

2016 Teesside District Handbook



New Competitions

New Courses



New Closed Circuit Events

TEESSIDE DISTRICT OFFICIALS

CHAIRMAN: **D Oliver** **“Ryehill”, Blue House Est. Kirk Merrington, Spennymoor, Co., Durham. DL6 7JD Tel: 07774167738**

SECRETARY: **Gavin Russell** **2 Antrim Ave, Fairfield, Stockton-on-Tees. TS19 7JF Tel: 01642 654 419**

TREASURER: **Don Urwin** **19, Malvern Drive, Acklam, Middlesbrough. TS5 8JA Tel: 01642 820 664**

COMMITTEE:

- C. Whitfield 17, Waltham Ave, Stockton-on-Tees. TS18 5AE
- Mrs S. Binks 20, Esher Ave, Normanby, Middlesbrough, TS6 0SH
- D. Herbert 9, Spring Bank Wood, Wynyard, Billingham, TS22 5QW
- Ms R Crossley Merle Cottage, 66 Coopers Lane, Potto, Northallerton DL6 3HA
- A.E. Harrison 39, Ridley Ave, Acklam, Middlesbrough, TS5 7AR
- F. Simpson 21 Linden Rd, Ferryhill, Co. Durham. DL17 8BD
- P. Kitson 6, Goldcrest Close, Ingleby Barwick, Stockton-on-Tees TS17 0TE
- D. Bennett 12, Heslop Drive, Darlington, DL1 5TQ
- P. Dawson 45, Yearby Close, Acklam, Middlesbrough, TS6 8LY
- H. Heighton 109, Ashbourne Drive, Coxhoe, Co., Durham. DH6 4SR

POLICE NOTIFICATION FOR OPEN & CLUB EVENTS

BELOW ARE THE POLICE AUTHORITY ADDRESSES TO WHICH EVENT POLICE NOTIFICATIONS SHOULD BE SENT 42 DAYS PRIOR TO AN EVENT, WITH A COPY ALSO FORWARDED TO THE DISTRICT SECRETARY

SOME POLICE FORCES WILL NOW ACCEPT POLICE NOTIFICATIONS BY EMAIL. IF THIS MEDIA IS USED, IT IS PRUDENT TO ALSO FORWARD A COPY BY POST.

Cleveland Police –	Durham Police -	North Yorkshire -
<p>Cleveland Police, Neil Empson Traffic Management Officer Roads Policing Unit Chapell Lane North Wynyard Business Park Billingham TS22 5TH</p> <p>Tel: 01642 301541</p> <p>email: neil.empson@cleveland.pnn.police.uk</p>	<p>The Chief Constable, Durham Constabulary, Ackley Heads, Durham. DH1 5TT</p> <p>Tel: (0191) 386 4929</p> <p>paul.emerson@ durham.pnn.police.uk</p>	<p>Operations & Contingency Planning North Yorkshire Police Headquarters Newby Wiske, Northallerton, North Yorkshire DL7 9HA</p> <p>Tel: 0845 6060247 Ext: 8860 or 8850</p> <p>Email: OperationsPlanning@northyorkshire.pnn.police.uk</p>

THE 2015 LEVY FOR BOTH OPEN & CLUB EVENTS IS £2.00 PER RIDER - payable following the event, with accompanying start sheet (for open events) or sign on sheet (for club events) to the District Treasurer (contact address on inside front cover of this Handbook)

APPROVED TEESSIDE DISTRICT OFFICIALS

The Following List of Officials are appointed and approved by the Teesside CTT District Committee to officiate at Open Events during the coming Season.

TIMEKEEPERS:

A.E. Harrison	39, Ridley Ave, Acklam, Middlesbrough, TS5 7AR	Tel: 01642270758
D. Oliver	"Ryehill", Blue House Est. Kirk Merrington, Spennymoor, Co., Durham. DL6 7JD	Tel : (01388) 816858
G. Russell	2, Antrim Ave, Fairfield, Stockton-on-Tees, TS19 7JF	Tel : 01642654419
D. Urwin	19, Malvern Drive, Acklam, Middlesbrough, TS5 8JA	Tel : 01642820664
R. Lightle	Sowerby Hill Cottage, East Appleton, Richmond, N.Yorks. DL10 7PZ	
P. Kitson	6, Goldcrest Close, Ingleby Barwick, TS17 0TE	Tel: 07971266153
D. Howes	104, Wimpole Rd, Fairfield Park, Stockton-on-Tees, TS19 7LR	Tel : 07981236175
A. Cosgrove	Moor End, Etherley Moor, Bishop Auckland, Co., Durham, DL14 0JU	Tel: 07868181958
B. Millen	9 Montrose Close, Marton, Middlesbrough. TS7 8LA	Tel: 01642318675

ASSISTANT TIMEKEEPERS:

Mrs S. Binks	20, Esher Ave, Normanby, Middlesbrough, TS6 0SH	Tel: Ex Directory
I. Hutchinson	5, Peacocks Close, Stokesley, Middlesbrough TS9 5QD	Tel: 01642713221
J. Harper	46, Geneva Crescent, Darlington, Co., Durham. DL1 4NJ	Tel: (01325) 266396
A. Grosvenor	4, Hurbuck Cottages, Lanchester, Co., Durham DH7 0RJ	Tel: (01207) 582585
G. Watson	geoff.watson@dcsra.co.uk	Tel: 07914 577038

HANDICAPPERS:

D. Urwin	19 Malvern Drive, Acklam, Middlesbrough TS5 8JA	Tel: 01642820664
A.E. Harrison	39, Ridley Ave, Acklam, Middlesbrough, TS5 7AR	Tel : 01642270758
A. Cosgrove	Moor End, Etherley Moor, Bishop Auckland, Co., Durham, DL14 0JU	Tel: 07868181958
Mr S. Binks	20, Esher Ave, Normanby, Middlesbrough, TS6 0SH	Tel: 01642959411
D. Howes	104, Wimpole Rd, Fairfield Park, Stockton-on-Tees, TS19 7LR	Tel : 07981236175

COURSE MEASURERS:

A.E. Harrison	39, Ridley Ave, Acklam, Middlesbrough, TS5 7AR	Tel : 01642270758
G. Russell	2, Antrim Ave, Fairfield, Stockton-on-Tees, TS19 7JF	Tel: 01642654419
A. Cosgrove	Moor End, Etherley Moor, Bishop Auckland, Co., Durham, DL14 0JU	Tel: 07868181958
D Bennett	12, Heslop Drive, Darlington, DL1 5TQ	Tel: 01325467547

There are also a number of district officials who are not listed above, who wish to and are approved to officiate for their own club's open and club events.

