

FTP (Fulfill The Potential) Race Team

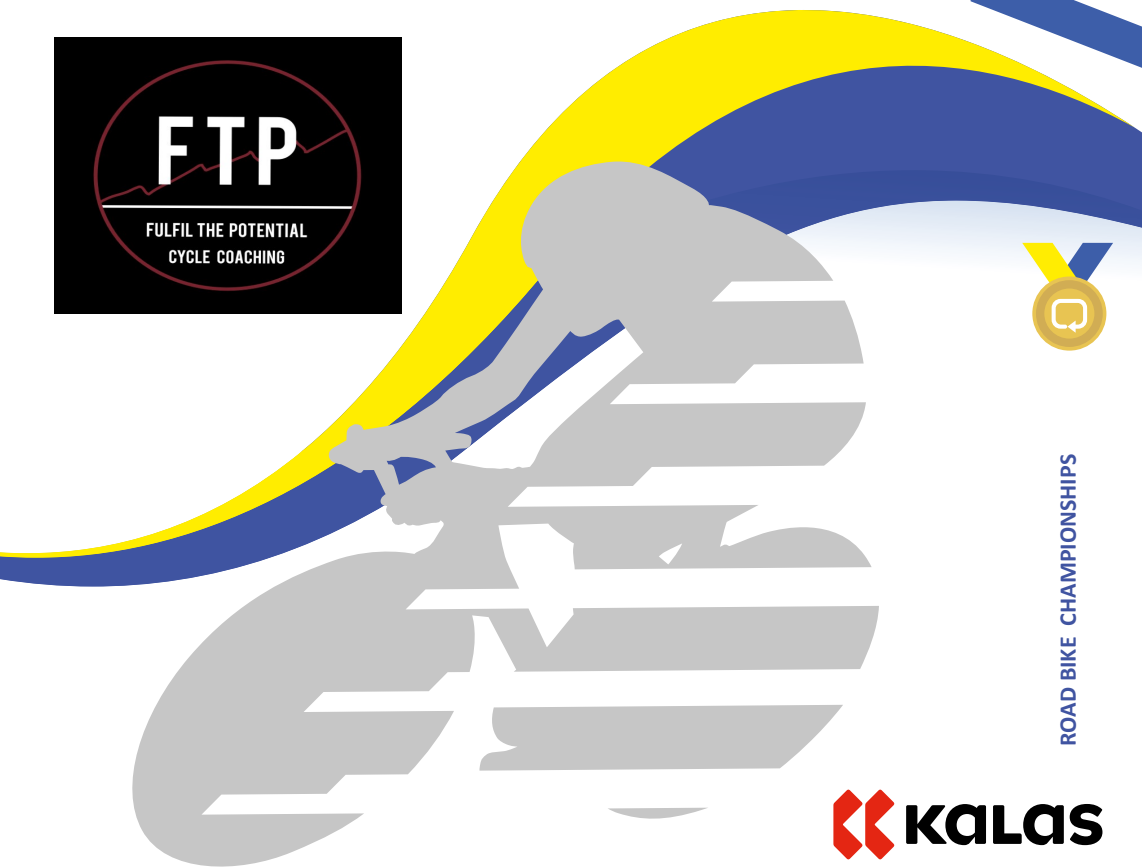
on behalf of West DC

Present

RTTC ROAD BIKE NATIONAL CHAMPIONSHIPS

SUNDAY 1st OCTOBER 2023

START SHEET



ROAD BIKE CHAMPIONSHIPS



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



RTTC ROAD BIKE NATIONAL CHAMPIONSHIPS

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS

Men, Women, Junior Men, Junior Women



RTTC ROAD BIKE CHAMPIONSHIPS - Men, Women, Junior Men, Junior Women

1st Gold RTTC Medallion, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

AGE AWARDS

Age awards to the fastest in each of the following:

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

Junior Men / Junior Women 12, 13, 14, 15, 16, 17 & 18 year old

A presentation will take place after the event, overall medals will be presented at the Champions Celebration on 20th January 2024, the age awards will be posted out as soon as possible.





