

2020 Open Events & Competitions Booklet



TEESSIDE DISTRICT

*Details of the 2020 Events to be held on
Teesside District Approved Courses
together with District Specific Competitions*

THE PRINCIPLES OF CYCLING TIME TRIALS REGULATIONS

KEY POINTS FOR ALL COMPETITORS TO OBEY

It is a rider's responsibility to familiarize themselves with the rules and regulations of Cycling Time Trials

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).

Riders MUST sign and out at all time trials, failure to do so will result in disqualification from the event and possible disciplinary action.

If there is drug testing at an event, it is the rider's responsibility, if selected, to present themselves to the appropriate point, in a reasonable time. Failure to comply will lead to disqualification and disciplinary action being taken.

It is recommended that all riders, competing in time trials wear an appropriate cycle helmet and fix a working rear light to their machine.

Important News for the 2020 Season: It is now Mandatory that you must start all events (open, club, hill climbs, team time trials & closed circuit) with a working red rear light in either constant or flashing mode affixed to your machine

2020 Teesside Event Calendar

Day	Date	Start Time	Dist	Course	Club	Inc Tandems	Fee per Rider	Organizer	IE	R/Bk
Saturday	14/03/20									
Sunday	15/03/20	9:00	21	T211/1 R	Cleveland Whls CC (Sporting)	N	£12.00	M. Cole	Y	Y
Saturday	21/03/20									
Sunday	22/03/20	9:00	21	T244/1	Teesdale CRC (Sporting)	Y	£12.00	D. Gee	Y	Y
Saturday	28/03/20									
Sunday	29/03/20									
Saturday	04/04/20									
Sunday	05/04/20	9:00	23	T235	Stockton Whls CC (Sporting)	Y	£12.00	P. Kitson	Y	Y
Friday	10/04/20									
Saturday	11/04/20									
Sunday	12/04/20									
Monday	13/04/20									
Saturday	18/04/20	14:00	10	T103	Darlington CC (2 UP)	N	£12.00	S Fullerton	Y	Y
Sunday	19/04/20									
Saturday	25/04/20									
Sunday	26/04/20	10:00	25	T256	Cleveland Whls CC (Sporting)	N	£12.00	S. Joughin	Y	Y
Saturday	02/05/20									
Sunday	03/05/20	9:00	25	T254 /1	Darlington CC	N	£12.00	M. Steer	Y	Y
Friday	08/05/20									
Saturday	09/05/20									
Sunday	10/05/20	9:00	40.35	T405	Bishop Auckland CC (Mountain TT)	N	£10.00	A Strong	Y	Y
Saturday	16/05/20									
Sunday	17/05/20	9:00	10	T107	(VTTA North) /Hartlepool CC	Y	£12.00	P. Wright	Y	Y
Saturday	23/05/20	10:00	24	T243	Richmond CC (Sporting)	N	£12.00	D. Clark	Y	Y
Sunday	24/05/20									
Monday	25/05/20									
Wed'sday	27/05/20	TBA	10	T10C	CROFT "Come & Try It" Closed Circuit	Y	£8 / £5	G Russell / P Kitson	Y	Y
Saturday	30/05/20	14:00	10	T104	VTTA (North)/ Cleveland Coureurs	Y	£8.00	G. Russell	Y	Y
Sunday	31/05/20									
Saturday	06/06/20									
Sunday	07/06/20	8:00	25	T252/3	Stockton Whls CC	Y	£12.00	J Corcoran	Y	Y
Saturday	13/06/20									
Sunday	14/06/20	8:00	25	T252/3	VTTA (North)/ Hartlepool CC	Y	£12.00	P. Garstang	Y	Y
Saturday	20/06/20									
Sunday	21/06/20	09:00	25	T255	Cleveland Whls CC (Sporting)	Y	£13.00	R. Lilleker	Y	Y
Wed'sday	24/06/20	TBA	10	T10C	CROFT "Come & Try It" Closed Circuit	Y	TBA	G Russell / P Kitson	Y	Y