Can You Help?

If you wish to become a District Timekeeper, Handicapper or Course Measurer, please contact a District Official or a member of the Committee. Training, if required, can be arranged for interested volunteers. Your assistance will be most appreciated by both organisers and competitors

REMINDER TO ALL COMPETITORS:

RULES AND REGULATIONS: It is incumbent on all competitors to ensure that they are fully conversant and comply with all the current Cycling Time Trials Rules and Regulations. Failure to comply, may result in disqualification from the event and/or, if appropriate, further action by the District Committee,

HIGHWAY CODE: It is the responsibility of all competitors and officials to ensure that they are conversant with the requirements and implication of the current Highway Code. Contravention of its implications during an event may result in disqualification from the event (and further disciplinary district action) as well as subsequent police action.

SIGNING ON: ALL riders must personally sign on when collecting their number at an event. Local to the signing on sheet, available safety information/instruction that may have an impact on a competitor's /officials safety during or associated with the event, will be displayed. The completed signing on sheet will be retained by the Event Organiser after the event.

IMPROVEMENT: It is a requirement of CTT Regulation 13(a) that for handicap and time category events, that any improvements in performance are notified to Event Organisers within 3 days of the improvement.

INTERNET ENTRY: is indicated in the Handbook and on the CTT website by the notation "IE". The organiser has agreed to accept entries through the CTT event entry system, which is available via the CTT website. Entries, of course are still accepted through the post or by other means.

COURSE DETAILS: The details of the course to be used for an event will be clearly printed on the start sheet. – **IT IS THE COMPETITORS RESPONSIBILITY TO READ THEM AND UNDERSTAND THE ROUTE TO BE UNDERTAKEN.**

EVENT ORGANISER'S NOTES & GUIDANCE

GUIDANCE AND INFORMATION, including a checklist, on the actions required to promote a successful time trial under CYCLING TIME TRIAL Rules and Regulations is available on the CTT website. It is also included as a section in the 2015 CTT Handbook.

INTERNET ENTRY: indicated in the Handbook and on the CTT website by the notation "IE". This is in addition to entries received by post or by other means. A guidance note is provided to each organiser to provide assistance in the use of this electronic entry system

EVENT ORGANISER RIDING THEIR OWN EVENT: Should an Event Organiser elect to ride their own event, a responsible person shall be identified on the start sheet, to take charge of the event whilst the organiser is competing.

COURSE RISK ASSESSMENTS: Risk Assessments are available for all Teesside approved CTT courses, which identify and consider the risks to competitors, official's, other road users and the organiser, "On the Day" Risk Assessments Forms should be completed by the organiser. The completed form should be displayed next to the signing on sheet, advising competitors of any identified issues on the day. If the issues identified may affect future events, the District Secretary should be forwarded a copy. In doing so, it will assist in the currency and relevance of the course risk assessment.

SETTING FIELD OUT: when compiling a start sheet, regardless whether manually or by using a computer programme, due regard should be taken of the following District Committee wishes:

- a member of the promoting club/organisation should start at number one.
- the sequential placing of riders from the same club should be avoided if at all possible

Full details of how to set out an event field are available in a Guidance Note.

IDENTIFICATION OF CLUBS / ASSOCIATIONS/RACING TEAMS AFFILIATED TO THE CTT THROUGH THE TEESIDE DISTRICT FOR THE 2015 SEASON:- is available from the Teesside District Secretary or Treasurer. Information on all clubs/organisations and racing teams affiliated to the CTT, including details of those riders that have elected to ride for the Headquarter's Club, can be viewed on the Cycle Time Trial Web:

<http://www.ctt.org.uk>

START & RESULT SHEETS: The following statement must be included in the title of each start and result sheet:

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

The following guidance also requires to be printed on ALL start sheets:

- All numbers are available at the Event Headquarters or finish/result board (except at hill climbs where alternative arrangements may be required) and not at start. All riders will be required to sign on, when collecting their number. A notice will be on display, adjacent to the signing on sheet, identifying any significant risks that may have been identified on the day of the event, which may affect rider's or officials safety.*
- No cars other than the Event Officials are to be parked at the start or finish*
- No U turns are to be undertaken within sight of the start or finish*
- Riders are not to warm up on any part of the course, whilst an event is being held.*
- No turbo trainers are to be used for warming up within 100 metres of inhabited properties.*
- In the interest of your own safety, hard shell helmet use is recommended for all competitors. Regulation 15, in the current CTT Handbook, states that All competitors under the age of 18 years and/or Juniors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as: SNELL B95, ANSI Z90.4, AUS/NZ/2063.96, DIN 33-954, CPSC or EN 1078.*
- A rear light, working in flashing or constant mode, affixed to a competitor's cycle is recommended,*

ISSUE OF START & RESULT SHEETS: may be emailed to competitors, where an appropriate email address has been provided for this means of communication. To adhere to Data Protection Legislation please send emails, using the blind copy function, (BCC), which hides personal email addresses to recipients.

RESULTS: In addition to providing a result sheet to all entrants and officials, under regulations introduced for the 2016 season, an electronic copy of the result of your event should be forwarded as soon as possible after the event to:

results@cyclingtimestrials.org.uk

where it will be published on the CCT web site and in a number of National Newspapers.

