

GS METRO

Open 18 Mile Spoco TT

Promoted for and on behalf of Cycling Time Trials under their
Rules and Regulations



Sunday 29th July 2018

10:00am Start

Course: M18

First Rider: 10:01am

Time Keepers: Peter & Frances Schultz

Assistant Timekeeper: Sharon Dyson

Event Secretary: Ben Lane, 1 High Ridge View, NE42 6JB
Tel: 07720054210

Sign on Headquarters

Merton Village Hall, Ponteland, NE20 9PX (Riders will be able to sign on and collect numbers from 09:00am. Refreshments available after the event.

There is parking in Ponteland, but we ask that you are respectful of the local residents. **Please refrain from using turbos to warm up near the event headquarters.**

Each rider must sign for themselves and nobody else before collecting their number. Once the course has been completed, remember to sign out and return your number. **NOTE: Riders who do not sign-out will be recorded as a "DNF" on the official results sheet. Juvenile and Junior riders must hand in a completed parental consent form to be permitted to race.**

Please ensure that the road bike signing-on sheet is completed to be considered for the road bike prize at this event. When entering this category, the rider must not use Tri Bars, TT helmets, Trip Socks or wheels deeper than 60mm. Skin suits are permitted.

Course Description

Start on minor Ponteland to Morpeth road alongside field gate approx. 200 metres south of the entrance to Northumbria Police HQ at Ponteland. Continue north to T-junction with the B6524. Turn left on the B6524 and continue through Whalton to T-junction with the A696. Turn left on the A696 and continue through Belsay to Finish, opposite Dissington Lane End approx. 1/2 mile before Ponteland.

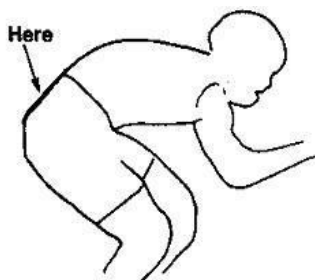
Safety notes:

- 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.
- Due to hard winter the general conditions of road surfaces can be poor. Broken surfaces and/or potholes are likely on the course to some degree. It is the responsibility of the rider to be aware of their line and be aware of road conditions ahead.

Riders:

- No U-turns to be made in the vicinity of the timekeeper.
- Please refrain from warming up on the course once the time trial has commenced.
- No dismounting in the finishing area.
- You must look ahead and not ride with your head down.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must not take pace or shelter from any other vehicle or competitor (no drafting) – failure to comply may lead to disciplinary action being taken.
- 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. **All competitors under the age of 18 years MUST wear a hard-shell helmet.**
- It is strongly 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.

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 noted below:



If it's too high and we can't see it, this may result in disqualification.

Course Records (provisional)

M18	Male	Collin	Humphrey	Achieve CC	37:37	6/4/13	Blumilk.com
	Female	Angela	Hibbs	Team Wattcycle	41:40	25/4/15	Blumilk.com
	Junior Boy	Daniel	Dixon	Gosforth RC	40:54	25/3/17	Cramlington CC
	Junior Girl	Hollie	Elliott	Ryton Triathlon Club	51:35	19/3/16	Cramlington CC

Please shout out your number as you pass the Finish Timekeeper.

Prize List

	1	2	3
Overall	£40	£20	£10
Vet Standard	£40	£20	£10
Ladies	£40	£20	£10
Fastest Team of 3 with min 1 lady	£45		
Male Rd	£20		
Female Rd	£20		
Male CR	£15		
Junior Male CR	£15		
Female CR	£15		
Junior Female CR	£15		

Plus Tbc Sponsor Prizes

Start Sheet - the full start sheet is also available on the CTT website event page (<https://www.cyclingtimetrials.org.uk/race-entrant-list/17223>)

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Vet Standard
1	10:01:00	Ben	Lane	GS Metro	Male	Veteran	00:48:11
2	10:02:00	Nicola	Mccoy	Sporting Club Gothic	Female	Veteran	00:52:47
3	10:03:00	Jen	Mcmahon	Muckle Cycle Club	Female	Senior	
4	10:04:00	Adam	Wilson	Cramlington CC	Male	Senior	
5	10:05:00	Ian	Taylor	Blumilk.com	Male	Veteran	00:47:37
6	10:06:00	Brian	Johnson	Reifen Racing	Male	Veteran	00:48:53

