

CC Breckland on behalf of East DC

Present:

# RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 1st AUGUST 2021

START SHEET



12 HOUR TIME TRIAL



Promoted for and behalf of Cycling Time Trials  
under its Rules, Regulations and Conditions



# 2021 RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



## CHAMPIONSHIP AWARDS



### OVERALL

- |     |  |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
| 2nd | Silver RTTC Medallion                                  |
| 3rd | Bronze RTTC Medallion                                  |

### WOMEN

- |     |  |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
| 2nd | Silver RTTC Medallion                                  |
| 3rd | Bronze RTTC Medallion                                  |

### TEAM CHAMPIONS

(Men & Women)

Gilt RTTC Medallions and Championship Shield

### AGE AWARDS

(Men & Women)

age awards to the fastest in each of the following:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Due to the Covid-19 restrictions, no presentation will take place after the event, all awards will be posted out as soon as possible.



## **National 12-hour Time Trial. Incorporation EDCA championships, ECCA Championships and VTTA Championships.**

**Promoted for and on behalf of Cycling Time Trials under its rules and regulations on  
Sunday 1<sup>st</sup> August 2020 - Course B12/4 - Start Time 6.01am**

**CHIEF TIMEKEEPERS Don Saunders/Andrew Moore/Heather Saunders & Heidi Saunders C C Breckland**

**MARSHALLS From Cycling Club Breckland and supporting clubs.**

**Please take note of the following Covid 19 guidance.**

**Although the government have given us carte blanche to mingle and so forth we have decided to treat this event as we have been doing for most of the 2021 season, obviously we cannot force you to wear mask when in the HQ building but would be grateful if you did.**

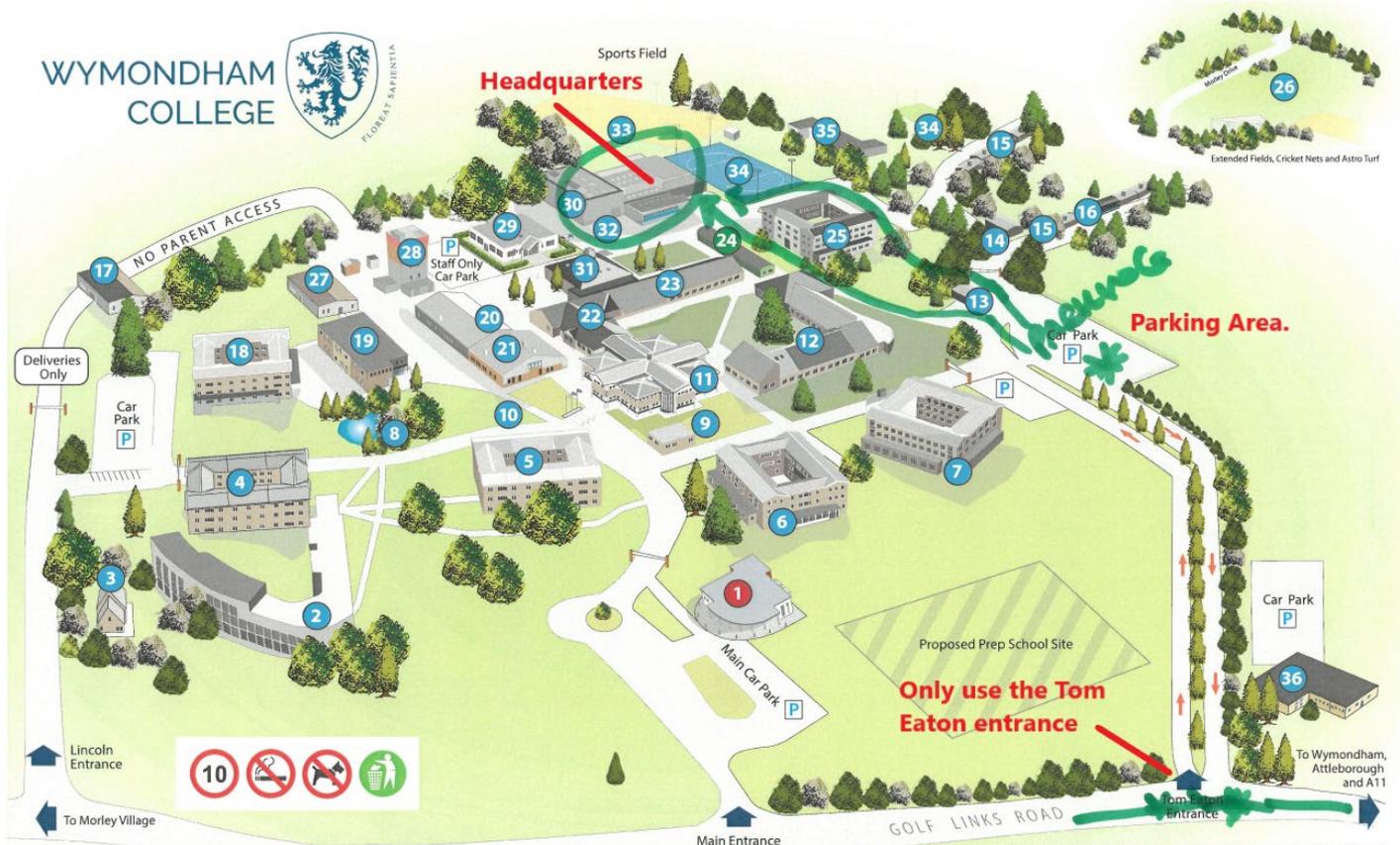
**Social distance rules apply to all riders, helpers, marshals, and timekeepers – please be respectful and keep us all safe.**

