



## **Gosforth Road Club 25 Mile Open Time Trial**

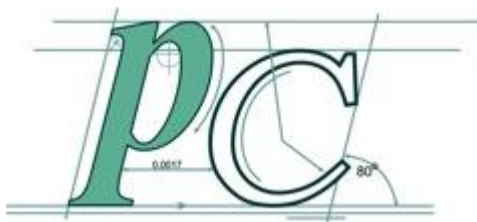
**Sunday 8th July 2018 10.00 am**

**Event promoted for and on behalf of Cycling Time Trials under their  
Rules and Regulations**

*Northumberland & Durham Cycling Association Best All Rounder 2018*

*This event is a counting event in the N&DCA BAR for 2018. In order to be eligible for BAR points and awards your club or team or you as an individual must have affiliated to the N&DCA before the day of the race. For information on how to do this, visit <http://nanddca.org.uk/>*

### **Event Sponsor: Padon Contracts**



#### **Organiser / Event Secretary :**

Richard Exley, 82 Lodore Road, High West Jesmond, Newcastle NE2 3NR  
[richexley211@btinternet.com](mailto:richexley211@btinternet.com) 07712 183201

**Timekeeper: Peter Schultz**

**Assistant Timekeepers: Frances Schultz, Sharon Dyson**

## **HQ: Stamfordham Village Hall**

**<http://www.stamfordhamvillagehall.co.uk/location.htm>**

HQ will be opened at 8.30 am and sign on and numbers will be available from 9.00 am. **Please return numbers and sign off at the HQ afterwards.**

**Please park considerately in the Village. Stamfordham is used to hosting cycle events and all riders are asked to help maintain the sport's cordial relationship with the residents, **ESPECIALLY FOLLOWING THE PREVIOUS WEEKEND'S NATIONAL CHAMPIONSHIPS.****

**Do NOT park on North and South Side residential roads either side of village green. There are lay-bys next to the HQ and the First School **THOUGH THESE MAY BE BUSY**, and further parking in lay-bys at the Start area (do not obstruct the start line vicinity).**