In addition, email to the local press

Evening Gazette; adam.steel@gazette-media.co.uk

Northern Echo; localheroes@nne.co.uk

Helpful Information?

Crathorne Reading Rooms:

Contact: Mrs Calvert, Church House Farm, Crathorne, Yarm, North Yorkshire. Tel: 01642 700545

Swainby Village Hall:

Contact: Carol Cook Tel: 01642 700569

Leeming Village Village Hall

Contact: Cath Lowery, Ashleigh, Londonderry. DL7 9SS
Tel: 01677 424694

2016 DISTRICT COMPETITIONS

TEESSIDE DISTRICT 25MILE TIME TRIAL CHAMPIONSHIP – Organised on behalf of the District by Cleveland Coureurs CC / VTTA (North) and incorporated in their event held on Sunday 17th July 2016 on T252/3 course. The Championship Award is open to all riders who are 1st Claim members of Clubs/Associations/Teams affiliated through the Teesside CTT District.

Trophies are awarded to the fastest qualifying Teesside Man, Lady and Junior rider, with medals awarded to Age Categories Winners and Fastest Team.

2015 District Championship Results: (Open to all Teesside District Riders)(Ron Wood Memorial Shield)

Darren Gee Teesdale CRC 53mins 19secs -

Fastest Age Groups: District Medal in Each Group

Age Group	Riders Name	Club	Age	Time
30-34	James Mayo	Stockton Wheelers CC	30	1.10.34
35-39	Mike Dalton	Stockton Wheelers CC	35	1.00.07
40-44	Darren Gee	Teesdale CRC	42	53.19
45-49	Steven Fullerton	Darlington CC	46	58.49
50-54	Gary Hunt	Stockton Wheelers CC	52	58.52
55-59	Alan Lang	Hartlepool CC	58	1.00.35
60-64	Phil Wright	Hartlepool CC	60	1.10.16
65-69	Richard Booth	Hartlepool CC	69	59.55
70-74	Ted Scurr	Hartlepool CC	71	1.10.51
75-79	Neil Stuart	Hartlepool CC	76	1.19.51

Team Award: District Medal to each member of fastest team of 3

Winning Team	Members	Winning Time
Adept Precision Racing Team	Shaun Tyson, Nick Calvert & Peter Guy	2hrs 55mins 17secs

2016 TEESSIDE DISTRICT BEST ALL ROUNDER COMPETITIONS: Trophy and Medal for Winner, Certificates for all qualifiers. The BAR Competitions are open to all riders who are 1st Claim members of Clubs /Associations/Teams affiliated through the Teesside CTT District.

PLEASE NOTE: ONLY RIDES COMPLETED ON "T" COURSES WILL BE ELIGIBLE TO QUALIFY FOR THE 2015 TEESSIDE BEST ALL ROUNDER COMPETITION.

LONG DISTANT BEST ALL ROUNDER COMPETITION:

Men & Ladies - Qualifying Distances: 25, 50 & 100mls

2015 Senior Men's Long Distance Best All Rounder Result

Pos	Rider	Club	25 miles	50 miles	100 miles	Av Speed MPH
1	S. Fullerton	Darlington CC	54.07	1.57.42	3.49.24	26.455
2	H. Heighton	Ferryhill Wheelers CC	55.00	1.58.41	3.52.37	26.258
3	K. Dawson	Hambleton RC	57.46	1.57.35	3.57.46	25.571
4	P. Dawson	Teesside Road Club	1.01.03	2.09.12	4.24.26	23.493

SHORT DISTANCE BEST ALL ROUNDER COMPETITION:

Mens: Qualifying Distances: 10, 25 & 50 mls.

Ladies: Qualifying Distances: 10mls x 2 & 25mls x 2

Junior: Qualifying Distances: 10mls x 2 & 25mls x 2.

Note: There is only one junior award, i.e. there is not a separate competition for boys and girls.

TEAM AWARD: Fastest 3 qualifiers from same club/team will be awarded the District Shield. Certificates will be awarded to all qualifiers.

2015 Senior Men's Short Distance Best All Rounder

Pos	Rider	Club	10 miles	25 miles	50 miles	Av Speed MPH
1	D.Gee	Teasdale CRC	20.17	51.44	1.46.23	28.815
2	P. Thirling	Stockton Wheelers CC	20.49	52.58	1.48.34	28.520
3	S. Fullerton	Darlington CC	21.16	54.07	1.57.42	27.131
4	H. Heighton	Ferryhill Wheelers CC	21.45	55.00	1.58.41	26.711
5	G Hunt	Stockton Wheelers CC	22.11	55.37	1.55.47	26.642
6	S. Coates	Cleveland Wheelers CC	22.14	55.45	1.59.05	26.361
7	M. Dalton	Stockton Wheelers CC	22.11	56.29	1.58.27	26.310
8	P. Dawson	Teesside Road Club	24.14	1.01.03	2.09.12	24.182
9	D. Bennett	Darlington CC	24.40	1.02.14	2.14.33	23.574

CLAIM INFORMATION:

Claims must be made on the appropriate Teesside BAR Form (Copies in centre of this handbook) by the 31st October each year, available from the District Secretary or the Teesside BAR Co-ordinator.

Teesside Best All Rounder Coordinator	D. Herbert 9, Spring Bank Wood, Wynyard, Billingham, TS22 5QW Tel: 01740 644053
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NATIONAL CHAMPIONSHIPS, CIRCUIT SERIES AND BEST ALL ROUNDER COMPETITIONS: National Competitions are held every season, run under Cycling Time Trials National Championship and Best All Round Competition Rules and Regulations, details of which, together with all open event information can be found on the CTT website and in the Cycle Time Trials Handbook.

Times recorded anywhere in the country, can be used to qualify for the Cycling Time Trial National Best All Rounder Competition.

