

...a3crg Circuit Time Trial League 2023

(Promoted for and on behalf of Cycling Time Trials under their rules and Regulations)

Glorious Goodwood Circuit Races ~ Course P917/10

Saturday 1st July ~ from 18:30hrs ~ 10-mile TT's

**Featuring: The South DC District 10-mile Championship
South DC Qualifying event for the National Youth Championship
@ Goodwood Motor Racing Circuit ~ Chichester PO18 0PH**

Timekeeping Crew: Maria Golden, Peter Delves, Raymond Gregory,
Kirsty McSeveney, Sarah Matthews

Start Line Stewards: Lucy Mitchell, Peter Pickers & dcb (Speaker)

Motorcycle Marshals: Steve Humphrey, Chris Matthews (The BMW Boys)

Signing-On & Reception: Kathleen Collard-Berry & Angela Carpenter

Photography by: Sheena Booker & David Clifford

There are "Provisional Results" available on-line during the event via: <https://resultsheet.co.uk>

Event Secretary: David Collard-Berry, 59 Midhurst Road Fernhurst Haslemere GU27 3EN
Tel. : 01428 651843 ~ mobile : 07770 885428 ~ email dcb@a3crg.co.uk

Gates will open (for us) at 17:15 ~ Please don't arrive early as another event maybe taking place.

There will be time between 18:00 & 18:25 to warm up on the track (no riders going to warm -up on the track after 18:20). No unauthorised riders on the track. If you are "coaching a rider", please register at Reception (Jackie Stewart Suite) & wear Yellow Hi-Viz.

Medals & Certificates For the National Youth Championship will be presented at the end of the event to the South DC Qualifiers (members of South DC Clubs or attending school in the area), we should be all finished & cleared away by 20:30.

Bring your own Pen, you need this to write down your race number on one hand so you don't forget it, also useful to write on your other hand how many laps you are doing CTT Regs, even though it is a circuit you are still required to have working front & rear lights fixed to your bike & switched on during your event, spares at Signing-On at the "Jackie Stewart Suite".

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters require you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. It is also compulsory that WORKING FRONT & REAR LIGHTS, either flashing or constant, are fitted to the machine in a position visible to following road users and are active while the machine is in use at all times.

Procedure for the Event:

- ✓ *If you are not feeling well or you have left your wallet at home, please do not attend.*
- ✓ *If you have road race pockets for your number, please use the left-hand pocket to aid the finish timekeepers.*
- ✓ *Do not walk across the airfield, it is an active aerodrome, it could get rather messy.*
- ✓ *Look where you are going even during warming-up, keep your head up,*
- ✓ *If caught, ease back; do not take pace on the wheel of the rider who caught you.*
- ✓ *If passing a rider, please make sure the effort is enough to pass completely.*
- ✓ **Last Lap**, *stay on the Left inside the black Cones on the Finish Section, and please shout your number out as you finish.*

Course Length 10 miles (4 & bit Laps)

The Start is at Pit Number 15. After leaving the Pit Lane proceed with care onto the circuit keeping to the right hand side, bear right following the circuit. After passing a “Radio Mast” on your right hand side you will pass the finishing area, you are now starting your first lap. Keep going right, then right, then a little wiggle at St Mary's, then bear right ready to go down the Lavant Straight (Big Gear). At Woodcote there are two rights then a left & you are now on the (Circuit) “Pit Straight”, make sure you are in the middle of the circuit (there is no need to wave to mum & dad).

After bearing right, you are approaching the finish area, you have completed your first lap. You are now starting your second lap, after completing your second lap at this point, you will of course be starting your third lap.

After completing your third lap you are starting your fourth & final full lap. When you come onto the (Circuit) “Pit Straight” this fourth time bear in mind you need to keep to the left, so that you are in-line to go through the coned finish lane **to finish** (10 miles). **ON THE LAST LAP DO NOT CUT ACROSS THE CIRCUIT AT THE END OF THE STRAIGHT AT THE FIRST BEND (INSIDE TO OUTSIDE).**

All Ten Mile times set during this Open Event (unlike club event times) are “Official” & can be used for updating any PB’s, used for qualifying for National Championships, Veteran Standards, Age Group Records & the “**NEW**” **BBAR conditions for both Men & Women.**

If you do not finish, please let us know, do not wander off home in a sulk & please put your number in the bin provided.