Thank you for entering the CTT National Road Bike Championships hosted by FTP (Fulfil,The Potential) racing we wish you all a safe and fast race, a huge thank you to our volunteers both on the day and for the hard work behind the scenes to put this event on.

We are very proud to represent the West DC and are thankful for them in allowing us to host this National Event.

Thank you to the event supporters F&G Partners , Warmley Waiting Rooms , Pedalling Perfection , Bomber Bikeworks and Stimulatte coffee

HQ – MarshField Community Centre – Hayfield , Mashfield , Chippenham , Wiltshire , SN14 8NZ

There is parking at the HQ but if you find yourself needing to park in the surrounding area please be mindful of local residents.there are lots of laybys along the surrounding roads as well that can be used.

We have FREE childcare at the HQ for any rider needing support , this must be pre booked so please contact us if you would like to use this service.

We also have Stimulatte Coffee on site and steve will serve up a top quality coffee , we will also be serving cakes supplied by Warmley Waiting Room on the day.

HQ – Start , from the HQ approach turn left and just keep following the road around , you will come to the A420 where you turn right to get to the start , we will have signs out as we would ideally like riders to go this way to the start line to save to much build up around the roads , please don't make U turns close to the start, if your looking to warm up on the road from the HQ you can follow the route from HQ but where you meet the A420 turn left and that road takes you towards bath and you can ride all the way to the roundabout and back to the start if needed.

Finish to HQ , when you finish just continue until you reach the a420 cross roads , go straight over (please take care here as you are crossing two lanes of traffic) , go straight on after crossing the road and when you reach the junction outside central garage turn left and follow the road back to HQ

Officials – we are very lucky to have our regular Time Keepers who have kindly done every FTP event to date in Andy Greatwood and Dennis Davies , joining them as it's a national will be Sue Andrews and Mike Hallgarth

These events couldn't run without the marshals and we have a selection from the FTP team including Arran Armstrong , Floren Scrafton ,Lee Williams ,Matthew Cox , Olive Holliday , Russell Rubas , Maddie Heywood , Sheldon White , Clare Parkin , Greg Lancaster , alongside support from outside the team for which we are hugely grateful to Kimberley Barfoot-Brace and Mark Bishton



The course , check out the strava link before of the course , we will have a my windsock guide as well that we will send out closer to race day. This is a great course with abit of everything , just make sure you save some legs for the final kick to the finish . as you turn left onto the B4039 the Junction is a 'Y' type requiring riders to 'Give Way' to the right immediately after leaving A420 and is more acute than a 'T' type junction, it is very important you both give way if it was needed and you don't cross over the lines into on coming traffic , they will be an observer there and crossing the lines will result in a DQ

When you finish please be mindful crossing back over to the HQ , be patient
<https://www.strava.com/routes/3136641234373559304>





Tandems				
Number	Start Time	Name	Club	Age / Cat
2	13:02:00	Jonathan Dixon	Audax UK	47
2	13:02:00	Karolina Deutsch	Audax UK	W 28
4	13:04:00	Michael Brooks	Pronto Bikes	61
4	13:04:00	Stuart Farrimond	Westbury Wheelers	41
6	13:06:00	Chris McDonald	PDQ Cycle Coaching	36
6	13:06:00	Oscar Hutchings	Team Tor 2000 KALAS	31

RTTC National Road Bike Championship 2023

Juniors				
Number	Start Time	Name	Club	Age / Cat
7	13:07:00	Holly Tregear	Wheal Velocity	W 13
8	13:08:00	Poppy Kisley	Banbury Star Cyclists' Club	W 17
9	13:09:00	Abbey Thompson	Stonham Barns Park – SYRT	W 14
10	13:10:00	Evelyn Field	JRC Interflon Race Team	W 17
11	13:11:00	Sophie Heighton	Ferryhill Whs	W 16
12	13:12:00	Theo Hester	Avid Sport	16
13	13:13:00	James Tregear	Wheal Velocity	15
14	13:14:00	Thomas Bennett	Palmer Park Velo	15
15	13:15:00	James Wicks	Hart Performance Coaching	17
16	13:16:00	Iwan Clark	Maindy Flyers Cycling Club	16
17	13:17:00	Michael Vernon	North Devon Velo	14
18	13:18:00	Matthew Thompson	Rugby Racing Cycling Club	16
19	13:19:00	Angus Collard	Portishead Cycling Club	16
20	13:20:00	Hamish Hunter	Velo Club Venta	16
21	13:21:00	Sam Stapleton	Oxonian CC	17
22	13:22:00	Mathys Venter	Maindy Flyers Cycling Club	16
23	13:23:00	Matthew Gilmour	Backstedt Bike Performance Junior Race Team	18