VTTA COMPETITIONS & STANDARD AWARDS:

For those competitors who are 40 years young or older, there are further competitions available, both locally and nationally, through the Veteran Time Trial Association (VTTA)

Veteran Time Trial Association(North Group)

Why not add a further incentive to your time trialing?

Join The "Vets" and you can compete for medals & plaques by entering for your own personal age standards, which increase year on year, as you get older. You will also be eligible for prizes "on Standard" in all VTTA and some open events throughout the country and for the VTTA National Championships, where there are awards in a range of age groups.

Annual Subscription is £12.00, which includes receipt of the VTTA quarterly magazine "The Veteran"

Costs for the age standards to cover all distances (8 in all) from 10miles up to 24hr is £12.00, or you can enter for any individual distance @ £6.00 per distance.

In addition to many local Group Competitions, there are 3 & 4 distances National VTTA Best All Rounder Competition, based on age standards.

For further information on the VTTA, please contact:

Les Dawson Tel : 01642 783 456

The 'League 2000'

is a series of age related events for 3 to 17 years old, organised on **MONDAY EVENINGS** by Cleveland Wheelers CC at the Prissick Base Cycle Circuit on Marton Road, Middlesbrough.

The series which commences in April and continues throughout the season until the end of August

'Signing on' is from 6.00 to 6.20pm with a nominal entry fee. Participants, who must wear a protective helmet, may use any roadworthy cycle.

The format for each evening which starts promptly @ 6.30pm and finishes at about 9.00pm, is: 1km Time Trial, timed 'skills test' and 5 no. handicapped Road Races appropriate to age & ability

The season long competition is split into 7 no. age groups, Under 6, 8, 10, 12, 14, 16 & over 16.

With nominal prizes awarded at the end of each evening session, with the major prizes awarded at an Annual Prize Presentation held at the end of the series.

For further details and confirmation of dates for each of the Monday evenings, contact.

Steve Binks 07786 336123

CLUB EVENTS: Clubs throughout the District organise club events, on various weekday evenings, during the season, To encourage new comers to the sport of time trialling, nearly all organising clubs agree that their events will be designated "COME & TRY IT" events.

Details can be provided by the District Secretary on the contact for the local organising club regarding conditions of entry, the evenings held, the course and at what time they start. Contacts for Teesside District CTT Affiliated Clubs can also be accessed through the CTT Web Site.

New for 2016

Closed Circuit Time Trial in North

Following the interest shown following the 2 events held during 2015 at Croft Motor Racing Circuit, support has been secured to run a series of either two or three similar events during the 2016 season. The events, proposed for Wednesday evenings during June & July, will be available to all age groups (especially families).

New for 2016

Teesside District Sporting Course (SPOCO) Competition

With the increasing number of sporting course time trials included in the 2016 Teesside season, it has been proposed to introduce a local points based SPOCO Competition, open to riders affiliated through Teesside District Affiliated clubs. Although there will be no additional costs to run the competition, updated league positions will be published on the Teesside District Facebook during the season and certificates will be awarded at the end of the season. Competition Conditions, together with event organiser's agreement are being progressed prior to publication of the final competition details.

New for 2016

Teesside District Hill Climb Competition

With the increasing number of hill climbs included in the 2016 Teesside season, it has been proposed to introduce a local points based HILL CLIMB Competition, open to riders affiliated through Teesside District affiliated clubs. Although there will be no additional costs to run the competition, updated league positions will be published on the Teesside District Facebook during the hill climb season and certificates will be awarded at the end of the season. Competition Conditions, together with event organiser's agreement are being progressed prior to publication of the final competition details.

Full details will be published and circulated when Available

These are new initiatives for 2016 to try and promote and increase participation in Time Trialling across the Teesside District.

Please assist, wherever possible those who are trying to support you as riders

TEESSIDE COURSE GUIDANCE:

T101: Start on Stokesley - Hutton Rudby Rd at gateway, approx 200 yds East of Seamer Rd. Proceed to Hutton Rudby, keeping left at the bottom of Skutterskelfe Bank (with care). At the top of Hutton Rudby Bank, in the village bear left (M) and then take 4th road (Black Horse Lane) on the left (signposted Swainby)(M). Proceed straight across junction at Potto Hall to T junction with A172 (M). Turn left and continue along A172 in easterley direction to finish approx 1mile before Stokesley turn off, local to Busby Hall Cricket Club on north side of road.(10miles)

T102: Start at grating on east side of old A19, 40 yds north of post at gateway, approx 350 yds south of Crathorne village. Proceed south to join A19 southbound. Continue to Cleveland Tontine Hotel (4.98 mls) and turn sharp left and left again (care) onto A172 Stokesley road, continuing over bridge to join A19 Northbound (5.704 mls). Proceed north on A19 to finish at 3rd grating from north end of lay-by on A19, approx 0.75 mls south of Crathorne/Picton Road Bridge over A19. (10.00 mls).

NOTE :- Riders are to remain on A19 after finish, coming off at A67 junction and retrace to headquarters area through Crathorne village.

T102/1 Start at Clearway sign on Thimberley lane (approx 500yds north of Jeator Houses). Proceed to A19, turning left to join southbound carriageway. Continue south on A19 to Knayton (3 Tuns Bridge), turning left onto slip road (4.633mls). Turn left over bridge and proceed to cross road (4.857mls), where left to follow road to join A19 northbound carriageway. Continue on A19 passing Jeator Houses (and Haines Arms Public House) to finish at field opening (gateway) at south entrance to large layby approx 1000yds north of Thimberley Lane ends. (10mls)

T103/1: Start on south side of B1263 at drain cover 205 yds west of Corn Hill Farm Entrance and 11yds west of Farm Lane, to Cowton Moor on north side. Proceed westwards via Atley Hill to Scorton village, keeping left to "GIVE WAY" sign, at southwest corner (4.83 mls). Taking a right, circle village green and retrace outward route, to pass start at a point opposite gatepost on north side of road and approx 30 yds west of lane to east Cowton where finish (10.00 mls)

