

PROMOTED BY THE YORKSHIRE CYCLING FEDERATION
ON BEHALF OF THE YORKSHIRE DISTRICT
PRESENT:

2019 RTTC 100 MILE TIME TRIAL NATIONAL CHAMPIONSHIP SUNDAY 7TH JULY 2019

START SHEET



100

100 MILE TIME TRIAL



PROMOTED FOR AND BEHALF OF CYCLING TIME TRIALS
UNDER ITS RULES, REGULATIONS AND CONDITIONS



2019 RTTC 100 MILES TIME TRIAL NATIONAL CHAMPIONSHIP



CYCLING TIME TRIALS REPRESENTATIVE
SUE BOWLER



CHAMPIONSHIP AWARDS

MEN

- | | |
|-----|--|
| 1ST | GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP |
| 2ND | SILVER RTTC MEDALLION |
| 3RD | BRONZE RTTC MEDALLION |

WOMEN

- | | |
|-----|--|
| 1ST | GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP |
| 2ND | SILVER RTTC MEDALLION |
| 3RD | BRONZE RTTC MEDALLION |

TEAM CHAMPIONS

GILT RTTC MEDALLIONS AND CHAMPIONSHIP SHIELD

AGE AWARDS

(MEN AND 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.



2019 RTTC 100 MILES TIME TRIAL

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



EVENT SECRETARY

KEITH LAWTON

1 Pinfold Court
Sherburn in Elmet
LS25 6LD
Phone: 07740429419
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PRINCIPAL TIMEKEEPER

George Barker – Pennine CC

TIMEKEEPERS

Geoff Backshall – City Road Club (Hull)
Betty Philipson – City Road Club (Hull)
Phil Hurt – Yorkshire Road Club

PRINCIPAL MARSHALL

Richard Haigh – Holme Valley Wheelers

EVENT HQ

Rabbit Hill Business Park
Great North Road A168
Arkendale
Knaresborough
HG5 0FF



RABBIT HILL PARK

HQ LOCATION

The Event HQ is at Rabbit Hill, approximately 3 miles south of Boroughbridge on the A168. If approaching from the North leave the A1(M) at Junction 48 and head South on the A168. If approaching from the South leave the A1(M) at Junction 47 and head North on the A168. **Once you join the A168 you will be on the course.** Please be aware of any riders who may have already started.

PARKING

There is ample parking within the Business Park but please park considerately and do not take up parking space with Gazebos and Static Trainers.

DO NOT park in or obstruct the area between the A168 and the entrance to the Business Park, or in the entrance to Allerton Waste Recovery Park/Quarry (Moor Lane) which is approximately half a mile south of the HQ.

NUMBERS AND SIGNING-ON (FROM 07:30)

Will be in the Green-tech Board Room on the northern side of the courtyard area.

Both body and arm numbers will be used. In accordance with Championship Conditions only numbers provided by the organizer should be used. Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number **facing forwards** (not inwards).

Riders will be given a voucher/token that can be used to obtain a free Drink and Piece of cake from "The Courtyard Café" after the event.

Please fix with pins and not tape.

Hardcopies of this start sheet will be available at signing-on.

A copy of the Course Risk Assessment and the on-the day Assessment will be displayed at signing on.

REFRESHMENTS

Will be available from "The Courtyard Café"

The Café will be open from 08:00 hrs for any Riders or Helpers who wish to purchase anything. I can recommend the "Full English", but probably not for competitors.

Vouchers/Tokens can be used to obtain a free drink and a piece of cake after finishing. You can of course purchase anything from the menu at your own expense.

The Café is open for use by the general public.

CHANGING and TOILETS

There are no dedicated Changing Rooms or Showers.

If changing inside the HQ or Car Park, please be discrete.

Toilets and Disabled facilities are available in the Courtyard Area.

HELPERS

Please make sure that your helpers are aware of the Regulations, especially Regulations 22 and 23.

22. Use of Motor Vehicles

(a) A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.

If you intend having assistance from a motor vehicle, please make sure you hand in your form when signing-on.

23. Feeding

Competitors may only be handed food, drink or equipment from a helper who is on foot.

The use of breakable vessels is prohibited.

Every precaution must be taken to ensure that other traffic is not impeded.

FEEDING

There will not be an official feed at this event.

PLEASE NOTE THAT THE A168 IS A CLEARWAY (Hedgerow to Hedgerow).

DIRECTIONS TO THE START

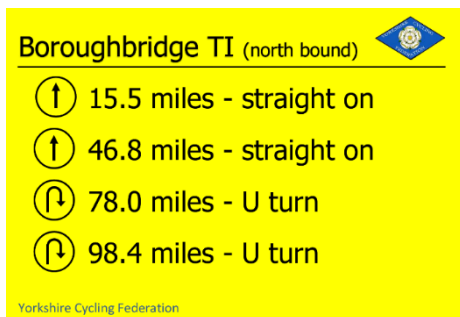
The start is approximate 2 miles south of the HQ at the southern end of the layby just north of the junction to the A59. You get there by turning **LEFT** out of the HQ.

