

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

**TWFRS CC**

**M12 Time Trial 11/04/2019**

**Rider’s info**

The Course

Start ½ mile north of Stamfordham on the B6309. Proceed north to Black Heddon, and bear left to crossroads Belsay-Wallridge. Turn left to Wallridge, left towards Ingoe left to Matfen, left to Stamfordham, and left towards Black Heddon to Finish ½ mile north of Stamfordham on the B6309. (12.6 miles)

Link to map of course- <https://www.cyclingtimetrials.org.uk/race-course/18244#anchor>

HQ and parking

The HQ is the Stamfordham village hall. Sign on will be available from 9am. Please be aware that parking within the Village hall carpark is very limited. Please leave this available for race officials and marshals. When parking within the village itself, please be considerate to the locals and don’t block drives or park on grass verges. There is limited parking also available up next to the start point but please take care not to block other road users and the start/finish line. Refreshments will be available after the race back at HQ. Riders must sign for their own number and remember to sign the number back in once the TT is completed. Any rider under 18 must have a signed parental consent form. No signed form will mean no ride.

Safety notes

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

No U-turns to be made in the vicinity of the timekeepers

Please be considerate to those on the course and racing. The last left hand turn is near the HQ so please give way to riders who are racing for the finish if it is safe to do so.

Remember 2017 regulation to sign-off and return number, failure to signoff may result in DNF

All riders are responsible for their own safety

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 any of the above may lead to disciplinary action being taken
* No warming up on the course once the race has started
* 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.

**Road Category**

**There will be a road category for this event. Please sign the separate sheet if you wish to qualify for this. The following rules must be followed to qualify for this category-**

* **skin suits are allowed**
* **No TT bars**
* **NO aero helmets**
* **NO wheels deeper than 60mm**

**Prize list**

|  |  |
| --- | --- |
| Category | Prize |
| Men’s |  |
| 1st | £30 |
| 2nd | £20 |
| 3rd | £10 |
| Women’s |  |
| 1st | £30 |
| 2nd | £20 |
| 3rd | £10 |
| Junior male |  |
| 1st | £10 |
| Junior female |  |
| 1st | £10 |
| V40 |  |
| 1st | £20 |
| 2nd | £10 |
| V50 |  |
| 1st | £20 |
| 2nd | £10 |
| V60 |  |
| 1st | £20 |
| 2nd | £10 |
| Road male |  |
| 1st | £20 |
| 2nd | £10 |
| Road female |  |
| 1st | £20 |
| 2nd | £10 |
| Firefighter serving/retired |  |
| 1st | £20 |
| 2nd | £10 |

All other money raised by the event will be donated to the Firefighters charity.

[**https://www.firefighterscharity.org.uk/**](https://www.firefighterscharity.org.uk/)

