

# Cestria Cycling Club

## Open 9 Mile Time Trial

To be held on Saturday 28<sup>th</sup> June 2014 at 10am

This event is being promoted for and on behalf of Cycling Time Trials  
under their Rules and Regulations

**This is a counting event in the Northumberland & Durham Cycling Association  
(N&DCA) BAR. More information at [www.nanddca.org.uk](http://www.nanddca.org.uk).**

### Event Organiser

Rick Mitford  
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Langley Park  
Durham  
DH7 9FS

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### Timekeepers

Peter Schultz  
Frances Schultz

## Prizes

First place	: £18
Second place	: £15
Third place	: £12
Fastest Junior/Juvenile	: £10
Fastest Woman	: £10
Fastest Veteran	: £10
Fastest in each category ABCD	: £8

**Fastest rider from Cestria CC : The Terry Proctor Trophy, to be held for 1 year**

Note : One rider – One cash prize. In the event of a rider being eligible for more than one cash prize, the higher value prize will be awarded. The lower value prize will be awarded to the next placed rider.

Prizes will be awarded at the HQ after the event.

Event Headquarters is at Great Lumley Community Centre. The postcode of the Centre is DH3 4JD. There is parking for approximately 25 cars at the centre which is located approximately 2 miles from the start/finish point. Please give yourself plenty of time to ride to the start. Numbers and signing on sheet will be at the centre which will be open from 9am. Refreshments will be available after the event.

Please do not park in the car park of the Three Horse Shoes public house (near the start)

## Course Details M9 - Leamside Circuit

Start just south of the Three Horse Shoes pub at Leamside (see map)  
Proceed north for 1 mile then take the first left hand junction (**riders take care**) towards Lumley village. Just after passing the school, turn left (**riders take care**) and proceed south to the junction at Cocken Wood. Turn left (**riders take care**) and proceed over the motorway to the next junction. Turn left (**riders take care**) and proceed north to the starting point. Complete one further lap to finish at the start point just south of the Three Horse Shoes.

**Garmin Connect Course :** <http://connect.garmin.com/course/2717181>

**Strava Segment :** <http://app.strava.com/segments/1241664>

You are encouraged to familiarize yourself with the course before the event. It's only 4.5 miles so it's a good way of warming up. Ride around it at least once before the event start so that you know the locations where you may need to take special care or caution.

### Important Safety Information

There are two T-junctions on each lap at which you must **GIVE WAY** to vehicles approaching from the right. Marshals will be posted at each junction. The marshals will provide a visible presence only. They cannot and will not stop traffic and they will be under instructions to report any rider who fails to give way to a vehicle. It is unfortunate if you are slowed down as a result of complying with the highway code but it is far better than risking a collision or disqualification.

Between Lumley village and the junction at Cocken Wood the road becomes narrower. There is a dip in the road where the tendency for a rider to hold the centre line can place him/her close to vehicles travelling in the opposite direction. It is difficult to see traffic coming into the dip from the other direction and if you have to make a steering correction you've not got much room to do so. Be very careful at this dip. You are advised not to use tri-bars on this section of the course.

The final left turn on each lap is at a T-junction at the bottom of a gradual descent after crossing the motorway. Riders are unable to see traffic approaching from the right until they are almost at the give way line due to the hedges next to the junction. Take care. Make sure you are safe to make the turn before pulling out at this junction.

Be very careful on all the corners. Do not cross the white centre line before or after turning.

Do not obstruct the view of the timekeeper at the start/finish. After finishing, continue riding and proceed to the HQ. Remember that others will be finishing behind you.

Please shout out your number as you cross the line for the final time on completing lap 2

No U-turns in the vicinity of the start/finish area. During the event, please do not pass the start point travelling in the direction of the race unless you are actually racing. Any pre-start warming up should be done south of the start – with any turning done well away from the start/finish area.

Well – that was a lot of do's and don'ts! One major do is – have a safe and enjoyable ride!

## **Terry Proctor Memorial (Cestria CC Members only)**

This event incorporates the Terry Proctor Memorial time trial and the Terry Proctor trophy will be awarded to the fastest rider from Cestria Cycling Club.

Terry was a founding member of Cestria Cycling Club and was the Club Chairman for many years. Prior to joining Cestria, Terry had associations with many other cycling clubs in the North East. He was also proprietor of New Cestria Cycles in Chester-le-Street.

Terry died on June 26th 2000 following a fall from his bike.

I know that Terry would want you all to enjoy the event.

Good luck.....and please ride safely.