T102/2 Borrowby – Osmotherley - Junction – Knayton (Course details and measurement to be confirmed)

T104: Start local to bridge over Bedale Beck approx 0.2 miles south of Leeming Services on the A6055 and proceed south through first roundabout (RAF Leeming/Gatenby. At 2nd Roundabout (Sinderby), encircle roundabout and return north to finish on bridge over Bedale Beck approx 0.2 miles before Leeming Services (10 miles) - (Course details and measurement to be confirmed)

T105/1: Start at the mark on road approx 800 yds south of roundabout at end of A66 slip road and at west end of Long Newton village, on road signposted Durham Tees Valley Airport. Proceed south to 1st roundabout and take 1st exit and continue east towards Eaglecliffe/Yarm, where at roundabout encircle and retrace west on outward leg back to 1st roundabout. Continue straight across roundabout and proceed to the next roundabout, where it is encircled to retrace east to the 1st roundabout, taking the 1st exit onto the Long Newton road, to finish approx 200 yds north of start.

T154: Leeming – Baldersley – Leeming - (Course details and measurement to be confirmed)

T165: Start opposite the “Hamsterley” sign at west end of Hamsterley village and proceed west on unclassified road which runs along the southern edge of Hamsterley Forest towards Woodland to turn right at farm, signposted “Middleton/Eggleston” (4.01mls) CARE Follow single track road to bear left at Y junction with B6282 (5.01mls) into Woodland. Proceed up through Woodland and straight on in front of Edge Hotel to follow the unclassified road towards Toft Hill. Bear left at T junction with B6282 Butterknowle/Toft Hill road (10.59mls) into Toft Hill. Turn left onto A68 in front of Sportsman Public House (11.6mls) and follow the road down the bank to bear left at Y junction with the unclassified road to Hamsterley, signposted “Hamsterley Forest”, just before the bridge over the River Wear (13.2mls). Climb up into Hamsterley village to finish at telegraph pole No 53, just past the tennis courts and 10yds east of start. (15.73 miles)

T251: Start on north side of the A172 carriageway, approx ¼ mile west of Swainby and proceed easterly towards Stokesley roundabout. Take 3rd exit and continue towards and through Great Ayton, taking care at sharp left hand bend at bridge, continue towards Guisbrough. Passing through Newton under Roseberry, continue to roundabout local to Pinchinthorpe. Circle roundabout and retrace outward journey, taking care when passing through Great Ayton and negotiating Stokesley roundabout to finish at a point local to start, approx ¼ mile west of Swainby. (25miles)

T256: Start on east side of unclassified road approx ¼ mile south of Castleton and proceed south over Blakey Ridge and descend into Hutton-le-Hole. Turn at village centre and retrace outward journey to finish local to start. (25 miles)

T252/2: Start at gateway, approx 30 yds on the Nether Silton lane, approx ¼ mile south of the Haines Arms Public House at Jeater Houses. Join A19 Southbound and proceed south to join the A168 and continue to the Topcliffe junction, taking slip road,(11.892mls) sign posted Topcliffe/Dalton. Continue on sliproad, under bridge and then (with care) turn right onto northbound slip road, leading to the A168. Retrace outward journey A168/A19 northwards, continuing past the starting area to finish approx ¼ mile north of Haines Arms on A19 at gateway, south of entrance to large layby. (25mls)

T252/3: Start at de-restriction sign at south end of Crathorne on old A19 (5 yds south of farm entrance) and proceed onto A19 southbound. Continue on A19 to bear left off A19 signed Knayton ¼ ml, Borrowby 1¼ ml, (12.16mls) Proceed up slip road to turn left over bridge crossing A19, to crossroads, where left to rejoin A19 northbound. Continue northwards to finish at end of footpath, just prior to bridge over A19 (Crathorne/Rounton Road) (25.00 mls)

T254: Start local to bridge over railway, just North of A684 on the A6055 and proceed south through first roundabout (Leeming Services 0.12 miles)and 2ndRoundabout (RAF Leeming/Gatenby 2.6 miles). At 3rd Roundabout (Sinderby 6.4 miles), encircle roundabout and return to RAF Leeming/Gatenby roundabout (10.1 miles) where continue north to next roundabout. Encircle and head South (Leeming services 12.7 miles) Continue South straight across roundabout at RAF Leeming /Gatenby (15.1miles) to encircle Sinderby roundabout (18.9 miles). Continue North to finish on bridge over Bedale Beck approx 0.2 miles before Leeming Services (25miles) - (Course details and measurement to be confirmed)

T091x 2: Start on unclassified Stokesley to Seamer road local to gravel pits. Proceed northwards to Seamer (1ml), continuing through village in direction of Hilton for approx 1.9mls, where turn left in direction of Hutton Rudby. (2.88mls) On entering Hutton Rudby, (5.75mls) turn immediately left onto Skutterskelfe Bank and proceed towards Stokesley, turning left (8.57mls) in the direction of Seamer, to start 2nd circuit to finish local to start point (17.4mls) .

T502: Start on east side of Crathorne bridge, proceed to join A19 southbound carriageway. Continue south on A19, passing Cleveland Tontine hotel (6.7mls), to the Thirsk by-pass where join A168 to Dishforth. At Dishforth, bear left off A168, (24.8 mls) and proceed to round-about, where turn right, crossing the A168 to turn right at round-about. Continue straight on at the next round-about, to join A168 northbound. (25.7mls) Continue North, retracing outward leg via A168/A19, to bear left off A19 onto A67, to finish at the south end of the large layby approx 250 yds past Crown public house, Kirklevington. (50 mls)

T1002/1: Start local to Kirklevington Village and proceed to join A19 southbound carriageway. Continue south on A19, passing Cleveland Tontine hotel to the Thirsk by-pass where join A168 to Dishforth. At Dishforth, bear left off A168 and proceed to round-about, where turn right, crossing the A168 to turn right at round-about. Continue straight on at the next round-about, to join A168 northbound. Continue North, retracing outward leg via A168/A19 to leave at A67 junction and then turn right (with care) over bridge to rejoin the A19 southbound to retrace 1st circuit to Dishforth and back to take sliproad onto A67, to finish at the southend of the large layby approx 250 yds past Crown public house, Kirklevington. (100 mls) -

(Course details and measurement to be confirmed)

T091x 2: Start on unclassified Stokesley to Seamer road local to gravel pits. Proceed northwards to Seamer (1ml), continuing through village in direction of Hilton for approx 1.9mls, where turn left in direction of Hutton Rudby. (2.88mls) On entering Hutton Rudby, (5.75mls) turn immediately left onto Skutterskelfe Bank and proceed towards Stokesley, turning left (8.57mls) in the direction of Seamer, to start 2nd circuit to finish local to start point (17.4mls) .

