

**RTTC National 25 Mile Championship
for Women and Juniors
Promoted by ...a3crg on behalf of South DC
Saturday 4rd August 2018**

**PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS
UNDER THEIR RULES AND REGULATIONS.**

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Welcome to the 2018 Junior's and Women's RTTC National 25 mile Championship. A National event is always a special occasion and it's a great honour to be Event Secretary. Foregoing the opportunity to race was a tough decision but I really wanted to front a women's national event.

Headquarters Sports Hall (Block D), Bohunt School, Longmoor Road,
Liphook GU30 7NY.

The hall will be open from 1pm. Please enter by the Visitors entrance, NOT the Service entrance. Please park considerately – the parking spaces are for cars not turbos. There will be parking marshals to assist.

Showering and changing facilities are available. The ladies changing rooms will be used by ladies and junior girls. There are no men competing so the showers will only be used by junior boys. If parents have concerns regarding changing arrangements there are separate toilet facilities. Johanna Lovell will be on site for any safeguarding concerns.

HQ and the start and finish areas are in a residential area and the majority of your ride will be in the South Downs National Park. Please respect our environment and the local residents by keeping noise to a minimum, not dropping litter and not urinating (or worse!) outside. Competitors spotted having a 'wild' toilet break will be disqualified.

Timekeepers & Officials **Start line:** Michael Marchant (Southdown Velo), Lizzy Yates (Andover Wheelers).
10 mile point: Raymond Gregory (Portsmouth North End CC).

Finish line: Kathleen Collard-Berry, Maria Golden.

Start Line Crew Nick Burton, John Sadler and members from ...a3crg

Numbers and Signing On Riders are to sign on in the Sports Hall at HQ. Arm and body numbers will be issued, and are to be worn in conjunction with Regulation 16. These numbers are yours to keep.

Any further instructions and information on hazards will be available at signing on.

District and Championship Regulations

- Hampshire Police Constabulary and ...a3crg request that all riders have a flashing rear light when racing.
- No cars, except those of race officials are allowed in the section of Longmoor Road used for the start and finish.
- No cars associated with the event are to park on Longmoor Road or anywhere on the course.
- No warming up on the course once the event is underway.

Warming Up

The start is in a residential area so if you're using a turbo or rollers please warm up at HQ.

There is no warming up on the course once racing has started so if you want to warm up on the road we suggest competitors turn right out of HQ then go right on the first RAB and bear right on second RAB onto B2070 and use this road to warm up. This will also keep you away from the sportive riders (see below).

Other cyclists in the area

Please be aware that the Surrey Gran Fondo sportive goes through parts of Liphook on Saturday 4th August so there may be slight delays to traffic. Their route doesn't take them down Longmoor Road or onto our course. Details of their route can be found here -

<https://www.ukcyclingevents.co.uk/events/surrey-gran-fondo/>

Route to the start

Turn left out of school car park onto Longmoor Road. Please note this road is a single carriageway in each direction so please be aware of other road users. Continue along this road, go straight across the roundabout at the Oak Park - a new housing development - continue past the turning on the left to Old Thorns and the Deers Hut then take the next left into Longmoor Road.

DO NOT stop in Pines Road (on your left) but continue along Longmoor Road to join the coned area. The start is in a

residential road so please be aware of other road users and be considerate to residents.

Strava route to the start:

<https://www.strava.com/routes/14285064>

**Course
Description -
P881r/25**

START at the junction of Longmoor Road and main road (unnamed) turn left to proceed west along the main road towards the A3. PROCEED to the entry slip road to A3 Southbound at Griggs Green Interchange (SU 817317) South West to join A3 (signposted Petersfield and Portsmouth). Proceed on A3 passing exit slip road at Longmoor Interchange and (Signposted A325 Farnham) and lay-by to Ham Barn roundabout (SU 772295) 3.4 miles.

Take 2nd exit (straight across) and continue southbound on A3 past the lay-by until reaching the next exit slip road signposted Liss (1/2 mile past the lay-by) where take this exit slip road to the Princes Bridge Roundabout (SU 770270). Take 2nd Exit (straight on) – Farnham Road - and stay on this road which then bears RIGHT following the sign A3 Guildford and crosses the A3 - Prince's Bridge Flyover - where TURN (5.06 Miles) & rejoin A3 northwards towards London and Guildford.