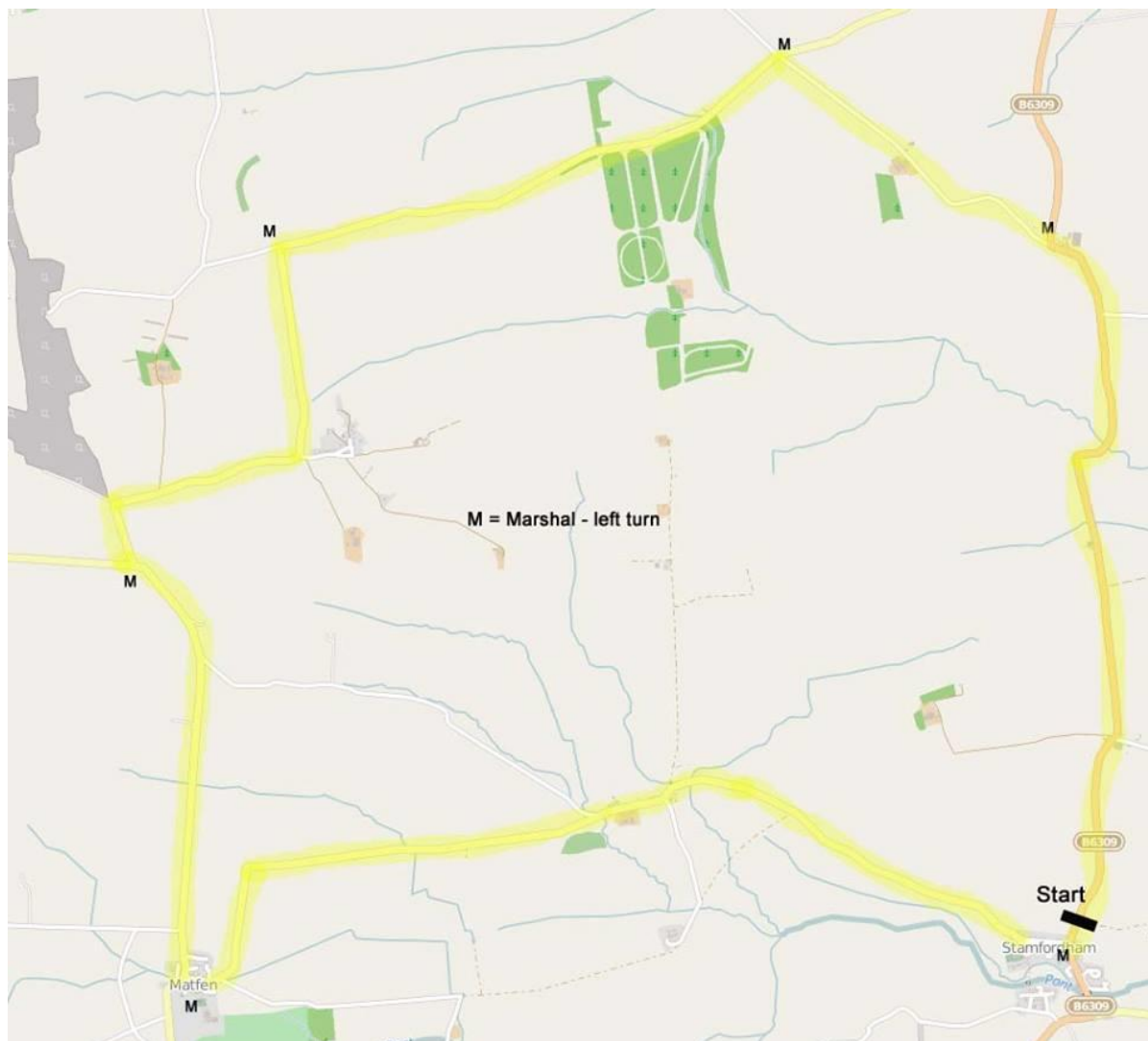
**NB** There are toilet and changing facilities in the HQ.

Refreshments for riders will be available in the HQ from 11 am onwards and the Presentations will take place as soon as possible after the last rider has finished (Approx 12.15).

## **Description of Course M2511**

### **Stamfordham - Black Heddon - Ingoe - Matfen – Stamfordham 25 Miles**

Start at road race finish line on hill top ½ mile north of Stamfordham on the B6309. Proceed north to Black Heddon (2.3m & 14.9m), and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left (5.5m & 18.1m) towards Ingoe left to Matfen (8.7m & 21.3m), left to Stamfordham, and left towards Black Heddon and continue past Start to commence 2<sup>nd</sup> lap (12.6 m). Finish at end of 2<sup>nd</sup> lap north of Stamfordham on the B6309 at the Stamfordham village sign approximately 200 yards south of the Start.



2 laps

### **Safety notes:**

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users.

### **Riders:**

- Take extra care at road junctions, on descents, and when passing through villages.
- In wet conditions, descents and sharp bends can be particularly hazardous and should be negotiated with extreme care.
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- Take care passing through the Start area when commencing 2<sup>nd</sup> lap.
- Keep to the left at all times, and especially so on narrow roads with right hand bends.
- No U-turns to be made in the vicinity of the timekeeper.
- No dismounting in the finishing area.

All riders are responsible for their own safety:

### **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. In accordance with Regulation 15 ALL JUNIOR & JUVENILE competitors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**