Women				
Number	Start Time	Name	Club	Age / Cat
24	13:24:00	Theresa Frost	Tri Logic Cornwall	W F
25	13:25:00	Joanna Brewis	Sheffrec CC	W A
26	13:26:00	Caroline Wyke	CC Sudbury	W F
27	13:27:00	Liz Kemp	Pronto Bikes	W B
28	13:28:00	Joanna Meier	Chippenham & District Wheelers	W C
29	13:29:00	Ella Roper	05/03	W A
30	13:30:00	Vikki D'Arcy	Watford Velo Sport	W C





31	13:31:00	Claire Fennell	Pronto Bikes	W
32	13:32:00	Floren Scrafton	FTP (Fulfil The Potential) Race Team	W
33	13:33:00	Charlotte Emily Daisy Berry	Hutchinson - Brother UK	W
34	13:34:00	Pippa Inderwick	Army Cycling	W
35	13:35:00	Maria Powell	FTP (Fulfil The Potential) Race Team	W D
36	13:36:00	Andrea Parish	VeloSistas TT Team	W D
37	13:37:00	Hannah Bayes	Saint Piran	W
38	13:38:00	Joanna Legge-Knight	Bristol South Cycling Club	W E
39	13:39:00	Josie Harcourt	FTP (Fulfil The Potential) Race Team	W
40	13:40:00	Miranda Clements	Cambridge University CC	W
41	13:41:00	Lisa Elliott	Clevedon & District Road Club	W B
42	13:42:00	Kerry Brennand	Newmarket Cycling & Triathlon Club	W A
43	13:43:00	Lisa Buchanan	Crystal Palace Triathletes	W A
44	13:44:00	Judy Brown	Newmarket Cycling & Triathlon Club	W E
45	13:45:00	Louisa Cooper	Poole Wheelers Cycling Club	W A
46	13:46:00	Sara James	Clevedon & District Road Club	W D
47	13:47:00	Alice Lethbridge	Loughborough Lightning / TRG	W
48	13:48:00	Anna Brearley	Thames Valley Triathletes	W
49	13:49:00	Emma Bexson	Stratford Cycling Club	W B
50	13:50:00	Sue Smith	Swindon Wheelers	W C
51	13:51:00	Claire Hall	North Essex Velo	W B
52	13:52:00	Ruth Shier	Hutchinson - Brother UK	W
53	13:53:00	Caroline Nottage	Army Cycling	W
54	13:54:00	Sian Marsh	Team BoomPods	W
55	13:55:00	Claire Emons	...a3crg	W D
56	13:56:00	Rebecca Seal	FTP (Fulfil The Potential) Race Team	W
57	13:57:00	Chris Murray	Army Cycling	W B
58	13:58:00	Angela Carpenter	...a3crg	W C
59	13:59:00	Jennifer George	HUUB WattShop	W A

Men				
Number	Start Time	Name	Club	Age / Cat
61	14:01:00	Alex Balfour	Rye & District Wheelers CC	C
62	14:02:00	Colin Ward	Essex Roads CC	B
63	14:03:00	Andy McPherson	VC 10	D
64	14:04:00	Jamie Spicer	Dorking Cycling Club	
65	14:05:00	Andy Husband	Sodbury Cycle Sport	E
66	14:06:00	James Wasley	Paceline RT	B
67	14:07:00	Kevin Mayes	Salt and Sham Cycle Club	A
68	14:08:00	Ben Phyll	Stratford Cycling Club	A