T204: Start on A688 at lamppost 40 metres after bus shelter on Staindrop Village Green. Proceed northwest (CARE – sharp left turn on exit from village. Turning left at top of hill onto unclassified road through Burnt House. Continue over Cockfield Fell, passing over cattle grid (with care as steep descent) to turn left at T junction with B6282 (taking care over cattle grid). Continue up hill through Copley where left through Woodland (care when passing over cattle grids) over moor to take left at T junction with B6278, then immediately left onto B6279. Continue to finish at Staindrop sign on approach to village. Special Note: Take care on A688 between Staindrop and Raby Castle. There are sections of solid white centre line over summit of hill, so please keep to left.

T211: Start on Stokesley - Hutton Rudby Rd at gateway, approx 200 yds East of Seamer Rd. Proceed to Hutton Rudby, keeping left at the bottom of Skutterskelfe Bank (M). At the top of Hutton Rudby Bank, in the village bear left (M) and then take 3rd road on the left (signposted Potto)(M). At "Preston of Potto" Transport Yard, (M) turn left and continue to junction with A172, where bear left (M) to proceed to. Stokesley roundabout. (M's). Taking 4th exit, continue to Great Broughton, where turning left at crossroads in the village (M) continue onto Ingleby Greenhow. Turning right (with care) at T-junction (M), proceed through Battersby to Kildale Junction (M), keeping left through Easby to join A173 Stokesley/Great Ayton Road, to finish after turning left on A173 at bridge over stream

T253/1: Start on B1236, at manhole cover in verge, 0.3 miles west of Raby Lane. Continue on B1236 via Atley Hill, through Scorton (approx 5 miles) to junction with B2671 (Southwest of Scorton Village). Turn left at junction onto B6271 and proceed south via Bolton on Swale, Great Langton and Yafforth to turn left (with care) shortly after railway bridge onto Standard Way. Proceed through the industrial estate to T junction with A167 (approx 15 miles). Turn left onto A167 and proceed north via Great Smeaton and Low Entercommon to turn left at junction onto B1236. Continue on B1236 and turn left down Raby Lane (approx 0.3 miles east of start) and proceed for approx 0.7 miles to finish at stone gatepost just north of East Cowton village. (25 miles)

T235: Start at gateway to Bishopton Sailboard Centre. Proceed through Bishopton, continuing up hill and continue to Great Stainton tee junction. (2.8 mls) Turn left at junction and proceed towards Sadberge, taking 2nd lane on the left and continuing in a southerly direction to top of hill in Sadberge village, where left and then left again onto the C51. Continue along lane towards Norton and take 2nd road junction on the left, signposted Redmarshall (10.4mls). Proceed to Redmarshall village and turn left at crossroads, signposted Bishopton. Repeat 1st lap via Stainton and Sadberge Village to continue along C51, to turn 1st left onto road signposted Bishopton. Proceed towards Bishopton to finish at entrance to Stoney Flat Farm, approx 300 yds before start area. (23.0 mls)

T243: Start Approx 1 mile from centre of Richmond, local to Cemetery and proceed in a westerly direction along the A6108, bearing right at the junction with the B6270, signposted Reeth/Grinton. Proceed to Grinton, where sharp left, (with care) just over bridge and climb out of Grinton on unclassified road towards and past the Youth Hostel (on Left) and continue to junction with minor road, where left and proceed in an east direction across open moorland to Bellerby Camp and at the T junction turn left onto A6108. Proceed along A6108 towards Richmond, to finish local to start.

T244/1: Start on B6279, 3yds before the Staindrop sign and proceed in an easterly direction towards Darlington, taking care at "Spinford Bridge", to turn left onto the unclassified road, signposted Hilton 1ml, Wackerfield 2ml. Immediately before Ingleton village(2.3mls). Continue up hill, past Hilton and Wackerfield to turn left ont A688, Barnard Castle Road (4.15mls). Follow the road down Keverstone Bank and past Raby Castle into Staindrop, to turn left in front of school onto unclassified road, signposted South Cleatlam 1.5ml, Little Newsham 2ml, Whorlton 4ml. (7.15mls) Proceed through South Cleatlam and Little Nesham, to bear right towards Whorlton. At top of bank (9.35mls) turn left onto the A67 towards Darlington (10.4mls). Follow the A67 past Winston and through Gainford to bear left onto the slip road for the B6275 "Royal Oak" at Piercebridge. (17.35mls). Give way and turn left onto the B6275 towards "Denton/Summerhouses" crossroads, to turn left onto B6279 towards Staindrop. (19.35mls) Heading in a westerly direction, pass through Ingleton, past the first turn (22.1mls), to finish 3 yds beyond the gate opposite the Staindrop village sign. (24.4mls)