COURSE SUMMARY

The entire course is on the A168 between Kirk Deighton at the South and Dishforth at the North.

It's made up of two laps of just over 31 miles and just under two laps of just over 20 miles. The southern turn at Kirk Deighton will be encountered four times and the northern turn at Dishforth twice. When heading north you will encounter Boroughbridge TI a total of four times. The first and second times you continue north on the A168, the third and fourth you encircle the island and head back south.

A large sign like below will be displayed before Boroughbridge TI to help you.



COURSE DETAILS

START at the most southerly wooden post in the Layby on the east side of the A168, approx. 0.25 miles north of the A59 Junction.

Proceed south on the A168 via Walshford and Bridge Inn roundabouts to Kirk Deighton roundabout (5.34 miles).

Encircle roundabout and retrace north on A168 via Bridge Inn, Walshford, Boroughbridge (15.54 miles), Roecliffe Road and Kirkby Hill roundabouts to Dishforth roundabout (21 miles).

Encircle roundabout and retrace south to original starting point (31 miles).

Repeat the above circuit to pass original starting point (62 miles).

Continue south on the A168 via Walshford and Bridge Inn roundabouts to Kirk Deighton roundabout (68 miles).

Encircle roundabout and retrace north on A168 via Bridge Inn, Walshford, Boroughbridge roundabout (77.95 miles)

Encircle roundabout and retrace south to original starting point (82 miles).

Continue south on the A168 via Walshford and Bridge Inn roundabouts to Kirk Deighton roundabout (88.4 miles).

Encircle roundabout and retrace north on A168 via Bridge Inn, Walshford, Boroughbridge roundabout (98.4 miles)

Encircle roundabout and retrace south to **FINISH** at gulley grate on eastern side of the road approximately 50 yards north of Limebar Lane (100 miles).

DO NOT DISMOUNT AT THE FINISH.

CONTINUE SOUTH ON THE A168 FOR JUST OVER A MILE AND TURN LEFT INTO THE HQ.

AWARDS PRESENTATION

The presentation will take place as soon as possible after the event has finished.

Please make every effort to stay and applaud the prize winners.

No	Name	Club	Cat	TOS
1	Harry Cowley	Chester RC	V G	09:01
2	Kevin Melia	VC Bradford	V D	09:02
3	Paul Revell	Barrow Central Wheelers	V D	09:03
4	David Barry	sportagley	V G	09:04
5	Alexander Lineton	Darlington Tri Club		09:05
6	Gary Purchon	Otley CC	V C	09:06
7	Martin Lee	Bury Clarion CC	V D	09:07
8	Bob Awcock	Born to Bike - Bridgtown Cycles	V H	09:08
9	Paul Heggie	Birdwell Wheelers	V E	09:09
10	Philip Wade	Green Jersey RT		09:10
11	Mike Furby	Valley Striders Cycling Club	V B	09:11
12	Jeff Belt	Stockton Wheelers CC	V B	09:12
13				09:13
14	Gemma Hutchins	Blaydon CC	W V A	09:14
15	Katja Rietdorf	Born to Bike - Bridgtown Cycles	W V B	09:15
16	Angela Mcgurk	Blaydon CC	W	09:16
17	Christina Murray	Army Cycling	W V A	09:17
18	Lynne Biddulph	Born to Bike - Bridgtown Cycles	W V C	09:18
19	Corinne Clark	Vitfor OTE	W	09:19
20	Emily Robertson	NOPINZ	W	09:20
21	Helen Goldthorpe	Otley CC	W V A	09:21
22	Liz Powell	DRAG2ZERO	W V A	09:22
23	Fiona Burnie	GS Metro	W	09:23
24	Alison Vessey	Didcot Phoenix CC	W V E	09:24
25	Vicky Gill	DRAG2ZERO	W	09:25
26	Carrie Brookes	Blaydon CC	W V A	09:26
27	Crystal Spearman	Born to Bike - Bridgtown Cycles	W	09:27
28	Eleanor Haresign	Vitfor OTE	W V A	09:28
29	Janet Fairclough	St Helens CRC	W V D	09:29
30	Anna Turvey	DRAG2ZERO	W	09:30
31	Alex Clay	AeroLab Ward WheelZ	W	09:31
32	Karen Ledger	Ace Test Team	W V B	09:32
33	Venda Louise Pollock	Blaydon CC	W V A	09:33
34	Theresa Taylor	Ribble Valley Crossroads Care Cycling Team	W V D	09:34
35	Alice Lethbridge	DRAG2ZERO	W	09:35
36				09:36
37	Dan Small	Teesdale CRC		09:37
38	David Robinson	Tyneside Vagabonds CC	V D	09:38
39	Ray Retter	Born to Bike - Bridgtown Cycles	V G	09:39
40	Luke Danckert	Army Cycling		09:40
41	Michael Hill	Chester RC		09:41
42	Gary Simpson	Yorkshire Road Club	V C	09:42
43	Darren Gough	Barnsley Road Club	V C	09:43
44	Alasdair Bruce	Yorkshire Road Club	V E	09:44
45	Stephen Ayres	Bronte Whs	V A	09:45
46	Rob Wild	Velo Club Long Eaton		09:46
47	Leon Marshall	Royal Navy & Royal Marines CA		09:47
48	Ian Garbett	Holmfirth C C	V B	09:48
49	Martin Gargett	Halifax Imperial Wheelers	V B	09:49
50	Rich Hunt	Army Cycling	V B	09:50