69	14:09:00	Raymond Batsford	Penge Cycle Club	H
70	14:10:00	Shaun Dalton	Derby Mercury R C	B
71	14:11:00	Michael Smith	Mickey Cranks Cycling Club	D
72	14:12:00	Ben Cauldwell	FTP (Fulfil The Potential) Race Team	
73	14:13:00	Graham Lloyd	Halifax Imperial Wheelers	E
74	14:14:00	Christopher Davis	Giant CC Halo Films	F
75	14:15:00	Jason Mould	Army Cycling	
76	14:16:00	Phillip Felice	Pembrokeshire Velo	E
77	14:17:00	Nicholas Philpott	n-tec racing	E
78	14:18:00	Dino Sway	ABC Centreville	
79	14:19:00	Simon Thexton	Performance Cycles CC	B
80	14:20:00	Luke Cairney	Gannet CC	
81	14:21:00	Conrad Venter	Cardiff Ajax CC	A
82	14:22:00	Simon Offord	Stroud Valley Velos	D
83	14:23:00	Tim Davies	Sarn Helen Club	C
85	14:24:00	Paul Ashman	Swindon Wheelers	B
85	14:25:00	Gary Hobbs	Stroud Valley Velos	E
86	14:26:00	Tom Sturdy	Pronto Bikes	
87	14:27:00	Johnnie Weightman	Ex Machina	
88	14:28:00	Harry Burgess	Cheltenham & County Cycling Club	
89	14:29:00	Oliver Brand	Pronto Bikes	A
90	14:30:00	Karl Corpez	Charlotteville Cycling Club	D
91	14:31:00	Charles Zanettacci	Cheltenham & County Cycling Club	E
92	14:32:00	Oliver Searle	Team Enable - M.I. Racing - McCann	
93	14:33:00	Dominic Jackson	Foran CCC	
94	14:34:00	Dan Thisdell	Tandem Club	E
95	14:35:00	Arion Oates	PDQ Cycle Coaching	
96	14:36:00	Guido Blee	Paceline RT	
97	14:37:00	Toks Adesanya	Addiscombe CC	D
98	14:38:00	John J Murphy	Gloucester City Cycling Club	I
99	14:39:00	Robert Latchem	Somer Valley Cycling Club	H
100	14:40:00	David Barry	sportfagley	G
101	14:41:00	Adrian Lauchlan	Southgate CC	F
102	14:42:00	Mike Marchant	Southdown Velo	F
103	14:43:00	Andrew Puttick	Swindon Road Club	A
104	14:44:00	James Greenaway	Exeter Whs CC	
105	14:45:00	Lewis Lawton	Swindon Road Club	G
106	14:46:00	Matt Baird	Chew Valley Cycling Club	A
107	14:47:00	Paul Wilkinson	Pronto Bikes	C





108	14:48:00	Jon Fairclough	Kelso Wheelers Cycling Club	F
109	14:49:00	Graham Morrison	Newbury Velo	C
110	14:50:00	Ian Lakey	Okehampton CC	E
111	14:51:00	Tony Symons	Tavistock Whs CC	E
112	14:52:00	Paul Illott	Cowley Road Condors CC	C
113	14:53:00	Jason Maule	Somer Valley Cycling Club	C
114	14:54:00	James Pugh	360VRT	
115	14:55:00	Robert Cranstone	GS Vecchi	E
116	14:56:00	Kevin Satterthwaite	Gorilla Coffee Cycling Club	B
117	14:57:00	David English	Chippenham & District Wheelers	B
118	14:58:00	Robert Gilmour	Hounslow & District Whs	G
119	14:59:00	Nick Hammond	Ilkeston Cycle Club	
120	15:00:00	Simon Ward	Bristol Road Club	B
121	15:01:00	Andrew Hicklin	Peak Road Club	D
122	15:02:00	Joel Hyde	Pronto Bikes	C
123	15:03:00	Robin Kirk	Velo Club Godalming & Haslemere	B
124	15:04:00	Michael Davis	FTP (Fulfil The Potential) Race Team	A
125	15:05:00	Adam Wolley	Cranleigh Cycling Club	
126	15:06:00	William Neill	MagCAD Designs	
127	15:07:00	Neil Druce	Didcot Phoenix CC	D
128	15:08:00	Nick Giles	Pocomotion Road Club	E
129	15:09:00	Frederick Mayall	Exeter Whs CC	D
130	15:10:00	Michael Thornewill	Sherwood CC	E
131	15:11:00	Tom Quinlan	FTP (Fulfil The Potential) Race Team	
132	15:12:00	Patrick Ellerbeck	St Neots CC	F
133	15:13:00	Andy Self	North Hampshire RC	E
134	15:14:00	Alan Cridland	Army Cycling	
135	15:15:00	Steven Filder	Velo6 Racing	
136	15:16:00	Steve Gibson	Peak Road Club	D
137	15:17:00	Luke Walton	Elevate RT	
138	15:18:00	Danylo Riwnyj	trainSharp	
139	15:19:00	David Murphy	Liverpool Mercury CC	
140	15:20:00	Hugh Madeley	Saint Piran	
141	15:21:00	Mick Stevens	Melton Olympic CC	G
142	15:22:00	Simon Bowler	AS Test Team	D
143	15:23:00	Matt Phipps-Taylor	Paceline RT	
144	15:24:00	Haydn Davies	Giant CC Halo Films	F
145	15:25:00	Dave Dent	GS Stella	E
146	15:26:00	Milo Purvis	Paceline RT	