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**Start Times**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2 | 10:02:00 |  | [Phil Clark](https://cyclingtimetrials.org.uk/rider/29493) | Tyne & Wear Fire & Rescue Service CC |
| 3 | 10:03:00 |  | [Mick Chappel](https://cyclingtimetrials.org.uk/rider/92) | North Tyneside Riders CC |
| 4 | 10:04:00 |  | [Venda Louise Pollock](https://cyclingtimetrials.org.uk/rider/775) | Blaydon CC |
| 5 | 10:05:00 |  | [Rhys Warburton](https://cyclingtimetrials.org.uk/rider/19290) | South Shields Velo Cycling Club |
| 6 | 10:06:00 |  | [Gareth Davies](https://cyclingtimetrials.org.uk/rider/2927) | Barnesbury CC |
| 7 | 10:07:00 |  | [Amelia Cleathero](https://cyclingtimetrials.org.uk/rider/21315) | Racing Metro 15 |
| 8 | 10:08:00 |  | [David Linsley](https://cyclingtimetrials.org.uk/rider/15865) | Tyne & Wear Fire & Rescue Service CC |
| 9 | 10:09:00 |  | [Carl Latimer](https://cyclingtimetrials.org.uk/rider/23009) | Tricademy |
| 10 | 10:10:00 |  | [Darren Williamson](https://cyclingtimetrials.org.uk/rider/9684) | Muckle Cycle Club |
| 11 | 10:11:00 |  | [Dean Madden](https://cyclingtimetrials.org.uk/rider/6215) | Barnesbury CC |
| 12 | 10:12:00 |  | [Emma Peters](https://cyclingtimetrials.org.uk/rider/30390) | South Shields Velo Cycling Club |
| 13 | 10:13:00 |  | [Duncan Bell](https://cyclingtimetrials.org.uk/rider/30353) | Tyne & Wear Fire & Rescue Service CC |
| 14 | 10:14:00 |  | [Raymond Bell](https://cyclingtimetrials.org.uk/rider/4497) | Derwentside CC |
| 15 | 10:15:00 |  | [Ross Gray](https://cyclingtimetrials.org.uk/rider/7048) | Allen Valley Velo |
| 16 | 10:16:00 |  | [Neil Wilkinson](https://cyclingtimetrials.org.uk/rider/21121) | Blaydon CC |
| 17 | 10:17:00 |  | [Vicky Gibbs](https://cyclingtimetrials.org.uk/rider/18717) | Reifen Racing |
| 18 | 10:18:00 |  | [Justine Norman](https://cyclingtimetrials.org.uk/rider/2846) | Breeze Bikes RT |
| 19 | 10:19:00 |  | [Richard Cleathero](https://cyclingtimetrials.org.uk/rider/391) | North Racing |
| 20 | 10:20:00 |  | [Phil Hall](https://cyclingtimetrials.org.uk/rider/317) | Breeze Bikes RT |
| 21 | 10:21:00 |  | [Karen Wood](https://cyclingtimetrials.org.uk/rider/29569) | South Shields Velo Cycling Club |
| 22 | 10:22:00 |  | [Lisa Irving](https://cyclingtimetrials.org.uk/rider/30327) | Coalfields Triathlon Club |
| 23 | 10:23:00 |  | [Sarah Wilkinson](https://cyclingtimetrials.org.uk/rider/25359) | Blaydon CC |
| 24 | 10:24:00 |  | [Thomas Godber](https://cyclingtimetrials.org.uk/rider/20549) | Hetton Hawks CC |
| 25 | 10:25:00 |  | [Terry Fountain](https://cyclingtimetrials.org.uk/rider/508) | Breeze Bikes RT |
| 26 | 10:26:00 |  | [Carrie Brookes](https://cyclingtimetrials.org.uk/rider/1799) | Blaydon CC |
| 27 | 10:27:00 |  | [Gemma Frost](https://cyclingtimetrials.org.uk/rider/16184) | Team Swift |
| 28 | 10:28:00 |  | [Colin Blacklock](https://cyclingtimetrials.org.uk/rider/29068) | Muckle Cycle Club |
| 29 | 10:29:00 |  | [David Pritchard](https://cyclingtimetrials.org.uk/rider/330) | Kennoway Road Club |
| 30 | 10:30:00 |  | [Adam Wilson](https://cyclingtimetrials.org.uk/rider/6744) | Cramlington CC |
| 31 | 10:31:00 |  | [Gavin Astley](https://cyclingtimetrials.org.uk/rider/19528) | Tyne & Wear Fire & Rescue Service CC |
| 32 | 10:32:00 |  | [Denise Drummond](https://cyclingtimetrials.org.uk/rider/9264) | Alnwick Cycling Club |
| 33 | 10:33:00 |  | [Jack Peters](https://cyclingtimetrials.org.uk/rider/30380) | South Shields Velo Cycling Club |