Day	Date	Start Time	Dist	Course	Organization	Incl Tandems	Fee per Rider	Organizer	IE	R/Bk
Saturday	27/06/20									
Sunday	28/06/20									
Saturday	04/07/20									
Sunday	05/07/20									
Thursday	09/07/20	19	10	T105/1	Stockton Whls CC – Youth District Championship	Y	£5.00	C Whitfield	Y	Y
Saturday	11/07/20									
Sunday	12/07/20	9:00	18	T091 x 2	Cleveland Whls CC (Sporting)	N	£12.00	T Levell	Y	Y
Saturday	18/07/20									
Sunday	19/07/20	7:00	50	T502/2	VTTA (North)/ Hartlepool CC	Y	£12.00	P. Wright	Y	Y
Wed'sday	22/07/20	TBA	10	T10C	CROFT "Come & Try It" Closed Circuit	Y	TBA	G Russell / P Kitson	Y	Y
Saturday	25/07/20									
Sunday	26/07/20									
Saturday	01/08/20	14:00	10	T103	Darlington CC (Sporting)	N	£12.00	M Schubert	Y	Y
Sunday	02/08/20									
Saturday	08/08/20									
Sunday	09/08/20	8:00	25	T252/3	Cleveland Coureurs/ VTTA (North) Teesside District Championship	Y	£12.00	G Russell	Y	Y
Saturday	15/08/20									
Sunday	16/08/20	9:00	10	T101	Cleveland Whls CC (Sporting)	Y	£12.00	S. Joughin	Y	Y
Wed'sday	19/08/20	7.00	10	T10C	CROFT "Come & Try It" Closed Circuit	Y	TBA	G Russell / P Kitson	Y	Y
Saturday	22/08/20									
Sunday	23/08/20									
Saturday	29/08/20									
Sunday	30/08/20									
Monday	31/08/20									
Wed'sday	02/09/20	TBA	10	T10C	CROFT "Come & Try It" Closed Circuit	Y	TBA	G Russell / P Kitson	Y	Y
Saturday	05/09/20									
Sunday	06/09/20	9:00	15	T154	VTTA (North)	Y	£12.00	G. Russell	Y	Y
Saturday	12/09/20									
Sunday	13/09/20									
Saturday	19/09/20									
Sunday	20/09/20	9:00	1	THC21	Ferryhill Wheelers CC	N	£12.00	H Heighton	Y	Y
Saturday	26/09/20									
Sunday	27/09/20	10:00	1	THC33	Cleveland Wheelers CC	Y	£10.00	S Tilly	Y	Y
		12:30	1.4	THC4	Stockton Wheelers CC	Y	£12.00	P Kitson	Y	Y
Saturday	03/10/20									
Sunday	04/10/20	9:00	10.88	THC30	Stockton Wheelers CC	Y	£12.00	J Conlin	Y	Y
Denotes BANK HOLIDAY										