147	15:27:00	Deacon Cutterham	FTP (Fulfil The Potential) Race Team	A
148	15:28:00	Anthony Roberts	V C Meudon	
149	15:29:00	Jon Tune	City Cycle Couriers RT	B
150	15:30:00	Kevin White	Matlock CC	C
151	15:31:00	Simon Cox	Chippenham & District Wheelers	C
152	15:32:00	Joshua Lahiri	Portsmouth Hill CC	
153	15:33:00	Andrew Metherell	Salt and Sham Cycle Club	C
154	15:34:00	Felix Whetter	Mid Devon Cycling Club	
155	15:35:00	Daniel Miles	Bath Cycling Club	A
156	15:36:00	Robbie Disney	Aerologic RT	
157	15:37:00	Daryl Stroud	Gloucester City Cycling Club	D
158	15:38:00	Ben Dodd	Royal Leamington Spa Cycling Club	
159	15:39:00	Pete Christensen	Hart Evolution Race Team	A
160	15:40:00	Mark Lovatt	Congleton CC - MyWindsock	C
161	15:41:00	Phil Land	Velo6 Racing	C
162	15:42:00	Gavin Lancaster	PDQ Cycle Coaching	C
163	15:43:00	Matt Rossiter	Newbury RC	
164	15:44:00	Tom Burke-Nott	Bristol South Cycling Club	B
165	15:45:00	George Westall	Royal Air Force Cycling Association	
166	15:46:00	Tim Radley	Gloucester City Cycling Club	B
167	15:47:00	Mikey Mottram	Ribble Collective	
168	15:48:00	Tom Biggs	Rule 28 x ATP Performance	
169	15:49:00	Gabe Dellar	Stolen Goat Race Team	
170	15:50:00	Chris Booth	Giant-Kendal-Sidas.uk	
171	15:51:00	Paul Burton	Paceline RT	A
172	15:52:00	Cris Coxon	Brighton Mitre CC	B
173	15:53:00	Pete Dyson	East London Velo	
174	15:54:00	Tim Lewis	Paceline RT	B
175	15:55:00	Karl Norris	360VRT	C
176	15:56:00	Robert Francis	Pronto Bikes	
177	15:57:00	Alastair Ribbands	Congleton CC - MyWindsock	A
178	15:58:00	Jamie Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	
179	15:59:00	Jake Sargent	Team Bottrill	
180	16:00:00	Rob Walker	WardPerformanceUK.com	



2023 ROAD BIKE CRITERIA

The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

N.B. For the purposes of Regulation 14. For riders riding Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a TriBar position by resting the forearms on the handlebars.

2022 National Road Bike Champions



Men - Phil Williams



Women - Tamsin Miller



Junior Women - Sophie Heighton



Junior Men - Jamie Bretton

WE MAKE YOU FASTER



Kalas x Vorteq Research & Development Partnership

Your Ride Made Better



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

This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

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 14(j)

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

REGULATION 15

All competitors 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.

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.

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 upto 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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