T405: Start in Harmire Road 20 yards beyond the Red Well pub at Telegraph Pole and proceed north from Barnard Castle on the B6278 towards Eggleston. Climb over Folly Top to descend to Lawson's Garage at the bottom of Folly Bank (5.15 miles) follow the road around to the left and continue towards Middleton in Teesdale. Stay on the B6282 past the lay-by overlooking the River Tees, to bear right after the wooded bends at Whistle Crag (7.75 miles). Climb up Carlonin to the T-junction with the unclassified road from Middleton in Teesdale (8.30 miles) and turn right to descend to the Y-junction at Middle End (10.95 miles). Bear left and left again to rejoin the B6278 to climb up to the summit of Bollihope Common (13.10). Take care on the descent especially on the S-bend below the turning to Frosterley (15.15 miles) and again on the S-bends descending Unthank Bank into Stanhope. Over the level crossing to follow along the riverside and across the River Wear at Stanhope Bridge, proceed into Stanhope to the junction with the A688. (18.95 miles) Bear left up Weardale towards Alston to turn left after 2.25 miles onto the unclassified road to Horsley. (21.20 miles) Over the new Hag Bridge and left at the T-junction at the top of the rise, (21.50 miles) to climb up past Horsley Hall, before descending past two farms back to the junction with the B6278 at Stanhope Bridge (23.55 miles). Straight across at the junction, with care. To retrace back along the riverside and over the level crossing onto Unthank Bank (23.95 miles). Climb up Unthank Bank to retrace route back over Bollihope Common to Middle End, where straight on to pass through Eggleston on the B6278, and turn left at the bottom of Folly Bank (35.05 miles). Climb over Folly Top to descend into Barnard Castle to finish at Telegraph Pole 37 on Harmire Road, outside Glaxo (gsk), 200 yards past the start and just before the turning into the Social Club & Sports Centre. (40.30 miles)

TEESSIDE HILL CLIMB COURSES & INFORMATION:

REF	HILL NAME & LOCATION	DISTANCE
THC 4	Carlton Bank, Nr Stokesley	Approx 1.4 mls
THC 30	Reeth – Tan Hill, N. Yorkshire	Approx 9 mls
THC 31	Hill End, Frosterley, Co., Durham	Approx 1.2 mls
THC 32	Clay Bank, Nr Stokesley	Approx 1.7 mls
THC 35	Osmotherley – Chequers Inn, nr Osmotherley	Approx 1 ml

Whilst all open event details are available on the CTT website, copies of the 2014 CTT Handbook, which provides details of all CTT Open Events, Rules & Regulations are available from:

2016 Cycling Time Trials - Open Events

13	March	Sunday								
21	T211	£9.00	09:00	IE	Tan					Cleveland Whs CC (Sporting Course) (Cheques to M Cole) M Cole, 185 Eagle Park, Marton, Middlesbrough. TS8 9QU Tel: 01642 318886
20	March	Sunday								
21	T244/1	£9.00	09:00	IE	Tan					Teesdale CRC (Sporting Course) Ms L Hamilton, 2 Woodside, Barnard Castle, Co., Durham. DL12 8OX Tel: 07523666973
09	April	Saturday								
10	T103	£20.00	14:00							Darlington CC (2-up TTT)(Sporting Course)(Cheques to S Fullerton) S Fullerton, 2 Westgate Crescent, Darlington, Co., Durham. DL3 0SX Tel: 07527671781
10	April	Sunday								
23	T235	£10.00	09:00	IE	NS					Stockton Whs CC (Sporting Course)(Closing Date 01/04/2016) P Kitson, 6 Goldcrest Ave, Ingleby Barwick, Stockton-on-Tees. TS17 0TE Tel: 01642 763642
17	April	Sunday								
32	T165	£10.00	09:00	IE						Bishop Auckland CC (Sporting Course) S Raw, 20 Northbridge Park, St Helens Auckland, DL14 9UG Tel: 07845988774
23	April	Saturday								
10	T102/2	£10.00	14:00	IE	Tan					Hartlepool CC / VTТА (North)(All Ages) M P Hughes, 22 Sycamore Drive, Brotton, Redcar & Cleveland TS12 2SN Tel: 07738101204
24	April	Sunday								
40.5	T405	£10.00	09:00	IE	H					Teesdale CRC (MountainTime Trial)(L&L SPOCO) R Murdoch, 15 Montalbo Rd, Barnard Castle, Co., Durham. DL12 8BP Tel: 01833 638882
02	May	Monday								
10	T102/1	£10.00	10:00		Tan					Hartlepool CC / VTТА (North)(All Ages) (Cheques to R Booth) R Booth, 4 Albion Terrace, Guisborough, TS14 6HJ Tel: 01287 635105
08	May	Sunday								
50	T502	£10.00	08:00	IE	NS	B Tan				Stockton Whs CC (Entries Close 30/04/2016) D Howes, 104 Wimpole Rd, Fairfield Park, Stockton-on-Tees. TS19 7LR Tel: 07981236175
21	May	Saturday								
24	T243	£10.00	18:00	IE	MW Tan					Richmond CC (Sporting Course) D Clark, 8 Pinder Close, Richmond, N. Yorkshire.DL10 5QG Tel: 01748 822620
28	May	Saturday								
10	T102	£10.00	14:00	IE	NS					Stockton Whs CC (Entries Close 20/05/2016) G Carter, 52 Lullingstones Crescent, Ingleby Barwick, TS17 5DJ Tel: 07990646329
04	June	Saturday								
15	T154	£10.00	14:00		HTan					VTТА (North)(All Ages)(Cheques to R Crossley) R Crossley, Merle Cottage, 66 Cooper Lane,