2020 Teesside District Course References

	Ref	Course Summary	HQ Location
T	091 x 2	Stokesley - Hutton Rudby – Stokesley x 2	Stokesley
	101	Stokesley – Hutton Rudby – Swainby - Stokesley	Stokesley
	103	East Cowton - Gt Smeaton - East Cowton	East Cowton
	104	Leeming - Catterick- Leeming	Leeming
	107	Greatham – Seal Sands - Greatham	Greatham
	105/1	Long Newton - Eaglescliffe - Long Newton	Long Newton
	154	Caterrick – Leeming – Bedale North – Leeming - Catterick	Catterick
	211/1R	Stokesley - Hutton Rudby - Gt Broughton	Stokesley
	235	Bishopton - Sadberge - Redmarshall - Bishopton - Sadberge - Bishopton	Bishopton
	243	Richmond - Grinton - Downholme - Richmond	Richmond
	244/1	Staindrop - Raby Castle - Staindrop - Gainford - Staindrop	Staindrop
	252/3	Crathorne – Knayton - Crathorne	Crathorne
	254/1	Leeming – Sinderby – Leeming x 2	Leeming
	255	Bishopton - Sadberge - Redmarshall - Bishopton - Sadberge – Redmarshall - Bishopton	Bishopton
	256	Castleton - Hutton Le Hole – Castleton	Castleton
	405	Barnard Castle – Stanhope – Barnard Castle	Barnard Castle
	502/2	Kirklevington - Knayton – Kirklevington x 2	Kirklevington
	HC7	Carlton Bank	Carlton
	HC33	Hasty Bank	Gt Broughton
	HC30	Reeth – Tan Hill	Reeth
	HC21	Quarrington Hill	Coxhoe
	10C	Croft Motor Racing Circuit (Closed Circuit Event - open to all)	Croft, N. Yorkshire

Teesside Course Details

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)

T103: 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)

T104: Start – on Dere Street (road from Londonderry), at gully access point at west end of bridge approx 8yds from double broken line at junction with A6055. Join southbound A6055 and continuing through 1st roundabout (RAF on A6055 Leeming/Gatenby) to encircle 2nd roundabout (Sinderby 4.6mls). Retrace northwards back to 1st roundabout (RAF Leeming/Gatenby) where straight over to finish approx 0.8mls north of start at manhole cover in pavement on west side of carriageway, approximately 15yds north of 2nd Exelby turn-off. (10mls)

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 Teesside 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.

T107: Start at paint mark on grating 200 metres west of Country Park entrance on A1185. Proceed to round about with A178 (Tees Road) where turn left, proceed on Tees Road to Nuclear Power Station round about where take 4th exit (turn) proceed to roundabout at seal sands and take 3rd exit on A1185 proceed to finish just before rail way crossing bridge (10 miles)

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)

T252/3: 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 on A6055 at expansion joint at south end of bridge, spanning Leeming Bar/Bedale road, approx 0.13mls north of Leeming Services roundabout. Ride South and go over first roundabout (Leeming Services), continuing through 2nd roundabout (RAF on A6055 Leeming/Gatenby) to encircle 3rd roundabout (Sinderby 6.5mls). Retrace northwards back to 2nd roundabout (RAF Leeming/Gatenby) where straight over and continue to encircle 1st roundabout (Leeming services 12.8mls) to ride South. straight on at 2nd roundabout (RAF Leeming/ Gatenby) to encircle 3rd roundabout (Sinderby 19.0mls). Retrace northwards to 2nd roundabout (RAF Leeming/Gatenby) where straight over to finish approx 0.4 mls south of Leeming Services roundabout at horse road sign at south end of arco barrier on bridge over Bedale Beck.(25 mls)

T255: 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 2nd road junction on the left, signposted Redmarshall. Proceed to Redmarshall village and turn left at crossroads, signposted Bishopton.. Proceed towards Bishopton to turn left to finish local to start area. (25.0 mls)

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) .

T154: Start opposite the second No Through Road sign on the roundabout and head south signed A6055 Catterick and continue on this road for approximately 5.9 miles until the next roundabout taking the fifth exit marked A684 Leyburn (Bedale B6285) with care and continue in a westerly direction for approximately 1.75 miles until the next roundabout encircle it and return in the opposite direction on the A684 signed Northallerton, until the next roundabout take the first exit left with care marked A6055 north, proceed in a northerly direction for approximately 5.7 miles and finish opposite the large Blue motorway sign marked The North, The South A1(M) 15.1 miles.