| 34 | 10:34:00 |  | [Stephanie Ashall](https://cyclingtimetrials.org.uk/rider/30337) | Tricademy |
| 35 | 10:35:00 |  | [Christopher Beaty](https://cyclingtimetrials.org.uk/rider/708) | Allen Valley Velo |
| 36 | 10:36:00 |  | [Joe Leiserach](https://cyclingtimetrials.org.uk/rider/29312) | Blaydon CC |
| 37 | 10:37:00 |  | [Allan Card](https://cyclingtimetrials.org.uk/rider/22563) | South Shields Velo Cycling Club |
| 38 | 10:38:00 |  | [Andrew Thorp](https://cyclingtimetrials.org.uk/rider/5524) | North Racing |
| 39 | 10:39:00 |  | [Sara Cummings](https://cyclingtimetrials.org.uk/rider/113) | Blaydon CC |
| 40 | 10:40:00 |  | [Peter Stokoe](https://cyclingtimetrials.org.uk/rider/18333) | Sunderland Clarion |
| 41 | 10:41:00 |  | [Guillaume Zoppi](https://cyclingtimetrials.org.uk/rider/14094) | North Tyneside Riders CC |
| 42 | 10:42:00 |  | [Mark Rowell](https://cyclingtimetrials.org.uk/rider/30362) | Tyne & Wear Fire & Rescue Service CC |
| 43 | 10:43:00 |  | [Howie Buckingham](https://cyclingtimetrials.org.uk/rider/11708) | Allen Valley Velo |
| 44 | 10:44:00 |  | [Mark Radford](https://cyclingtimetrials.org.uk/rider/29819) | North Tyneside Riders CC |
| 45 | 10:45:00 |  | [David Nearney](https://cyclingtimetrials.org.uk/rider/18015) | South Shields Velo Cycling Club |
| 46 | 10:46:00 |  | [Paul Robson](https://cyclingtimetrials.org.uk/rider/2980) | Houghton CC |
| 47 | 10:47:00 |  | [Craig Bell](https://cyclingtimetrials.org.uk/rider/7758) | Allen Valley Velo |
| 48 | 10:48:00 |  | [Joanne Rea](https://cyclingtimetrials.org.uk/rider/18204) | Blaydon CC |
| 49 | 10:49:00 |  | [Clive Allan](https://cyclingtimetrials.org.uk/rider/3216) | Allen Valley Velo |
| 50 | 10:50:00 |  | [Hedley Fletcher](https://cyclingtimetrials.org.uk/rider/255) | Blaydon CC |
| 51 | 10:51:00 |  | [Mark Herbert](https://cyclingtimetrials.org.uk/rider/246) | Derwentside CC |
| 52 | 10:52:00 |  | [Lester Grant](https://cyclingtimetrials.org.uk/rider/17928) | Auchencrow Thistle CC |
| 53 | 10:53:00 |  | [Nicola Mccoy](https://cyclingtimetrials.org.uk/rider/19057) | Muckle Cycle Club |
| 54 | 10:54:00 |  | [Paul Mitchell](https://cyclingtimetrials.org.uk/rider/964) | Blaydon CC |
| 55 | 10:55:00 |  | [Chris Mather](https://cyclingtimetrials.org.uk/rider/4367) | Derwentside CC |
| 56 | 10:56:00 |  | [David Robinson](https://cyclingtimetrials.org.uk/rider/6872) | Tyneside Vagabonds CC |
| 57 | 10:57:00 |  | [Ian Simon](https://cyclingtimetrials.org.uk/rider/16225) | Breeze Bikes RT |
| 58 | 10:58:00 |  | [Mark Whaley](https://cyclingtimetrials.org.uk/rider/19486) | Blaydon CC |
| 59 | 10:59:00 |  | [Craig Foley](https://cyclingtimetrials.org.uk/rider/22623) | Tricademy |
| 60 | 11:00:00 |  | [Nick Badcock](https://cyclingtimetrials.org.uk/rider/3037) | Allen Valley Velo |
| 61 | 11:01:00 |  | [Harris Hall](https://cyclingtimetrials.org.uk/rider/29311) | Breeze Bikes RT |
| 62 | 11:02:00 |  | [Chris Ashall](https://cyclingtimetrials.org.uk/rider/28017) | Tricademy |
| 63 | 11:03:00 |  | [Barry Holyoak](https://cyclingtimetrials.org.uk/rider/13047) | South Shields Velo Cycling Club |
| 64 | 11:04:00 |  | [Peter Mudie](https://cyclingtimetrials.org.uk/rider/24625) | Tyne & Wear Fire & Rescue Service CC |
| 65 | 11:05:00 |  | [Michael Gill](https://cyclingtimetrials.org.uk/rider/27779) | EMC Cycling |
| 66 | 11:06:00 |  | [Ian Dick](https://cyclingtimetrials.org.uk/rider/24818) | Derwentside CC |