**Please do not attend the event if you or any member of your support crew or family shows symptoms of Covid 19.**

**An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start because of an adverse warmup.**

# Event Head Quarters: Wymondham College, Wymondham, Norfolk, NR18 9SZ

Please enter by the Tom Eaton Entrance as indicated on the attached map.



**Please note:** The College is a residential college please do not wander around the grounds, please stay within the confines of the designated carpark area, and only use the paths marked in Green to get from the carpark to the HQ building.

Within the Main Hall we have full access to men's and women's changing rooms – please no changing in the carpark.

Please note no Dogs are allowed.

### **Signing on/off:**

Signing on tables will be position inside the main sports halls – Please bring and use your own pen.

**Attn. All competitors – Please remember all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.**

## **Race numbers:**

**Please use rear body number and please use one arm number – to be worn on the left arm.  
At the end of the event please place your numbers in the bucket provided.**

## **Start area:**

**There is ample space to form a queue – please leave a 2m distance from your minute man when queuing  
– Do not over crowd the start area.**

**There will be no pusher off.**

## **The Race:**

**By the nature of Time Trialing, it complies with social distancing quite nicely, however, please be mindful when catching and passing a competitor to pass first safely and a reasonable distance. It is advisable to have a mobile phone on your person (Please advise by CTT Regs.)**

**It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.**

**Please only use a mobile phone when stationary and in lines with CTT REG. Awareness of surroundings.**

## **Support Crews & Helpers:**

CTT has issued the following risk assessment guidance for support crews; for your own safety and safety of others please comply.

Support crews should consist of the same household or if not from the same household as few as possible (as current rules allow). Each support vehicle must ensure when stopped it has sufficient room to provide government advised social distancing space in all directions so that each support crew will be a minimum of twice the distance from the next. This is to ensure that people remain in a 'safe box' to conduct hand ups.

Bottles should ONLY be retrieved by support crew. It is suggested that where that person does not live in the same household that nitrile gloves are used, and the dropped bottles are deposited in a bucket of hot soapy water and NOT reused during the event.

Please keep at a social distance from Marshals, Checkers and Timekeepers – be respectful that they have volunteered to make this event happen – **do not put them at risk.**

All the above is the responsibility of the support/competitor and not the organiser.

All rubbish is to be collected by support crews and taken away by them – no rubbish is to be deposited at the HQ.

Support Crews if you need a toilet break or refreshments – On circuit 1 there are Shell service North bound and BP/M&S and Starbucks South Bound. On Circuit 2 there are service at Snetterton,

Please do not hand up drink's bottles on the Main A11 trunk road, strictly no walking/running in the carriageway failure of this instruction could lead your rider to be Disqualified. Please do not cross the carriageway by foot.

## **Un supported riders:**

We will have a collection point at the HQ either inside or outside.