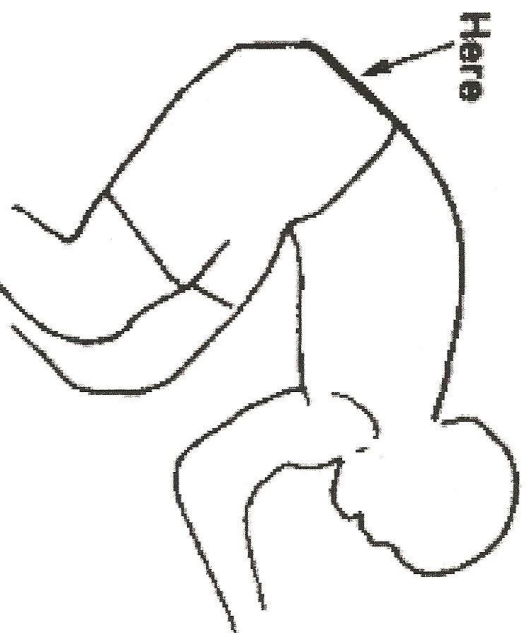
- You must obey the rules of the road and obey all traffic signs, signage and direction indicators
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times
- You must look ahead and not ride with your head down
- You must not take pace or shelter from 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

## Body Numbers NOT JUST IDENTIFICATION

THEY are HI VISIBILITY for YOUR SAFETY  
TO be SEEN by VEHICLES BEHIND YOU

*If number not seen by Finish Timekeeper, you may not be given a time*

### Body Numbers should be like this



The body number shall be centrally positioned below the waist so as to be clearly visible from the rear when in a normal riding position.

**Position number as shown.**

## **Prize List**

(One rider, one prize, except for Team)

### **Fastest Overall**

First £25 Second £15 Third £10

### **Women**

First £25 Second £15 Third £10

### **Veterans**

First v40+ £20 Second £15 Third £10

First V50+ £20 Second £15 Third £10

First V60+ £20 Second £15 Third £10

### **Road bike**

First £20 Second £15 Third £10

**NB** in order to be Eligible for the Road bike prize category, your bicycle must not be fitted with Tri- bars or clip-on handlebar extensions, and no disc wheels are permitted. Riders must not wear time trial specific aero helmets, though any helmet permissible in a road race will be allowed. You must notify whether you are riding a road bike at sign-on when collecting your number- put 'R' next to name on sign on.

### **Team of 3 (aggregate time)**

First £20 Second £15. Third £12

Womens Team .

First £20 Second £15. Third £12

## Start List

1	10:01:00	Graeme	Dawson	Gosforth RC	Male	Veteran
2	10:02:00	James George	Dunn	South Shields Velo Cycling Club	Male	Senior
3	10:03:00	ian	gallon	North Tyneside Riders CC	Male	Veteran
4	10:04:00	Jane	Massey	Cramlington CC	Female	Veteran
5	10:05:00	Lee	Statham	Houghton CC	Male	Veteran
6	10:06:00	Peter	Stokoe	Sunderland Clarion	Male	Senior
7	10:07:00	Natalie	Batey	Tyne & Wear Fire & Rescue Service CC	Female	Senior
8	10:08:00	Caroline	Golightly	Sunderland Clarion	Female	Veteran
9	10:09:00	Kerry	Gowland	Houghton CC	Female	Veteran
10	10:10:00	Julian	MacBride	Blaydon CC	Male	Senior
11	10:11:00	Keith	Sibbald	Cramlington CC	Male	Veteran
12	10:12:00	Jock	Bolam	Breeze Bikes RT	Male	Veteran
13	10:13:00	David	Simpson	South Shields Velo Cycling Club	Male	Veteran
14	10:14:00	Maddy	Hall	Breeze Bikes RT	Female	Juvenile
15	10:15:00	Ian	Norris	Blumilk.com	Male	Veteran
16	10:16:00	Gemma	Frost	Team Swift	Female	Senior
17	10:17:00	Michael	Aspey	Northumbria Police C.C.	Male	Veteran
18	10:18:00	Ronnie	Thompson	Derwentside CC	Male	Veteran
19	10:19:00	Paul	Mitchell	Blaydon CC	Male	Veteran
20	10:20:00	Andrew	Hall	GS Metro	Male	Senior
21	10:21:00	Martin	Rasmussen	Tyneside Vagabonds CC	Male	Veteran
22	10:22:00	Mark	Whaley	Blaydon CC	Male	Veteran
23	10:23:00	Teri	Bayliss	GS Metro	Female	Veteran
24	10:24:00	Stephen	Walton	Muckle Cycle Club	Male	Veteran
25	10:25:00	Peter	Herdman	Blaydon CC	Male	Veteran
26	10:26:00	Colin	Gardener	Flyte Racing	Male	Veteran
27	10:27:00	Allison	Mclean	Tyneside Vagabonds CC	Male	Veteran
28	10:28:00	Justine	Norman	Breeze Bikes RT	Female	Veteran
29	10:29:00	Sheena	Harrison	Allen Valley Velo	Female	Veteran
30	10:30:00	russ	richardson	Teesdale CRC	Male	Veteran
31	10:31:00	Jamie	Johnson	Barnesbury CC	Male	Senior
32	10:32:00	david	Linsley	Tyne & Wear Fire & Rescue Service CC	Male	Veteran
33	10:33:00	Sara	Cummings	Blaydon CC	Female	Veteran
34	10:34:00	Mike	Donnelly	South Shields Velo Cycling Club	Male	Veteran
35	10:35:00	Murray	Doyle	Bute Wheelers	Male	Veteran
36	10:36:00	Richard	Tyson	Rock to Roll CC	Male	Veteran
37	10:37:00	Raymond	Bell	Derwentside CC	Male	Veteran
38	10:38:00	Clive	Rae	Gosforth RC	Male	Veteran
39	10:39:00	Danny	wilcox	North Tyneside Riders CC	Male	Veteran
40	10:40:00	Phil	Hall	Breeze Bikes RT	Male	Veteran