Continue along A3 to Ham Barn Roundabout, Approaching Ham Barn Roundabout stay in the middle lane & take 2nd Exit – straight on – to continue northbound on the A3 (7.2 miles).

Proceed on the A3 passing turnings for the (1) A325 (Farnham) (2) Griggs Green, at the third turning (12.3 miles) take the exit slip road signposted Haslemere /Liphook, and continue over the flyover taking the left immediately after the flyover to turn onto the slip road to rejoin the A3 in a southerly direction (signposted Petersfield / Portsmouth).

Proceed along A3 towards the Ham Barn Roundabout and take the second exit – straight on (17.7 miles). Continue on A3 until the Liss turning (as before); take the slip road taking the second exit. Go directly over roundabout then bearing right following sign for A3 Guildford. Go over the fly-over to rejoin A3 (19.8 miles) and proceed north.

Approaching Ham Barn Roundabout (RAB) stay in the middle lane & take 2nd Exit (21.4 miles) and continue north on the A3. Proceed north as before. Pass the turning for the A325 (Farnham).

Take the exit slip road at Griggs Green Interchange (SU 815317) (24.6 Miles) & proceed until, FINISH on the Longmoor Road approximately 50 yards past the Junction of the Old Thorns - 25 miles.

Strava file for P881r/25 -

<https://www.strava.com/routes/13371085>

Women's course record - Lesley Walkling 57:42.

Return to HQ

Do NOT stop after you have crossed the finish line and do not slow down suddenly without checking it's safe to do so. There is a road narrowing constriction after the finish so please take care and be aware of other road users.

REMEMBER to sign back in and CHECK to see if you are required to report to the Doping Control. If you are please do so immediately.

Technical problems whilst racing

If you have a technical problem whilst racing please use the hard shoulder. There will be officials patrolling the course and if you are unable to ride back you will be picked up. Under NO circumstances must you cross the A3.

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 standards. 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 while the machine is in use.
- Please remember it is the rider's responsibility to CHECK for traffic BEFORE joining a road or crossing a roundabout and not progressing unless it is safe to do so.

Start list

Juniors:

No.	Rider	Club	M/F	Age	Start time
2	Aimee Lane	Wyre Forest Cycle Racing Club	F	14	15:02
3	Charlie Knowler	West Suffolk Wheelers	M	14	15:03
4	Elizabeth Marvally	Liv AWOL	F	17	15:04
5	Louis Evans	Innovation Racing	M	17	15:05
6	Jack Martin	Bournemouth Arrow CC	M	18	15:06
7	Eva Callinan	Hillingdon Slipstreamers	F	14	15:07
8	Amelia Sharpe	Liv CC Halo Cycles	F	17	15:08
9	Joel Ackers	Innovation Racing	M	15	15:09
10	Daniels Kucerjavijs	Team JRC	M	16	15:10
11	Harry Kirby	Bicester Millennium CC	M	16	15:11
12	Jacob Knight	ZeroBC Development	M	18	15:12
13	Oliver Rowlands	Newport Phoenix CC	M	16	15:13
14	Lucas He	VC Baracchi	M	18	15:14
15	Euan Backus	ZeroBC Development	M	16	15:15
16	George Elliott	Innovation Racing	M	16	15:16
17	Sam Allen	Lee Valley Youth CC	M	18	15:17
18	Joshua Tarling	Team Backstedt Bike Performance	M	14	15:18
19	Harry Buxton	Andy Moore Autocentres Racing	M	17	15:19
20	Lydia Watts	Team 22	F	18	15:20
22	Nicholas Candy	North Road CC	M	17	15:22
24	Savannah Hewson	Liv AWOL	F	18	15:24
26	Adam Japs	Team Bottrill / Vanguard	M	18	15:26
28	Caitlin Peters	i-Team Cyclists Club	F	16	15:28
30	Oliver Stockwell	Welwyn Whs	M	16	15:30
32	Tom Temple	Primera-Teamjobs	M	18	15:32
34	Tom Cornwell	In-Gear Quickvit Italy Bike Tours RT	M	17	15:34

Women:

