

CTT Newsletter – November 2017

Competition records

What an amazing season 2017 was with so many course and age group records broken and, of course, the competition records. Some records were broken three times in one event and no one will forget Alice Lethbridge's (DRAG2ZERO) outstanding performance in the National 12-hour, breaking Beryl Burton's record which had stood for 50 years. Congratulations to all!

- Men Team Bicycle 25 Stuart Travis, David Langlands, Lewis Keightley, Team Bottrill/HSS Hire, 2:23:38
- Men Team Bicycle 25 Matthew Smith, Stuart Travis, David Langlands, Team Bottrill/HSS Hire, 2:21:32
- Men Team Bicycle 25 John Dewey, Matthew Smith, Stuart Travis, Team Bottrill/HSS Hire, 2:19:02
- Men Team Bicycle 25 John Dewey, Matthew Smith, Brett Harwood, Team Bottrill/HSS Hire, 2:18:35
- Men Tricycle 10 Adam Duggleby, Vive le Velo, 19:30
- Men Team Bicycle 10 Dan Bigham, Jacob Tipper, Jack Rees, Brother NRG Wattshop, 55.18
- Men Team Bicycle 10 Dan Bigham, Jacob Tipper, Charlie Tanfield, Brother NRG Wattshop, 53.50
- Men Team Bicycle 10 Dan Bigham, Simon Wilson, Charlie Tanfield, Brother NRG Wattshop, 53.15
- Men Team Bicycle 12-hour Jonathan Shubert, Michael Broadwith, Tim Bayley, Arctic Tacx RT, 872.79 miles
- Men Bicycle 100 Danny Grieves, GS Metro, 3:20:37
- Men Bicycle 100 Adam Duggleby, Vive le Velo, 3:16:51
- Women Bicycle 100 Alice Lethbridge, DRAG2ZERO, 3:42:37
- Men Team Bicycle 100 Danny Grieves, Carl Donaldson, Ben Lane, GS Metro, 10:26:10
- Mixed Tandem Bicycle 25 Becky Lewis, Howard Lewis, Mid Shropshire Wheelers, 47.46
- Men Team Tricycle 15 Andy Newham, Lez Young, Peter Holland, Lincoln Wheelers CC, 2:01:35
- Men Tricycle 15 Andy Newham, Lincoln Wheelers CC, 35.39
- Men Tricycle 15 Gavin Hinxman, DRAG2ZERO, 33.41
- Men Bicycle 15 Matthew Smith, Team Bottrill/HSS Hire, 28.29
- Women Team Bicycle 50 Kate Allan, Alice Lethbridge, Rachael Elliott, DRAG2ZERO, 5:21:38
- Men Team Tricycle 15 Andy Newham, Gary Wright, Peter Holland, Lincoln Wheelers CC, 1:58:59
- Mixed Tandem Bicycle 10 Becky Lewis, Howard Lewis, Mid Shropshire Wheelers, 17.51
- Women Team Bicycle 25 Stephanie Post, Andrea Parish, Nadine Cannon, VeloSistas TT Team, 2:46:49
- Men Tricycle 25 Gavin Hinxman DRAG2ZERO, 53.17
- Women Team Bicycle 25 Kate Allan, Alice Lethbridge, Rachael Elliott, DRAG2ZERO, 2:36:13
- Men Tricycle 50 Gavin Hinxman DRAG2ZERO, 1:49:08
- Women Bicycle 12-hour Alice Lethbridge DRAG2ZERO, 285.64 miles
- Men Team Bicycle 12-hour Danny Grieves, Carl Donaldson, Ben Lane, GS Metro, 882.79 miles
- Women Bicycle 30 Rachael Elliott DRAG2ZERO, 1:00:34

Alice Lethbridge, DRAG2ZERO, 12-hour competition record holder



Guest of honour

To celebrate this season's award winners, Champions Night is being held at Heythrop Park in Oxfordshire, on Saturday, January 13, 2018 and we're pleased to announce Sean Yates will be the guest of honour. Invites to the prize winners will be sent out in the next couple of weeks.

