



Ferryhill Wheelers C.C.

Great North Air Ambulance Charity 10 miles Time Trial



To be held Saturday 27th April 2019 promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Event Secretary. Robert Spink, 50 Whitehouse Drive, Sedgfield, TS21 3BU **Telephone** 01740 629943 **Email** dr_r_spink@yahoo.com

Timekeepers. Mr David Oliver and Mr. Gary Hetherington

Headquarters: The Fletcher Room, Sedgfield Parish Hall, Front Street, Sedgfield TS21 3AT. We are using the smaller of the two rooms in the Parish Hall (as you enter it is on the left) for sign on and results. Teas, coffees and cakes will be available throughout the afternoon, all donations for these will go to the GNAA.

Parking (see Map): There is limited parking adjacent to the Parish Hall(1), opposite the church in the village, but most riders park on the cul de sac near the start of the course outside of Sedgfield (2).

Road bike Category Rules: The Rider:

- No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors should be worn.
- No riding with elbows or forearms on the handlebars. If witnessed, competitor will be disqualified.

The Cycle:

- The frame should be constructed in the traditional pattern, i.e. built around a main triangle.
- No time trial style or triathlon forward extension bars with or without elbow pads should be present.
- Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 60mm.

Please apply the spirit of the road bike competition in your equipment choice.

Rider Safety:

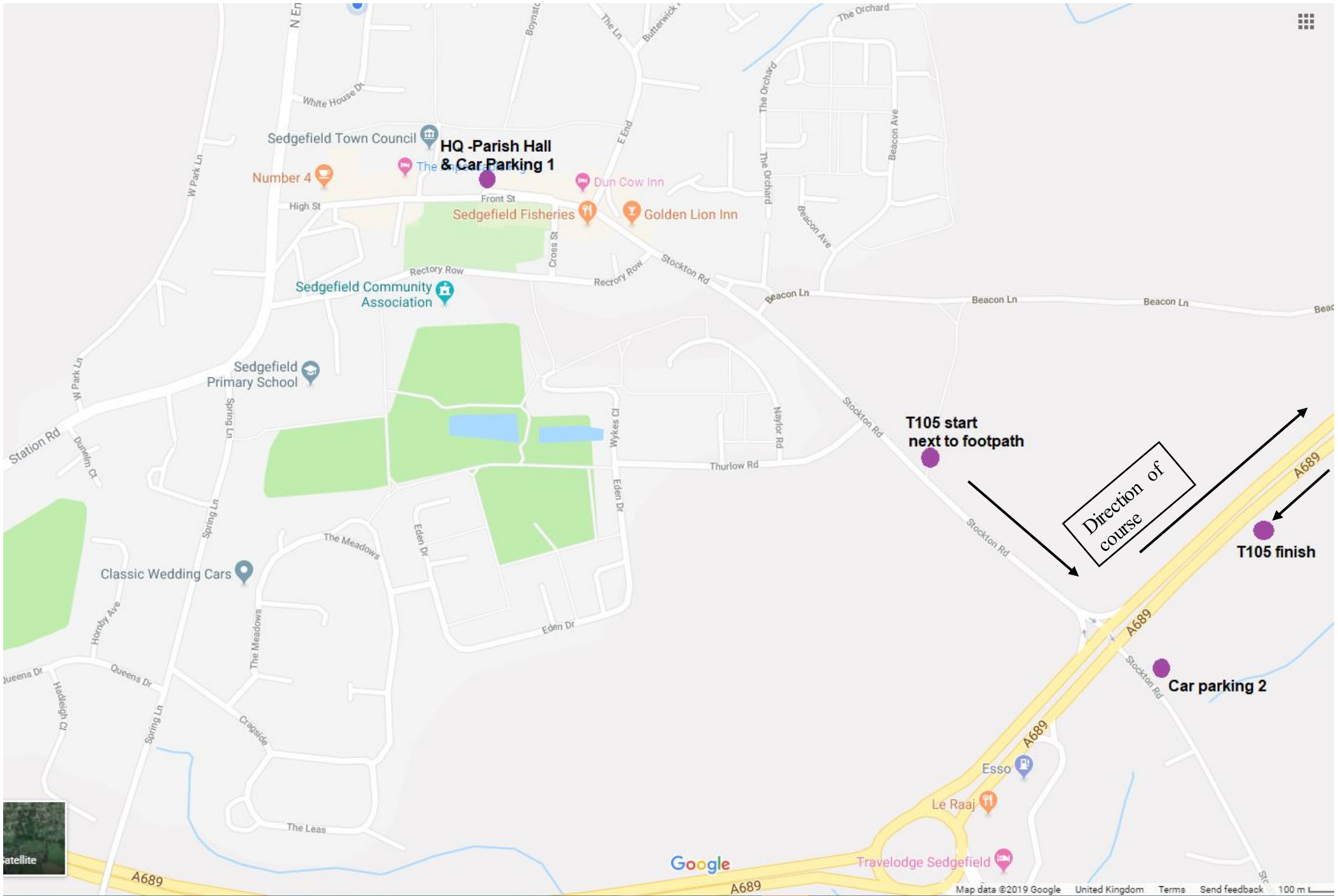
IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15.

ALL JUNIOR & JUVENILE competitors must wear Protective Hard Shell Helmets.

Potholes - I have just had the resurfaced for you specially! But please be vigilant for small potholes on the course that may still be present.

The Attention of all riders is drawn to the District RTTC guidelines:

1. No U-Turns will be permitted in the vicinity of the Start.
2. No warming –up by any rider on course once the event has started.
3. No Turbo trainers to be used within 100 yards of any inhabited property.



Sedgfield Town Council
HQ - Parish Hall & Car Parking 1

Number 4

Sedgfield Fisheries

Golden Lion Inn

Dun Cow Inn

Sedgfield Community Association

Sedgfield Primary School

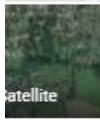
Classic Wedding Cars

T105 start
next to footpath

Direction of course

T105 finish

Car parking 2



Google