41	10:41:00	Colin	Atkinson	Muckle Cycle Club	Male	Veteran
42	10:42:00	Paul	Hague	Gosforth RC	Male	Veteran
43	10:43:00	Michelle	Highfield	Berwick Wheelers Cycling Club	Female	Veteran
44	10:44:00	Terry	Parvin	Ferryhill Whs	Male	Veteran
45	10:45:00	John	Routledge	Barnesbury CC	Male	Senior
46	10:46:00	Bill	Maxwell	Border City Whs CC	Male	Veteran
47	10:47:00	Christopher	Beaty	Allen Valley Velo	Male	Senior
48	10:48:00	Hannah	Baker	North Tyneside Riders CC	Female	Senior
49	10:49:00	Neil	Harrison	Allen Valley Velo	Male	Veteran
50	10:50:00	Mark	Robertson	Army Cycling Union	Male	Senior
51	10:51:00	Dan	Meggison	GS Metro	Male	Senior
52	10:52:00	Neil	Parkin	Derwentside CC	Male	Veteran
53	10:53:00	Carrie	Brookes	North Tyneside Riders CC	Female	Veteran
54	10:54:00	gareth	davies	Barnesbury CC	Male	Veteran
55	10:55:00	Brian	Johnson	Reifen Racing	Male	Veteran
56	10:56:00	Mark	Herbert	Derwentside CC	Male	Veteran
57	10:57:00	Joanne	Rea	Blaydon CC	Female	Senior
58	10:58:00	Jen	McMahon	Muckle Cycle Club	Female	Senior
59	10:59:00	Nicola	McCoy	Sporting Club Gothic	Female	Veteran
60	11:00:00	Nev	Martin	GS Metro	Male	Veteran
61	11:01:00	wayne	coates	Derwentside CC	Male	Veteran
62	11:02:00	Peter	Mcewan	Breeze Bikes RT	Male	Veteran
63	11:03:00	Stuart	Cook	Cestria C.C.	Male	Veteran
64	11:04:00	Mick	Chappel	North Tyneside Riders CC	Male	Veteran
65	11:05:00	Steven	Craggs	Blaydon CC	Male	Senior
66	11:06:00	patrick	deane	Tyneside Vagabonds CC	Male	Veteran
67	11:07:00	Gemma	Hutchins	Blaydon CC	Female	Senior
68	11:08:00	darren	williamson	Muckle Cycle Club	Male	Veteran