Time Trial Award Schemes

With the standard of performances getting steadily faster across the sport the Time Trial Award Scheme for juniors and juveniles has recently been updated. There are classes for varying ages up to their 18th birthday and successful applicants will be awarded a National Awards Certificate.

The Club Award Scheme has also been updated with two more categories added. These were originally for juvenile and juniors but can now be used for any existing time triallists and to encourage newcomers to take part.

Full details are available on Guidance Note 14, which can be downloaded from the website.

<https://www.cyclingtimetrials.org.uk/documents/index/guidance>

Course measuring workshop

A date has now been set for the first workshop on the new system for course measuring, and it will be held on Saturday, 10 March 2018 at Hellidon Lakes Hotel, Hellidon. The course will also include risk assessment. Further dates will be set in due course at various venues around the country. Further dates will be set in due course at various venues around the country. If you are interested in attending a course, please can you let the Chairman know – sheilactt@sky.com Additional dates will be run on a 'needs' basis and it would be good if venues could accommodate a number of districts. However, we do realise that not all districts have neighbours to share with!

Organisers' test facility

A new 'test' area has been set up for open event organisers so they can familiarise themselves with the system, this is currently being reviewed by a number of users before going 'live'. Organisers will have to register and then they can practice building a start sheet, put results up, etc, and generally get a feel for what they need to do. Keep an eye on the website for updates.

Anti-doping update

At testing carried out at CTT events this year, unfortunately there has been one anti-doping rule violation. At a hearing before the National Anti-Doping Panel ("NADP") in November, the rider concerned was suspended from competition for a period of four years.

It is a rider's responsibility to make sure they are not taking prohibited substances, either intentionally or accidentally. The advice from UK Anti-Doping is simple – check every single substance or medication before you use it, even if you have used it before.

By visiting the UKAD website you can check medications, substances, and supplements, make sure you know what you're taking and whether it contains a prohibited substance. www.ukad.org.uk

Gold badges



Sue Bowler with Sheila Hardy

We are delighted to report that Gold Badges have recently been awarded to three very worthy recipients, Pat Hill (South East District), Sue Bowler (Central District), and Julian Gee (South District).

Julian has now retired from the Board after 10 years' service and from his District Committee after many years in post, and Sue was nominated by her district for the services she has given to them.

Sheila Hardy and Julian Gee



Mrs Pat Hill, now over 80 years of age, has not only given many years of support to her club, San Fairy Ann CC, in South East District, but has been the hard-working President of Kent CA for more years than can be remembered. In addition, Pat has been a timekeeper, tea lady, sorted out marshals for every event and is renowned for charming road workers into removing traffic lights and filling in holes so that events could take place and any more tasks that 'have just come her way' over time, all this whilst suffering from poor health. Pat is a real character of the cycling world and without people like her, the sport would be a sadder place. Esther Carpenter received a Certificate of Merit for her tireless role, much of which involved assisting Pat, after being nominated by South East District.

Gold Badges are given for outstanding service to the sport and generally conform to a fairly strict criteria. However, there are exceptions to every rule. Applications for this award should be made through CTT Chairman, Sheila Hardy on sheilactt@sky.com. Certificates of Merit go to personnel nominated by districts for excellent service to time trialling – and the recipients can be anybody who has given exceptional support to them. That's down to individual districts to decide. Certificates are supplied by the Board of CTT, and applications for these can be made via Nick Sharpe. If you know of someone you think would be a worthy recipient do let us know. And never forget, saying 'thank you' to organisers, marshals, timekeepers and helpers never goes amiss and this is a great way of showing your appreciation! Without the great raft of helpers we need at events, we couldn't run them.

And on the subject of awards, CTT Chairman, Sheila Hardy was presented with the 2017 Ramon Minovi Annual Award by the Association of British Cycling Coaches in recognition of her contribution to cycling. Sheila had been invited to be the speaker at the ABCC annual conference where she spoke about how her life-time involvement with cycling and her professional career with British Horse Society entwined well, as many of the problems and hazards cyclists face are the also shared with horse riders.