All items must be either in a box or bag and the contents are to be only handled by the rider. Bag to be clearly marked up with rider bib number.

Items will be transported to the 'Eccles' interchange (Hargham Road area) and placed on a table/ground.

There will be people there to oversee the feed station, but they will not be able to hand up and drinks or food – un supported riders will have to stop and refuel themselves – and deposit all used bottles/rubbish in their own box/bag. Hand sanitizer will be available at the feed station.

## **At the finish:**

Please do not form a gathering in the carpark or any other areas of the HQ.

Please when signing off use your own pen and place your race numbers in the bucket provided.

There will be no result board or results issued on the day. We will do our best to issue provisional result via social media etc. as soon as possible.

It may take a few days to receive all timekeeper and checker sheets by post to verify distances.

Please pack up and leave at your earliest convenience upon completion of your ride.

**CYCLING CLUB BRECKLAND**



CTT Regulations:

### REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

### Covering the Course

The onus of keeping to the course rests with each rider.

### Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

### EAST DISTRICT LOCAL REGULATIONS

**U-TURNS** will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

**WARMING UP** - NO warming-up along the course once the event has started.

**In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET** that meets an Internationally accepted safety standard. All competitors under the age of 18 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/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

## **HEADS UP AND RIDE SAFE.**

**Awards EDCA medals to EDCA affiliated club riders.**

**ECCA Medals**

**VTTA Awards.**

**Prize money – due to extra cost we cannot commit to prize money at this stage, however Graham Hurrell husband of Lisa Hurrell who was due to ride the 12 hour but was sadly knocked off in our 100 mile TT has donated a spot prize of £50 for the last place lady.**

Number	Start time	Name	Club / Team	Age/Cat	VTTA	H'cap
		<b>Tandem</b>			<b>Standard</b>	
1	06:01:00	Norman Harvey	Sotonia CC	88		
1	06:01:00	Mary Corbett	Sotonia CC	W 64		
		<b>Solos</b>				
2	06:02:00	Daniel Ward	South Normanton C C			Nov
3	06:03:00	Andrew Hall	GS Metro			53
4	06:04:00	Tom Rowing	Abellio - SFA Racing Team			Nov
5	06:05:00	Andrew Whiteside	Bella in Sella Racing	B	212.51	41
6	06:06:00	Angus Wilson	Team Andrew Allan Architecture	C	205.43	56
7	06:07:00	Jon Fairclough	Woking Cycle Club	F	178.05	81
8	06:08:00	Katie Simmonds	Horsham Cycling			97
9	06:09:00	Caroline Whittaker	Amersham Road Cycling Club	W D	170.8	Nov
10	06:10:00	Leon Marshall	Royal Navy & Royal Marines CA	A	220.29	33
11	06:11:00	Toby Williams	Velotik Racing Team			48
12	06:12:00	Gary Simpson	Yorkshire Road Club	C	203.92	75
13	06:13:00	Chris Shaw	Fenland Clarion CC	D	195.78	Nov
14	06:14:00	Daryl Stroud	Gloucester City Cycling Club	D	199.16	75
15	06:15:00	Dave Green	CC Breckland	D	197.49	43
16	06:16:00	Ben Keeley	Team Velovelocisty			46
17	06:17:00	Lisa Davis	DRAG2ZERO	W B	188.39	89
18	06:18:00	Lisa Hall	Ride Harder	W A	191.85	75
19	06:19:00	Philip Elms	Bishop's Stortford CC	D	199.16	Nov
20	06:20:00	Stuart Birnie	Willesden CC	A	219.03	30
21	06:21:00	Brian Fogarty	Fogartys Insurance Tri Team			31
22	06:22:00	Ed Neilson	Vive Le Velo	A	216.47	72
23	06:23:00	Adam Whittaker	FTP (Fulfil The Potential) Racing			65
24	06:24:00	Mick Stevens	Melton Olympic CC	G	168.6	Nov
25	06:25:00	Henrik Persson	Kingston Wheelers CC			37
26	06:26:00	Nick Tarmey	Velo Club Venta	A	217.75	53
27	06:27:00	Joanna Cebrat	Bury Clarion CC	W A	192.98	88
28	06:28:00	Simon Bowller	Berkhamsted Cycling Club	D	195.78	109
29	06:29:00	Vincent Busk	Lewes Wanderers CC	G	168.6	125
30	06:30:00	Darren Yarwood	Chapeau! Vive Le Velo	B	212.51	29
31	06:31:00	Iain Boardman	Dulwich Paragon CC	B	212.51	47
32	06:32:00	Andy Tucker	Newbury Velo	B	209.76	71
33	06:33:00	Gavin Richards	Lewes Wanderers CC	C	208.35	Nov
34	06:34:00	Bethany Spencer	Kettering CC			145
35	06:35:00	Michael Cross	Harrogate Nova CC	D	194.02	37
36	06:36:00	Jack Schofield	Bath Cycling Club			55
37	06:37:00	Ryan Gray	Ride Harder			Nov
38	06:38:00	Craig Gardner	Newbury Velo			95
39	06:39:00	David Barry	sportfagley	G	166.06	124
40	06:40:00	Daniel Colman	Arctic Aircon RT			24