7	10:07:00	Clive	Horton	Barnesbury CC	Male	Veteran	00:49:20
8	10:08:00	Keith	Sibbald	Cramlington CC	Male	Veteran	00:48:11
9	10:09:00	Rachel	Walmsley	Tyneside Vagabonds CC	Female	Veteran	00:51:52
10	10:10:00	Russ	Richardson	Teesdale CRC	Male	Veteran	00:50:25
11	10:11:00	Michael	Todd	Derwentside CC	Male	Senior	
12	10:12:00	Martin	Rasmussen	Tyneside Vagabonds CC	Male	Veteran	00:48:36
13	10:13:00	Joanne	Rea	Blaydon CC	Female	Senior	
14	10:14:00	Gareth	Davies	Barnesbury CC	Male	Veteran	00:49:40
15	10:15:00	Hedley	Fletcher	Blaydon CC	Male	Veteran	00:47:54
16	10:16:00	Neil	Wilkinson	Cestria C.C.	Male	Veteran	00:48:27
17	10:17:00	Patrick	Deane	Tyneside Vagabonds CC	Male	Veteran	00:49:02
18	10:18:00	Dennis	Fuller	GS Metro	Male	Veteran	00:53:59
19	10:19:00	Richard	Cleathero	North Racing	Male	Veteran	00:47:10
20	10:20:00	Collin	Humphrey	Derwentside CC	Male	Veteran	00:47:10
21	10:21:00	Ali	Bailey	GS Metro	Male	Senior	
22	10:22:00	Josh	Craven	Muckle Cycle Club	Male	Espoir	
23	10:23:00	Peter	Stokoe	Sunderland Clarion	Male	Senior	
24	10:24:00	Rachel	Galler	Blaydon CC	Female	Senior	
25	10:25:00	Lewis	Timmins	Team Swift	Male	Senior	
26	10:26:00	Marcus	Cram	Blaydon CC	Male	Senior	
27	10:27:00	Damon	Devine	Reifen Racing	Male	Veteran	00:48:02
28	10:28:00	Ian	Dick	Derwentside CC	Male	Senior	
29	10:29:00	Fergus	Robinson	Allen Valley Velo	Male	Espoir	
30	10:30:00	Thomas	Prentice	GS Metro	Male	Junior	
31	10:31:00	Philip	Kennell	Allen Valley Velo	Male	Veteran	00:48:44
32	10:32:00	Jock	Bolam	Breeze Bikes RT	Male	Veteran	00:48:36
33	10:33:00	Gemma	Hutchins	Blaydon CC	Female	Senior	
34	10:34:00	Peter	Mcewan	Breeze Bikes RT	Male	Veteran	00:47:10
35	10:35:00	Julian	Macbride	Blaydon CC	Male	Senior	
36	10:36:00	Mark	Tully	Sunderland Clarion	Male	Senior	
37	10:37:00	Neil	Parkin	Derwentside CC	Male	Veteran	00:48:02
38	10:38:00	Hannah	Baker	North Tyneside Riders CC	Female	Senior	
39	10:39:00	Sarah	Wilkinson	Cestria C.C.	Female	Veteran	00:52:10
40	10:40:00	Dan	Meggison	GS Metro	Male	Senior	
41	10:41:00	Colin	Atkinson	Muckle Cycle Club	Male	Veteran	00:48:44
42	10:42:00	Gemma	Frost	Team Swift	Female	Senior	
43	10:43:00	Andrew	Thorp	North Racing	Male	Senior	
44	10:44:00	Justine	Norman	Breeze Bikes RT	Female	Veteran	00:52:01
45	10:45:00	Mark	Robertson	Army Cycling Union	Male	Senior	
46	10:46:00	Peter	Herdman	Blaydon CC	Male	Veteran	00:48:19
47	10:47:00	Scott	Mccance	Derwentside CC	Male	Senior	
48	10:48:00	Maddy	Hall	Breeze Bikes RT	Female	Juvenile	
49	10:49:00	James George	Dunn	South Shields Velo Cycling Club	Male	Senior	
50	10:50:00	Carl	Donaldson	GS Metro	Male	Senior	
51	10:51:00	David	Nearney	South Shields Velo Cycling Club	Male	Senior	
52	10:52:00	Keith	Davison	Hadrian R.T	Male	Veteran	00:49:30

53	10:53:00	Richard	Exley	Gosforth RC	Male	Veteran	00:50:38
54	10:54:00	Jane	Massey	Cramlington CC	Female	Veteran	00:52:01
55	10:55:00	Nick	Badcock	Allen Valley Velo	Male	Senior	
56	10:56:00	Wayne	Coates	Derwentside CC	Male	Veteran	00:50:02
57	10:57:00	Stephen	Locker	VO2MAX Race Team	Male	Veteran	00:48:11
58	10:58:00	Danny	Wilcox	North Tyneside Riders CC	Male	Veteran	00:47:28
59	10:59:00	Peter	Chapman	GS Metro	Male	Veteran	00:50:25
60	11:00:00	Harry	Walker	Revolver Racing	Male	Veteran	00:48:27
61	11:01:00	Ian	Norris	Blumilk.com	Male	Veteran	00:48:53
62	11:02:00	David	Symes	Blaydon CC	Male	Veteran	00:47:19
63	11:03:00	David	Swainson	Derwentside CC	Male	Veteran	00:47:54
64	11:04:00	Peter	Mcglynn	Allen Valley Velo	Male	Veteran	00:48:19
65	11:05:00	Mark	Strang	Breeze Bikes RT	Male	Veteran	00:48:02
66	11:06:00	Paul	Rider	Tyneside Vagabonds CC	Male	Veteran	00:49:40
67	11:07:00	Jay	Pitt	Derwentside CC	Male	Senior	
68	11:08:00	Sara	Cummings	Blaydon CC	Female	Veteran	00:47:54
69	11:09:00	Paul	Findlay	GS Metro	Male	Veteran	00:49:11
70	11:10:00	Paul	Thirling	Hartlepool CC	Male	Veteran	00:47:28
71	11:11:00	Craig	Fenwick	Team Swift	Male	Veteran	00:47:54
72	11:12:00	Mark	Whaley	Blaydon CC	Male	Veteran	00:48:11
73	11:13:00	Sam	Dodd	Barnesbury CC	Male	Senior	
74	11:14:00	Sandy	Cheung	Reifen Racing	Female	Senior	
75	11:15:00	Phil	Hall	Breeze Bikes RT	Male	Veteran	00:47:46
76	11:16:00	Mark	Herbert	Derwentside CC	Male	Veteran	00:48:44
77	11:17:00	Ian	Gallon	North Tyneside Riders CC	Male	Veteran	00:48:44
78	11:18:00	Matthew	Sutcliffe	South Shields Velo Cycling Club	Male	Veteran	00:47:37
79	11:19:00	Rhiannon	Robinson	Allen Valley Velo	Female	Veteran	00:49:20
80	11:20:00	Adam	Wild	GS Metro	Male	Espoir	
81	11:21:00	Thomas	Hutchinson	Tyneside Vagabonds CC	Male	Senior	