



Cleveland Wheelers Cycling Club



proudly presents

“Seamer SPOCO”

17.5 Mile Time Trial (T091x2)

Sunday 10th July 2022

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



Event Secretary

Tom Levell

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Timekeepers

Bill Millen

Sherry Binks

Arriving at the Event

Parking

Parking is available at the “Gravel Pits” at the start/finish thanks to the land owner. Further parking is available in Stokesley town centre and is approximately 1mile from the start/HQ.

Event HQ

The event HQ will be on the side of the road at the “Gravel Pits” at the start/finish using a Red Mercedes van. This is where sign on and number collection and return will be stationed.

Please maintain social distancing in the car park area and wear a face covering when around the Event HQ and the Toilets.

Toilets

There are public toilets facilities available in Stokesley Town Centre (marked on map below).



No vehicles, except those of the timekeeper(s) and other event officials, shall be parked on the side of the road in the vicinity of the start and finish points and these are to be positioned off the public footpath.

Warming Up - No U-turns within sight of the start line. The roads around Stokesley and Seamer provide plenty of opportunities for warming up. Please do not use turbo trainers within 100m of inhabited properties.

Race Numbers and signing on sheet will be at the event HQ. When signing on, if applicable, please tick the required column to indicate that you are to compete on a road bike. Please pin numbers on as low as possible to assist timekeepers and number catchers in identifying you. If you could shout your number as you pass the finish line on both laps it would be much appreciated.

Course details

Start –

The start of the course is on the opposite side of the road at the end of the “Gravel Pits”. The first rider starts at 9:01 am

Please don't join the queue at the start for any longer than 6 minutes before your start time and respect social distancing. The start marshal will be able to give you information as to current line-up and how long you have to go before your start.

There will be no pusher-off so all riders must start with one foot on the ground. Track stands and rolling starts are not permitted.

If you are riding in the road bike category the start marshal will check your machine.

You must have a working front and rear light and helmet to start in the event. Please don't forget these!

T256 - START on Stokesley - Seamer road adjacent to the 'gravel pit area' approx. 1 mile South of Seamer.

Proceed North through Seamer towards Hilton. Take 2nd Left after Seamer just before Hilton take care on corner as road surface is poor. Proceed along road towards Hutton Rudby. Turn Left at junction and take care as potentially slippery drain cover on exit of corner. continue up Skutterskelfe bank towards Stokesley. At Tame Bridge farm turn Left take care on corner as road surface is poor. Proceed past finish to Start point (8.8 miles) Continue for a further Lap.

At the end of the second lap, FINISH approx. 100yards before Start. (17.5 miles).

Strava segment

Single lap <https://www.strava.com/segments/24283516>

Double Lap <https://www.strava.com/segments/24283581>

What happens when the race is finished?

Return your number - Please return your race number to the box at the event HQ.

Results and Prize Presentation – There will be a brief results presentation after the finish. Finalised results will be emailed out to participants and available via the CTT site.

Unfortunately this year we will not be offering any refreshments at this event.

If there are any queries with times etc please let us know before end of day Tuesday 12th July when full results will be posted on the CTT website.

Prizes will be paid directly to participants via bank transfer/paypal or if nominated (please let the organiser know) prizes can be donated to the nominated local charity which the Cleveland Wheelers support. Recent ones include Great North Air Ambulance, Stockton MIND, Bowel Cancer UK.

Attention!!

Parked Cars - Please take care when passing stationary / parked cars in the village of Seamer as this section is downhill with cars generally parked on the RHS of the road restricting the road width.

Speed Limits - In Seamer and Hutton Rudby which you pass through there are speed limits. Please adhere to these limits.

Road Surface - It is generally in good condition but please take care on the 3 left hand junctions as the road surface is poor on the first and third and there is a potentially slippery manhole on the second at Hutton Rudby.

Tight turns – After the first LH junction after the main downhill section past the wind turbines there are a series tight turns. Please be aware of your speed on the approach and do not take any risks here to save a couple of seconds.

Road Centre Line - Please do not cross the centre line of the road unless required to when passing riders, vehicles or parked vehicles. Ensure that it is safe to do so beforehand.

Helmets - It is now a requirement for all riders to wear a HARD SHELL HELMET that meets an internationally accepted safety standard in Accordance with Regulation 15.

Front and Rear Lighting - A working front white and rear red light, either flashing or constant, is fitted to the machine in a position visible to other road users and is active while the machine is in use.