Many thanks

Rick

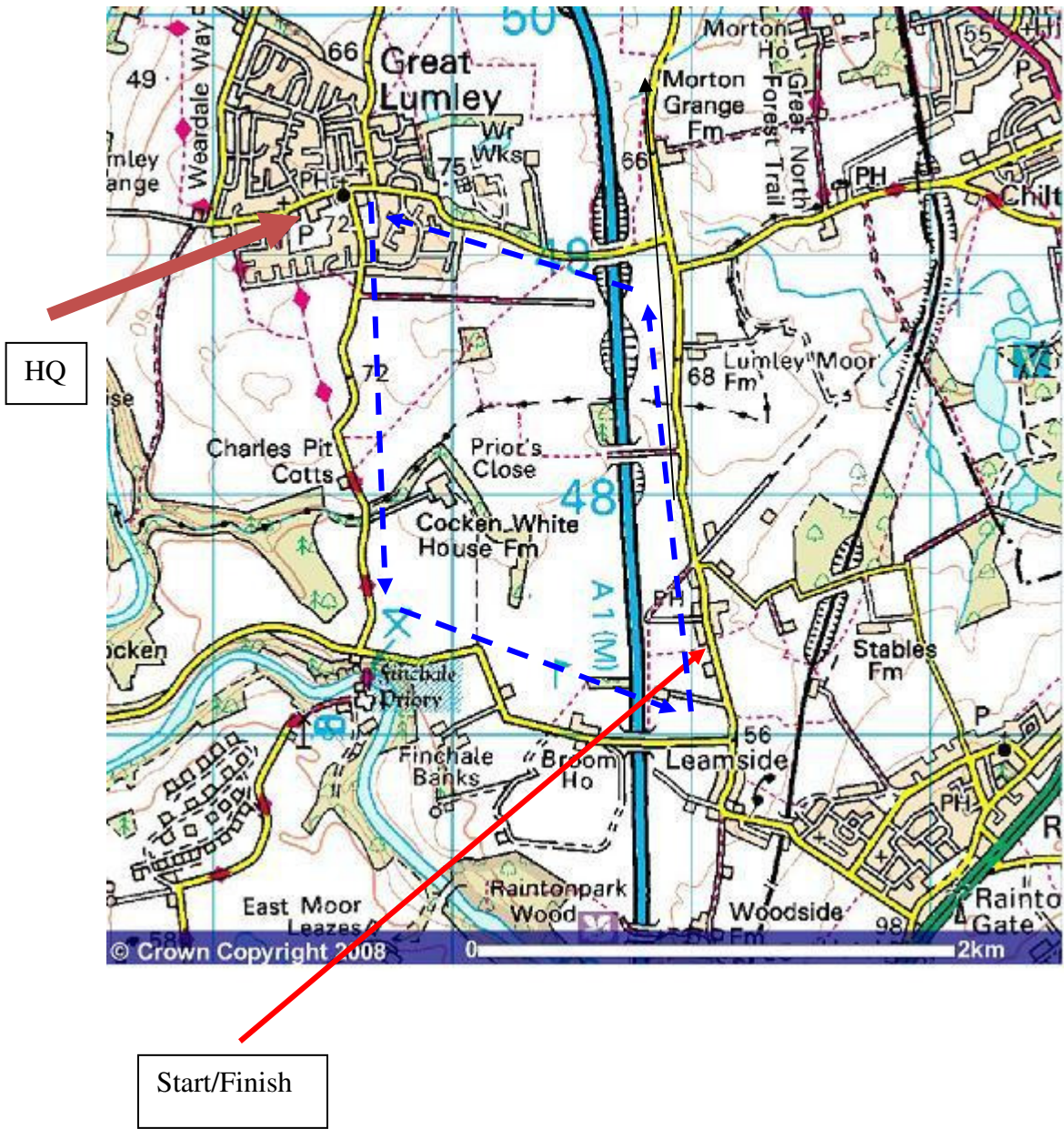
**In the interests of your own safety, Cycling Time Trials and Cestria Cycling Club strongly advise you to wear a Hard Shell Helmet that meets an internationally accepted safety standard**

**In accordance with Regulation 15, ALL Junior 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.**

**Starting Order : First rider off at 10:01. Remainder at 1 minute intervals**

No.	Name	Club	Cat
1	Mark Harrison	Houghton CC	A
2	Mike Drake	Darlington Cycling Club	C/V
3	Caroline Ratcliffe	Cestria CC	D/W/V
4	Caroline Rochester	Tyneside Vagabonds CC	D/W
5	Kevin Sorlie	Tyneside Vagabonds CC	C
6	Paul Tyler	Cestria CC	B/V
7	Matthew Webb	Houghton CC	A
8	Clive Horton	Barnesbury CC	C/V
9	Michael Openshaw	Cestria C.C.	B/V
10	Bev Blakeman	Derwentside CC	C/W/V
11	Chris Lawson	VTTA (North)	B/V
12	Chris Glass	Cestria Cycles RT	B
13	Adam Wild	Tyneside Vagabonds CC	J
14	Paul Hague	Gosforth RC	B/V
15	Paul Whitehill	Houghton CC	A/V
16	Joshua Craven	Tyneside Vagabonds CC	D/J
17	Ian Jobling	Houghton CC	C/V
18	Brian Craven	Tyneside Vagabonds CC	C/V
19	David Paterson	Adept Precision RT / NE Healthcare	A
20	David Wilson	Cestria CC	D
21	Steve Gordon	Sunderland Clarion	B/V
22	John Mabbitt	Cestria C.C.	C/V
23	Steven Fullerton	Darlington Cycling Club	A/V
24	Michael Bainbridge	Ferryhill Whs/Mountain High	B/V
25	Johnny Harrison	Ferryhill Whs/Mountain High	B
26	Richard Cleathero	EMC	C
27	Nev Martin	Tyne and Wear Fire & Rescue CC	A/V
28	Daniel Hogg	Darlington Cycling Club	B
29	Ian Gardner	Cestria CC	D/V
30	Terrence Ottaway	Cestria CC	B
31	Mark Reed	Tyneside Vagabonds CC	A
32	Chris Burns	Cestria CC	B
33	Ingrid Shepherd	Sunderland Clarion	C/W/V
34	David Linsley	Tyne and Wear Fire & Rescue CC	C/V
35	Shaun Tyson	Adept Precision RT / NE Healthcare	A/V



Remember that you have to complete 2 laps!  
Please call out your number when crossing the finish line on your SECOND lap.