T211R: Start on the Stokesley to Hutton Rudby road at the gateway approximately 200 yards east of Seamer Road. Proceed to Hutton Rudby, keeping left at the bottom of Skutterskelfe Bank. At the top of Hutton Rudby Bank, bear left and then take fourth road on the left (Black Horse Lane). Continue to join the A172 at Swainby, turn left to proceed to the Stokesley roundabout. Take the fourth exit, continue to Great Broughton, where turning left at the crossroads in the village, continue onto Ingleby Greenhow. Turn right at the T-junction, proceed through Battersby, across the railway lines to the Kildale junction. Keep left to go through Easby and continue along this road to finish before the junction with the A173 Stokesley/Great Ayton road.

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)

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 Lowson'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)

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 grate opposite the Staindrop village sign. (24.4mls)

T502/2: 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 (12.8mls). Continue northwards to take A67 slip road (25.72mls). Turn right, with care, where bear right to junction at west end of bridge. Turn right, with care, and proceed over bridge to join A19 southbound carriageway (26.5mls). Continue south on A19, passing Tontine Hotel, to bear left off A19 signed Knayton ¼ ml, Borrowby 1¼ ml (39.5mls), Proceed up slip road to turn left over bridge crossing A19, to crossroads, where left to rejoin A19 northbound (40.1mls). Continue northwards passing the Tontine Hotel to finish at pole on north side of the Black Swan Junction/Trenholm Bar bridge (50mls). Please Note: the finish is approx 2 miles south of start.

TEESSIDE HILL CLIMB COURSES & INFORMATION:

REF	HILL NAME & LOCATION	DISTANCE
THC 7	Carlton Bank, Nr Stokesley	Approx 1.4mls
THC 30	Reeth – Tan Hill, N. Yorkshire	Approx 10.3mls
THC33	Ingleby Greenhow Bank Nr Stokesley	Approx 1.5mls
THC21	Quarrington Hill, nr Coxhoe, Sedgefield	Approx 1.0ml

Please note that you should consult the start sheet of each event you enter to ensure that there is no change to the above courses for that particular event

2020 Teesside District Competitions

Teesside championship are open to all riders who are 1st Claim members of clubs/associations/racing teams affiliated through the Teesside district to Cycling Time Trials.

25 MILE TIME TRIAL CHAMPIONSHIP – Organised on behalf of the district by Cleveland Coureurs CC / VTTA (North) and incorporated in their event to be held on Sunday 9th August 2020 on T252/3 course, Trophies are awarded to the fastest qualifying Teesside man, woman and Junior rider, with medals awarded to age categories winners and fastest team.

DISTRICT BEST ALL ROUNDER COMPETITIONS - Trophy and medals for Winner, Certificates for all qualifiers. **PLEASE NOTE:** only 10 & 25 mile rides completed on “t” courses will be eligible to qualify for the 2020 Teesside Best All Rounder Competition. 50 & 100miles rides completed elsewhere in the country will be accepted. (Please note this is a change to 2019 condition)

LONG DISTANT BEST ALL ROUNDER COMPETITION:

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

SHORT DISTANCE BEST ALL ROUNDER COMPETITION:

Mens - Qualifying Distances: 10mls x 2 rides & 25mls x 2 rides

Ladies - Qualifying Distances: 10mls & 25mls

Junior – Qualifying Distances: 10mls x 2 rides to be completed at Croft Motor Racing Circuit. Please Note: There is a boys & girls award.

Team Awards - Fastest 3 qualifiers from same club/team will be awarded the District Shield. Certificates will be awarded to all qualifiers.

SPORTING COURSE (SPOCO) COMPETITION Trophy and medals for Winner

Qualification - Rider's (Men, Women & Junior) best 5 rides of the qualifying 10 events, identified as Sporting Courses (SPOCO) & (Mountain Time Trial) events, will count towards this competition

HILL CLIMB COMPETITION Trophy and medal for Winner

Qualification - Rider's (Men, Women & Junior) best 3 climbs of the qualifying Teesside Distriict 4 hill climb events will count towards this competition (Please note this is a change in number of qualifying events)

BEST ALL ROUNDER CLAIM INFORMATION - Claims must be made on the appropriate Teesside BAR Form by the 31st October, available from the District Secretary or the Assistant District Secretary (Best All Rounder).