Social Distancing - You must follow government social distancing rules at all times. Please do not congregate in large groups before or after the event (or groups of any size during the race!)

Course Records Overall

Solo Male

37:17

Harry Tanfield (Road Bike)

11-Jul-21 | Cleveland Wheelers CC (Sporting Course)

Solo Female

48:12 (Road Bike)

Lauren Watson

03-Sept-20 | Cleveland Wheelers CC Evening Series (Sporting Course)

Solo Male (Junior)

40:32

Leo Scrimshaw

11-Jul-21 | Cleveland Wheelers CC (Sporting Course)

Tandem

58:36

Nadeem Mughal and Stephen Newton

11-Jul-21 | Cleveland Wheelers CC (Sporting Course)

Prizes

- Overall Fastest Rider** awards will be given to riders who clock the fastest overall times for the full course. In the unlikely event that a Road Bike rider is first overall, or 2nd/3rd, they will not be able to claim the Road Bike prizes and these will be pushed down to the next rider. Overall top 3 riders will be able to claim age group prizes. Age group prizes are for overall fastest time only.

Overall	Male	Female
1 st	£20	£20
2 nd	£10	£10
3 rd	£5	£5

Road Bike	Male	Female
1 st	£10	£10

Other	
Tandem	£15

Age Group	Male	Female
Junior	£10	£10
Veteran 40-49	£10	£10
Veteran 50-59	£10	£10
Veteran 60+	£10	£10

- Fastest single Lap.** To be eligible to qualify for the fastest lap time prizes riders must complete the full course. The first lap is slightly shorter but either lap will count.

Fastest Lap	Male	Female
1 st	£5	£5

- Course Record.** Break current course record. Only the fastest Senior, Junior, Tandem times of the day will be eligible.

Course Record	Male	Female
	£10	£10

Road Bike Definition

The Rider:

1. No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.
2. Use of skinsuits is permitted
3. No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

The Machine:

1. The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.
2. No time trial style or triathlon forward extension bars with or without elbow pads will be present.
3. Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 65mm.

Riders and Start Times

Num	Start Time	Name	Club	Gender	Category
5	09:06:00	Stephen Newton	Stockton Wheelers CC	Male	Tan
6	09:06:00	Anthony Harrison	Stockton Wheelers CC	Male	Tan
7	09:07:00	Sandra Main	Cleveland Wheelers CC	Female	Veteran
8	09:08:00	Erica Short	Darlington Cycling Club	Female	Veteran
9	09:09:00	Keith Alderson	Cleveland Wheelers CC	Male	Veteran
10	09:10:00	Terry Parvin	Ferryhill Whs	Male	Veteran
11	09:11:00	Jon Zigmond	Cleveland Wheelers CC	Male	Veteran
12	09:12:00	Steven Tilly	Cleveland Wheelers CC	Male	Veteran
13	09:13:00	Sarah Foulds	Velo Culture	Female	Veteran
14	09:14:00	Paige McLeod	Cleveland Wheelers CC	Female	Espoir
15	09:15:00	Caroline Ratcliff	Ferryhill Whs	Female	Veteran
16	09:16:00	Lauren Watson	Team BoomPods	Female	Senior
17	09:17:00	Tony Main	Cleveland Wheelers CC	Male	Veteran
18	09:18:00	Dougan Collins	Zurbaran Racing	Male	Veteran
19	09:19:00	Chris Lawrence	Cleveland Wheelers CC	Male	Veteran
20	09:20:00	Stephen Adamson	Fietsen Tempo	Male	Veteran
21	09:21:00	James Meadows	Cleveland Wheelers CC	Male	Senior
22	09:22:00	Peter Guy	Adept Cycling	Male	Veteran
23	09:23:00	Shaun Wakes	Ferryhill Whs	Male	Veteran
24	09:24:00	Hilton Armstrong	Fietsen Tempo	Male	Veteran
25	09:25:00	Aidan Adams	Harrogate Nova CC	Male	Veteran
26	09:26:00	Paul Thirling	Hartlepool CC	Male	Veteran
27	09:27:00	Paul Tyler	Ferryhill Whs	Male	Veteran
28	09:28:00	Richard Lilleker	Cleveland Wheelers CC	Male	Senior
29	09:29:00	Sam Leng	AIMS Cycling	Male	Senior
30	09:30:00	Rob Carter	Cleveland Wheelers CC	Male	Veteran