41	06:41:00	Alex Russell	City RC (Hull)	B	213.85	45
42	06:42:00	Steve Burrows	Vive Le Velo	E	188.44	70
43	06:43:00	Jez Willows	Sherwood CC	D	199.16	90
44	06:44:00	Christopher Hall	JAM Cycling Race Team coached by BPC			95
45	06:45:00	Ross Holland	Saint Piran			Nov
46	06:46:00	Kim Barfoot-Brace	Bath Cycling Club	W A	195.22	53
47	06:47:00	Adam Laycock	VTTA (East Anglia Group)	C	202.37	Nov
48	06:48:00	John Hollier	PDQ Cycle Coaching	B	213.85	94
49	06:49:00	Adrian Lee	Reading CC	E	188.44	123
50	06:50:00	Tim McEvoy	FTP (Fulfil The Potential) Racing	A	217.75	23
51	06:51:00	Richard Sharp	Chapeau! Vive Le Velo			Nov
52	06:52:00	Sean Sanders	Drighlington BC	C	206.91	70
53	06:53:00	Philip Jones	Peterborough CC	E	188.44	88
54	06:54:00	Stuart Raw	Bishop Auckland CC			Nov
55	06:55:00	Tom Hutchinson	Team Bottrill			35
56	06:56:00	Chris Lea	Buxton CC/Sett Valley Cycles	D	194.02	53
57	06:57:00	Carl Chapman	GS Invicta - Eye Level Optical-Herbert Cycles	C	208.35	77
58	06:58:00	Amanda Lane	Bynea Cycling Club	W A	194.11	94
59	06:59:00	Kerstin Langer	Great Yarmouth C C	W D	176.81	108
60	07:00:00	Jonathan Shubert	FTP (Fulfil The Potential) Racing			20
61	07:01:00	Tommy Murray	GS Metro			Nov
62	07:02:00	Chris Tye	Plomesgate CC	C	202.37	60
63	07:03:00	Gerry McGarr	Gloucester City Cycling Club	F	173.46	87
64	07:04:00	Karle Howard	Godric CC	C	208.35	Nov
65	07:05:00	David Shepherd	...a3crg	E	192.21	31
66	07:06:00	Derek McMillan	SVTTA	E	190.35	60
67	07:07:00	Philip Kennell	GS Metro	C	202.37	Nov
68	07:08:00	Martin Bullen	Peterborough CC	F	173.46	90
69	07:09:00	Miles Haslam	Buxton CC/Sett Valley Cycles	E	188.44	109
70	07:10:00	Tom Thornely	Buxton CC/Sett Valley Cycles			18
71	07:11:00	Lee Williams	North Hampshire RC			44



**RIDE  
ON**



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# 2020 12 HOUR TIME TRIAL CHAMPIONS



Adam Wild



Christina MacKenzie



GS Metro



[www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)



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# NOTES TO COMPETITORS

## NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

## USE OF MOTOR VEHICLES

As this event is over 100km regulation 22 (c) must be adhered to - (c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

## REGULATION 14(i)

(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

## REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF. N.B. Extenuating circumstances may be considered.

## 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 standard. In accordance with Regulation 15, all competitors under the age of 18 and/or juniors must wear protective hard shell helmets.

## THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



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# Cycling Time Trials

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