight of the start or finish.

Riders are not to warm-up on any part of the course whilst the event is in progress.

No turbo trainers are to be used within 100 metres of inhabited properties.

This CTT event may be subject to random Drug Testing

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise that you wear a HARD SHELL HELMET.

Regulation 15 in the current CTT Handbook states that ALL competitors under the age of 18 years MUST wear a properly-affixed helmet that conforms to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZ/2063.96, DINC 33-954, CPSC, EN 1078.

It is recommended that a working rear light is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

**First rider off at 09.08. HEADS UP AND HAVE A SAFE RIDE.**

**Thanks to our sponsor, Pentagon Freight Services plc**

**Thanks to all who have assisted in the organisation of this event**