| 67 | 11:07:00 |  | [David Symes](https://cyclingtimetrials.org.uk/rider/18225) | Blaydon CC |
| 68 | 11:08:00 |  | [Rick Mitford](https://cyclingtimetrials.org.uk/rider/1816) | Cestria C.C. |
| 69 | 11:09:00 |  | [Stephen Locker](https://cyclingtimetrials.org.uk/rider/5770) | VO2MAX Race Team |
| 70 | 11:10:00 |  | [Greg Charlton](https://cyclingtimetrials.org.uk/rider/80) | Muckle Cycle Club |
| 71 | 11:11:00 |  | [Jo Zoppi](https://cyclingtimetrials.org.uk/rider/19670) | Tyne Tri |
| 72 | 11:12:00 |  | [Paul Tyrrell](https://cyclingtimetrials.org.uk/rider/29292) | South Shields Velo Cycling Club |
| 73 | 11:13:00 |  | [Christopher Wayman](https://cyclingtimetrials.org.uk/rider/23836) | EMC Cycling |
| 74 | 11:14:00 |  | [Jane Aston](https://cyclingtimetrials.org.uk/rider/16749) | Blaydon CC |
| 75 | 11:15:00 |  | [Michael Todd](https://cyclingtimetrials.org.uk/rider/1170) | Derwentside CC |
| 76 | 11:16:00 |  | [Ian Gallon](https://cyclingtimetrials.org.uk/rider/5305) | North Tyneside Riders CC |
| 77 | 11:17:00 |  | [James George Dunn](https://cyclingtimetrials.org.uk/rider/18735) | South Shields Velo Cycling Club |
| 78 | 11:18:00 |  | [Jen Mcmahon](https://cyclingtimetrials.org.uk/rider/10722) | Muckle Cycle Club |
| 79 | 11:19:00 |  | [Sean Bell](https://cyclingtimetrials.org.uk/rider/18377) | South Shields Velo Cycling Club |
| 80 | 11:20:00 |  | [Lewis Timmins](https://cyclingtimetrials.org.uk/rider/8323) | Team Swift |
| 81 | 11:21:00 |  | [Richard Exley](https://cyclingtimetrials.org.uk/rider/96) | Gosforth RC |
| 82 | 11:22:00 |  | [Robert Murdoch](https://cyclingtimetrials.org.uk/rider/299) | Teesdale CRC |
| 83 | 11:23:00 |  | [Stephen Hill](https://cyclingtimetrials.org.uk/rider/3214) | Barnesbury CC |
| 84 | 11:24:00 |  | [Teri Bayliss](https://cyclingtimetrials.org.uk/rider/3419) | Muckle Cycle Club |
| 85 | 11:25:00 |  | [Frank Devlin](https://cyclingtimetrials.org.uk/rider/24505) | South Shields Velo Cycling Club |
| 86 | 11:26:00 |  | [Ian Horsley](https://cyclingtimetrials.org.uk/rider/3451) | Breeze Bikes RT |
| 87 | 11:27:00 |  | [Daniel Holmes](https://cyclingtimetrials.org.uk/rider/8836) | Derwentside CC |
| 88 | 11:28:00 |  | [Tom Atkinson](https://cyclingtimetrials.org.uk/rider/29672) | Tricademy |
| 89 | 11:29:00 |  | [Neil Parkin](https://cyclingtimetrials.org.uk/rider/923) | Derwentside CC |
| 90 | 11:30:00 |  | [John Routledge](https://cyclingtimetrials.org.uk/rider/3377) | Barnesbury CC |
| 91 | 11:31:00 |  | [Patrick Hamilton](https://cyclingtimetrials.org.uk/rider/19625) | Derwentside CC |
| 92 | 11:32:00 |  | [Al Heatley](https://cyclingtimetrials.org.uk/rider/4908) | Tyne & Wear Fire & Rescue Service CC |
| 93 | 11:33:00 |  | [Mike Donnelly](https://cyclingtimetrials.org.uk/rider/24801) | South Shields Velo Cycling Club |
| 94 | 11:34:00 |  | [Nicholas Stevenson](https://cyclingtimetrials.org.uk/rider/3088) | Wearside Triathlon |
| 95 | 11:35:00 |  | [Stephen Walton](https://cyclingtimetrials.org.uk/rider/13754) | Muckle Cycle Club |
| 96 | 11:36:00 |  | [Tony Thompson](https://cyclingtimetrials.org.uk/rider/432) | North Racing |
| 97 | 11:37:00 |  | [David Swainson](https://cyclingtimetrials.org.uk/rider/6666) | Derwentside CC |
| 98 | 11:38:00 |  | [Peter Herdman](https://cyclingtimetrials.org.uk/rider/6029) | Blaydon CC |
| 99 | 11:39:00 |  | [Ross Strachan](https://cyclingtimetrials.org.uk/rider/2553) | Loudoun Road Club |
| 100 | 11:40:00 |  | [Thomas Hutchinson](https://cyclingtimetrials.org.uk/rider/18614) | Team Kirkley Cycles |