No.	Rider	Club	Category	Start time
35	Reinet Maas	London Women's Racing CC	Sen	15:35
36	Lucy Mitchell	Petersfield Triathlon Club	Vet 40-44	15:36
37	Fiona Scotter	...a3crg	Vet 40-44	15:37
38	Roxane Heaton	Leeds & Bradford Tri Club	Sen	15:38
39	Jackie Dodd	Kingston Phoenix RC	Vet 55-59	15:39
40	Courtney Edmonds	Bike Jockey CC	Sen	15:40
41	Arja Scarsbrook	Bush Healthcare CRT	Vet 70-74	15:41
42	Jill Bartlett	Hounslow & District Whs	Vet 55-59	15:42
43	Robyn Yates	Addiscombe CC	Vet 55-59	15:43
44	Dana Sweeney	Clapham Chasers	Sen	15:44
45	Jennifer George	Torelli-Beastwear-Brother	Sen	15:45
46	Trudy Sharam	Lea Valley CC	Vet 40-44	15:46
47	Gillian Reynolds	Willesden CC	Vet 65-69	15:47
48	Sue Mcfarlane	Army Cycling Union	Sen	15:48
49	Rachel Przybylski	Charlotteville Cycling Club	Sen	15:49
50	Joanna Lewis	Amersham Road Cycling Club	Vet 60-64	15:50
51	Sally Goble	V C Meudon	Vet 50-54	15:51
52	Gemma Hayes	Norwood Paragon CC	Sen	15:52
53	Alex Clay	Loughborough Students C C	Sen	15:53
54	Deborah Smith	Southdown Velo	Vet 40-44	15:54
55	Beth Taylor	Salt and Sham Cycle Club	Esp	15:55
56	Lenka Vackova	Rapha Cycling Club	Sen	15:56
57	Joy Payne	Amersham Road Cycling Club	Vet 60-64	15:57
58	Sharon Clifford	SheHair Racing Team	Vet 55-59	15:58
59	Erica Fogg	Sotonia CC	Sen	15:59
60	Michelle Walter	Bournemouth Arrow CC	Vet 55-59	16:00
61	Alison Vessey	Didcot Phoenix CC	Vet 60-64	16:01
62	Sarah Short	QN Coaching	Vet 55-59	16:02
63	Sarah King	Bianchi Dama	Sen	16:03
64	Eva Nyirenda	...a3crg	Sen	16:04
65	Joanne Jago	Performance Cycles CC	Sen	16:05
66	Emily Meakin	Fusion R T Veloperformance	Sen	16:06
67	Cindy Berry	Pedal Power Cycles Ipswich	Sen	16:07
68	Olivia Webb	Eastbourne Rovers CC	Vet 45-49	16:08
69	Pip Jenkins	Southborough & Dist. Whs	Sen	16:09
70	Deborah Sheridan	Warwickshire Road Club	Vet 60-64	16:10
71	Sarah Gunn	Minuteman CC	Vet 50-54	16:11
72	Marianne Holt	Team Bottrill / Vanguard	Sen	16:12
73	Christina Murray	Army Cycling Union	Vet 40-44	16:13