No	Name	Club	Cat	TOS
51	Mark Rowland	Selby CC	V D	09:51
52	Ian Mitchelson	Halifax Imperial Wheelers	V B	09:52
53	Chris Kilburn	ICARUS		09:53
54	Roger Sheridan	NOPINZ	V D	09:54
55	Michael Cross	Yorkshire Road Club	V D	09:55
56	Adrian Barwick	Harrogate Nova CC	V C	09:56
57	Steven Guymner	Squadra RT		09:57
58	Mike Marshall	The Clubhouse		09:58
59	Greg Melia	York Cycleworks		09:59
60	Chris Bartley	AS Test Team		10:00
61	Paul Targett	Holcombe Harriers	V C	10:01
62	Luke Rendell	Poole Whs		10:02
63	Patrick Beilby	Velo Club Long Eaton	V C	10:03
64	Peter Hook	VC York		10:04
65	Adam Wild	GS Metro		10:05
66	Gary Thornton	Barnsley Road Club	V A	10:06
67	Russell Marsden	Pendle Forest CC	V C	10:07
68	Andy Whitehead	Rockingham CC	V C	10:08
69	Rob Vessey	Didcot Phoenix CC	V D	10:09
70	Andy Jackson	AeroCoach	V A	10:10
71	Tim Flynn	Poole Whs		10:11
72	Ed Neilson	Vive Le Velo	V A	10:12
73	Randle Shenton	Team Swift	V E	10:13
74	Nick Badcock	Allen Valley Velo		10:14
75	Mark Smith	Crawley Wheelers	V B	10:15
76	Richard Gildea	Didcot Phoenix CC		10:16
77	Ben Lane	GS Metro	V B	10:17
78	Richard Jennings	Army Cycling		10:18
79	Mark Sanders	Mid Devon CC	V E	10:19
80	Paul Hart	Southend Wheelers	V A	10:20
81	Neil Cleminshaw	Vive Le Velo	V B	10:21
82	John Lucock	Born to Bike - Bridgtown Cycles	V A	10:22
83	Keith Dorling	Team Bottrill	V E	10:23
84	Alex Russell	City RC (Hull)	V A	10:24
85	Tim Mcevoy	Lanhydrock Wheelers	V A	10:25
86	Nev Martin	GS Metro	V E	10:26
87	Arthur Franklin	Portishead Cycling Club		10:27
88	Alan Murchison	DRAG2ZERO	V B	10:28
89	Andrew Askwith	Vive Le Velo	V C	10:29
90	Stuart Travis	Team Bottrill		10:30
91	Doug Hart	Ilkley CC	V B	10:31
92	Darren Yarwood	Vive Le Velo	V B	10:32
93	Nick Clarke	Arctic Tacx RT		10:33
94	Mark Wolstenholme	Team Swift	V A	10:34
95	Marcin Bialoblocki	NOPINZ		10:35



Registration Form for a vehicle to assist with a competitor's **reasonable** feeding and other requirements **as provided for in the Regulations.**

Title of Event: _____

Date of Event: _____

Name of Competitor: _____

Competitor's Club: _____

Competitor's Number: _____

A motor vehicle, make, model number and colour: _____

Registration Number: _____

Will be used to assist the above named competitor while taking part in the event as described above.

The name(s) of the driver(s) of the vehicle will be as follows:-

Driver(s): _____

NOTE

THE COMPLETION OF THIS FORM DOES NOT PERMIT YOUR HELPERS TO FOLLOW YOU ALONG THE COURSE.

THEY MAY PASS AT INTERVALS OF NOT LESS THAN 10 MILES

Completed forms must be lodged with the Event Secretary not later than the start time of the competitor.

2018 100 MILES TIME TRIAL CHAMPIONS



ALICE LETHBRIDGE



MARCIN BIALOBLOCKI



WWW.CYCLINGTIMETRIALS.ORG.UK



@CYCLING_T_T



/CYCLINGTIMETRIALS/

NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(U)

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.

THE NUMBERS PROVIDED ARE EVENT SPECIFIC AND ARE TO KEEP AS A SOUVENIR.

USE OF MOTOR VEHICLES

THE EVENT IS OVER 100KM. REGULATION 22 (USE OF MOTOR VEHICLES) ALLOWS FOR ASSISTANCE WITH A COMPETITORS REASONABLE FEEDING AND OTHER REQUIREMENTS. A COMPETITOR SHALL NOT BE OVERTAKEN BY HIS/HER'S SUPPORT VEHICLE MORE FREQUENTLY THAN ONCE EVERY 10 MILES. SUCH VEHICLE SHOULD BE DRIVEN AT NORMAL TRAFFIC SPEED.

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.

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 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 WHILST THE MACHINE IS IN USE.

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