Potto, Northallerton. DL6 3HA Tel: 01642

701264									
11 June	Saturday								
25 T252/2	£10.00	14:00	NS IE	B	Adept Precision RT (Cheques to G McBean) (Entries close 02/06/2016) G McBean, 31 Forester Close, Seaton Carew, Hartlepool. TS25 1JE Tel: 01429 269870				
18 June	Saturday								
10 T102/1	£10.00	14:00	IE	Tan	Hartlepool CC/VTTA (North)(All Ages) (Cheques to Hartlepool CC) P Garstang, 20 Crocus Gardens, Hartlepool, TS26 0ZG Tel: 07784781221				
26 June	Sunday								
25 T251	£9.00	08:00	IE	HB Tan	Cleveland Whs CC (Sporting Course) S Binks, 20 Esher Ave, Normanby, Middlesbrough. TS6 0SH Tel: 07786336123				
09 July	Saturday								
10 T102/1	£10.00	14:00	IE	Tan	Hartlepool CC/VTTA (North))(All Ages) (Cheques to Hartlepool CC) P Wright, 265 Stockton RD, Hartlepool, TS25 5AU Tel: 07702 244922				
10 July	Sunday								
100 T1002/1	£20.00	06:00	IE NS	B	RTTC NATIONAL CHAMPIONSHIP (Stockton Whs CC)(Cheques to D Howes) (Entries Close 14/06/2016) D Howes, 104 Wimpole Rd, Fairfield Park, Stockton-on-Tees. TS19 7LR Tel: 07981236175				
10 July	Sunday								
100 T1002/1	£10.00	05.30	NS	H	Tricycle Association (North Eastern Region) (Entries Close 14/06/2016) Mrs M Hardy, 19 Thurluby Rd, Bassingham, Incoln, LN5 9LG Tel: 01522 789771				
17 July	Sunday								
25 T252/3	£10.00	09:00	IE	HB Tan	Cleveland Coureurs / VTTA (North)(All Ages)(Incorporating Teesside District Championship)(Cheques to G Russell) G Russell, 2 Antrim Ave, Fairfield, Stockton-on-Tees. TS19 7JF Tel: 01642 654419				
21 July	Thursday								
10 T105/1	£5.00	19:00	SC	J	GHS DISTRICT CHAMPIONSHIP (Teesside DC)(Stockton WhsCC)(Under 17 on 31 August) (Championship Entry Forms Only) C Whitfield, 17 Waltham Ave, Fairfield, Stockton-on-Tees. TS18 5AE Tel: 01642 653401				
24 July	Sunday								
10 T104	£10.00	09:00	IE		Darlington CC (Cheques to S Fullerton) S Fullerton, 2 Westgate Crescent, Darlington, Co., Durham. DL3 0SX Tel: 07527671781				
31 July	Sunday								
25 T256	£10.00	09:00	IE	HB Tan	Cleveland Whs CC (Hilly) S Joughin, 13 Glendale, Guisborough, Redcar & Cleveland. TS14 8JF Tel: 07957186493				
06 August	Saturday								
25 T252/3	£10.00	14:00	NS IE	B Tan	Stockton Whs CC (Entries close 29/07/2016) Mrs N Howes, 104 Wimpole Rd, Fairfield Park, Stockton-on-Tees. TS19 7LR Tel: 07981236175				
14 August	Sunday								
25 T254	£10.00	09:00	IE NS	B Tan	Darlington CC (Cheques to Darlington CC) (Closing Date 05/08/2016) M Drake, 35 Milbank Rd, Darlington, Co., Durham. DL3 9NL Tel: 07702311081				
20 August	Saturday								
10 T102/1	£10.00	14:00		Tan	Hartlepool CC / VTTA (North)(All				

Ages)(Cheques to Hartlepool CC)
 D Herbert, 9 Spring Bank Wood., Wynyard,
 Billingham TS22 5QW Tel: 01740 644053

28	August	Sunday							
50	T502	£10.00	08:00	IE	B Tan	Darlington CC / VTТА (North)(All Ages) (Cheques to D Bennett) D Bennett, 12 Heslop Drive, Darlington, DL1 5TQ Tel: 01325 467547			
04	September	Sunday							
25	T252/3	£10.00	09:00		HB Tan	Cleveland Coureurs / VTТА (North) (All Ages)(Cheques to G Russell) G Russell, 2 Antrim Ave, Fairfield, Stockton-on-Tees. TS19 7JF Tel: 01642 654419			
10	September	Saturday							
25	T252/2	£10.00	14:00		B	Team Swift T Humphries, 14 Stratton Close, Sunderland, SR2 0YX Tel: 07836 342166			
18	September	Sunday							
10	T101	£10.00	09:00	IE	H	Cleveland Whs CC (Sporting Course) S Joughin, 13 Glendale, Guisborough, Redcar & Cleveland. TS14 8JF Tel: 07957186493			
25	September	Sunday							
HC	THC35	£9.00	09:30	IE		Hambleton RC Ms K Poole, 6 Hillside, Thornton Le Moor, Northallerton, N. Yorkshire. DL7 9DU Tel: 01609 778448			
02	October	Sunday							
HC	THC32	£10.00	10:00	IE	Tan	Cleveland Whs CC S Tilly, 6 Elgin Court, Darlington, DL1 3RQ Tel: 07982 255809			
HC	THC4	£10.00	14:00	IE		Stockton Whs CC S Teasdale, 182 Darlington Lane, Stockton-on- Tees, TS19 8AA Tel: 01642 601299			
09	October	Sunday							
HC	THC30	£10.00	09:00	IE		Stockton Whs CC (Sporting Course) J Conlin, 34 Hillcrest Ave, Fairfield, Stockton-on-Tees. TS18 5AF Tel: 01642 588584			
23	October	Sunday							
HC	THC31	£8.00	10:00	IE		Ferryhill Whs CC C Mustill, 9 Maltby Close, Auckland Park, Bishop Auckland, County Durham DL14 8SF Tel: 07984465097			

Helpful Information?

If you require double sided printing or the result board/sheet enlarging to either A1 or AO size, then your local branch of Staples can do this from standard A4 size prepared in either Microsoft Word or Excel format. They

can print from either paper copy or from a memory stick (£3 surcharge applies). Cost for printed A1 result board is £2.50

Notes:

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KEY POINTS FOR ALL COMPETITORS TO OBEY

THE PRINCIPLES OF CTT REGULATIONS

- **All riders are responsible for their own safety.**
- **You MUST obey the Rules of the Road and obey all traffic signs, signals 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 Disqualification and/or Disciplinary Action being taken.**