Teesside Assistant District Secretary (Best All Rounder) - Howard Heighton, 109, Ashbourne Drive, Coxhoe, Co., Durham. DH6 4SR. Email: h.heighton@tiscali.co.uk

TEESSIDE DISTRICT SPOCO AND HILL CLIMB CLAIM INFORMATION - There are no claims required for the Teesside SPOCO or Hill Climb competitions, as all results will be captured from published result sheets. If you require any further information, please contact the Teesside Assistant District Secretary (SPOCO and Hill Climb)

Teesside Assistant District Secretary (SPOCO and Hill Climb) - Phil Wright, 265, Stockton Rd, Hartlepool, TS25 5AU Email: jagryk@aol.com

Additional Available Events & Competitions



10mile time trials held on the Croft motor racing closed circuit, open to all ages (6 to 90+), club members or not, held on Wednesday nights, on the following dates:

27 May, 24 June, 22 July, 19 August & 2 September 2020

Sign on is from 5.30pm, with start at 6.45pm onwards. Riders will start at 30sec intervals.

If you require any further information, please do not hesitate to contact either: Gavin Russell (01642 654419) or Paul Kitson (01642 582903)..

The 'League 2000'

Is a series of age related events for 3 to 17 years old, organised on **MONDAY EVENINGS** at the Middlesbrough Cycle Village on Marton Road, Middlesbrough.

The series, now running for 22 years, 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 a short time trial, a timed 'skills test' and a number of handicapped road races appropriate to age & ability

A season long competition, split into a number of age groups, is collated from each evenings results. In addition, nominal prizes are awarded at the end of each evening session, with overall prizes awarded at an annual prize presentation held at the end of the series.

For Further details, contact:

**Josef George, Cleveland Wheelers Youth Development Officer.
Contact via Club Web site: www.clevelandwheelers.com**

Veteran Time Trial Association(North Group)

If you are over 40 why not add a further incentive to your time trialling in 2020.

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 be able to enter the VTTA National Championships, where there are awards in a number of age groups.

Annual Subscription is £15.00, 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 per type of machine. (solo, tandem, tandem trike, solo tricycle). There are separate standards for men & women.

In addition to a number of local Group Competitions, there are 3 & 4 distance National VTTA Best All Rounder Competitions, all based on age standards.

For further information on the VTTA, please contact the North Group Secretary:

Gavin Russell Tel : 01642 654419

Email: gavin_russell@hotmail.co.uk

In addition to the local Teesside competitions, there are a number of Cycling Time Trials National competitions and Championships spread across the season, which include time trials from 10 miles up to 24hr, hill climbs, closed circuit time trials, the Sigma circuit series & team time trials. In addition there are season long national Best All Rounder competitions (short & long distance) to compete for.

Details of all these competitions, together with open event information are available via the Cycling Time Trials web site or in the 2020 Handbook.

A number of clubs on Teesside organize club events on weekday evenings. Most are available to all riders who are members of CTT affiliated clubs, with a number encouraging "come & try it" entry for newcomers to the sport.

Road Bike Category in Teesside events

Included in nearly all Teesside open events (refer to event calendar) is a road bike category, which is open to all who wish to compete on a standard road bike. To ensure fair competition, a specification for the type of machine accepted into this category has been agreed and is detailed below.

2020 Teesside District Road Bike Specification

To compete in the 2020 road bike category in any of the Teesside District open event, the following specification is appropriate to the conditions of inclusion:

Signing On:

1. When signing on please tick the required column to indicate that you are to compete on a road bike.

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.

Please apply the spirit of the road bike competition in your equipment choice. Non compliance with any of the above (albeit for point 3 in rider section) will result in the competitor being excluded from the road bike category/result, but included in the open event result.