74	Kirsty McSeveney	Fareham Wheelers CC	Sen	16:14
75	Wendy Gooding	Team Bottrill / Vanguard	Vet 50-54	16:15
76	Jess Atkinson	Cambridge University CC	Esp	16:16
77	Claire Emons	Newbury RC	Vet 45-49	16:17
78	Louisa Cooper	Bournemouth Jubilee Whs	Sen	16:18
79	Francesca Hall	D A P Cycling Club	Sen	16:19
80	Emma Cockcroft	Bianchi Dama	Sen	16:20
81	Tina Reid	TrainSharp	Vet 50-54	16:21
82	Rebecca Johnson	Fusion R T Veloperformance	Sen	16:22
83	Lisa Davis	Lewes Wanderers CC	Vet 40-44	16:23
84	Emma Angove	73Degrees CC, WestSide Coaching	Sen	16:24
85	Faye Faber	Bike Jockey CC	Sen	16:25
86	Anastasia Bowler	AS Test Team	Esp	16:26
87	Emma Lewis	The Independent Pedaler	Sen	16:27
88	Elise Sherwell	Blazing Saddles	Vet 40-44	16:28
89	Karina Bowie	Team Bottrill / Vanguard	Vet 45-49	16:29
90	Julie Chasin	Twickenham CC	Vet 40-44	16:30
91	Joscelin Lowden	Storey Racing	Sen	16:31
92	Sophie Lankford	Cardiff Ajax CC	Sen	16:32
93	Jacintha Hamilton-Love	Dulwich Paragon CC	Sen	16:33
94	Ruth Summerford	Eastbourne Rovers CC	Sen	16:34
95	Ruth Burrows	Mid Devon CC	Sen	16:35
96	Anna Weaver	NJC-Biemme-Echelon	Sen	16:36
97	Hetty Niblett	Mid Shropshire Wheelers	Esp	16:37
98	Angela Carpenter	...a3crg	Vet 45-49	16:38
99	Crystal Spearman	NOPINZ	Sen	16:39
100	Jackie Field	CC Ashwell	Vet 50-54	16:40
101	Laura Bartlett	...a3crg	Sen	16:41
102	Kimberley Halton-Farrow	DRAG2ZERO	Sen	16:42
103	Jessica Rhodes-Jones	Beacon Roads CC	Sen	16:43
104	Liz Powell	DRAG2ZERO	Vet 40-44	16:44
106	Victoria Smith	AeroCoach	Sen	16:46
108	Molly Patch	Fusion R T Veloperformance	Sen	16:48
110	Katie Greves	AS Test Team	Sen	16:50
112	Vicky Gill	DRAG2ZERO	Sen	16:52
114	Anna Turvey	Tyneside Vagabonds CC	Sen	16:54
116	Alice Lethbridge	DRAG2ZERO	Sen	16:56
118	Hayley Simmonds	Team WNT Pro Cycling	Sen	16:58

HEADS UP AND HAVE A SAFE RIDE

Start facilities

Any clothing, bottles etc left at the start will be returned to HQ every 30-40 minutes.
Spare pins, a track pump and tools will be available.

Spectators

Please familiarise yourself with Rule 22 *Use of Motor Vehicles* where the use of following vehicles will not be allowed. The course is 2 laps and there are a number of bridges spanning the A3 which are ideal for viewing.

The following bridges are good spectator galleries:

- B2171 at Liphook. This is the most northerly part of the course where riders turn.
- Griggs Green which is beyond the start
- A325 exit to Bordon. Please be aware that this is next to an MOD site where parking will not be allowed and enforced by the MOD Police.
- Princes Bridge (the exit to Liss and Garden Centre) which is the most southerly point of the course where riders turn.

Please ensure that spectators do not park illegally or irresponsibly and are considerate to residents.

A separate map will be made available to show these locations.

Prizes and exhibitors

Thank you to the following for contributing to the prizes or exhibiting at our event:

- Secret Training
- NoPinz
- Aerocoach
- Liphook Cycles
- Julia Shaw Coaching
- Dr Stacy Sims

Prizes and Prize giving

Julia Shaw is Guest of Honour and will be awarding the prizes. Julia has won many British National Championships, including 6 x National 25 mile Time Trial Championships, she has also represented Great Britain at the UCI World Championships and England at the Commonwealth Games where she won a bronze medal in the women's time trial

We plan to present all prizes promptly at 18:30 (subject to time keeper checks) so please stay to congratulate the victors. In addition to the Championship Awards there will be additional prizes kindly donated by No Pinz, Secret Training and ...a3crg for 1st, 2nd and 3rd place in each race and for the winners in each age category. Winning ladies will also receive a copy of

Roar by Dr Stacy Sims. Some prizes cannot be posted easily so if not collected on the day will be forfeited

Refreshments

Jo Lovell and her helpers will be serving tea, coffee, squash, fruit and lots of delicious home baked cakes. Refreshments will be free of charge and there will be a collection for the Stroke Association. I've chosen this charity to support Rachael Elliott's fund raising efforts as she suffered a stroke in February this year which unfortunately has forced her to hang up her solo time trialing skin suit.

Results

Will be co-ordinated by Martin Whitty, Paddy Brennan and Stewart Smith, CTT National Secretary (Competition and Development)