T2B = Time to beat from the events up to the 10th June to achieve Bonus Points in the League

This is a 30 second Start Time Event, check your start time, late starts may not be an option.

Event 1: Men’s South DC District Road Bike Champs, 4 & bit Laps = 10-miles

Road Bike Record Cris Coxon 00:21:17

National Road Bike Regs: No Aero Bars & No Disc Wheel, (Max wheel Depth 90mm)

Num	Rider	Squadra/Team/Club	Cat	T2B	Départ
2	Philip Baker	Audax UK	Sen-35		18:31:00
3	James Gowan	BPC RT	Sen-34		18:31:30
5	Nigel Bicknell	Farnham RC	M-H	00:39:02	18:32:30
6	Nigel Hughes	Fareham Wheelers CC	M-F		18:33:00
7	Karl Corpez	Charlotteville Cycling Club	M-D	00:29:56	18:33:30
8	Jeremy Tucker	Fareham Wheelers CC	M-D	00:26:33	18:34:00
9	Robin Kamiya	Farnborough & Camberley CC	M-C	00:26:36	18:34:30
10	Nolan Rogers	Chichester City Riders	M-C		18:35:00

11	Neil Crofts	...a3crg	M-D		18:35:30
12	Rick Garman	Fareham Wheelers CC	M-C		18:36:00
13	Robin Kirk	VC Godalming & Haslemere	M-B	00:22:15	18:36:30
14	Chris Hughes	Velo Club Venta	M-B	00:24:55	18:37:00
15	Stephen Skinner	Velo Club St Raphael	M-F	00:26:16	18:37:30
16	Jack Martin	Velo Club Venta	Sen-22		18:38:00
17	Davi A. Braga	Verulam CC	Sen-33		18:38:30
18	Robert Sweatman	New Forest CC	M-E	00:24:21	18:39:00
19	Matthew Gilmour	Velo Club Venta	Jun-18		18:39:30

Event 2: Femmes South DC District Road Bike Champs, 4 & bit Laps = 10-miles

Womens Road Bike Record: Emily Proud 00:23:50

Num	Rider	Squadra/Team/Club	Cat/Grp	T2B	Départ
20	Dawn Cousins	Sotonia CC	W-C	00:33:36	18:40:00

Event 3: The National Youth Championship (South DC Qualifier)

(Youth Riders who are under 17 years of age as of the 31st August 2023) ~ 10-miles

Event Records (Femme) Sophie Heighton 00:26:22 ~ (Male) Bobby Buenfeld 00:21:47

Num	Rider	Squadra/Team/Club	Cat	Mach	T2B	Départ
21	Jaya Martingale	Sotonia CC	Femme-10	RB	00:39:08	18:40:30
22	Amy Clarke	Surrey Cycle Racing League	Femme-12	RB	00:37:58	18:41:00
23	Skye Martingale	Sotonia CC	Femme-14	TT	00:27:03	18:41:30
24	Grace Upshall	Poole Wheelers Cycling Club	Femme-14	TT		18:42:00
25	James Mitchell	...a3crg	Youth-13	RB	00:34:37	18:42:30
26	Ivo Thwaites	Southborough & Dist. Whs	Youth-14	RB		18:43:00
27	Hamish Hunter	Velo Club Venta	Jun-16	TT		18:43:30
28	Charlie Shepherd	Solent Pirates Youth CC	Youth-15	RB		18:44:00
29	Alec Rowles	Hillingdon Slipstreamers	Jun-16	TT		18:44:30
30	Rufus King	Poole Wheelers Cycling Club	Youth-15	TT		18:45:00
31	Samuel Hughes	Velo Club Venta	Youth-15	TT	00:22:08	18:45:30
32	Noah Wheller	Preston Park Youth CC	Youth-15	TT		18:46:00
33	Ewan Cook	Wightlink Wight Mountain RT	Youth-15	TT		18:46:30
34	Oliver Gill	Poole Wheelers Cycling Club	Jun-16	TT		18:47:00

Event 4: Femmes South DC District TT Bike Champs ~ 4 & bit Laps = 10-miles

Femmes Course & Event Record, Sarah Storey 00:21:04 ~ Junior Record, Isabel Sharp 00:21:17

Num	Rider	Squadra/Team/Club	Cat/Grp	T2B	Départ
52	Pippa O'Brien	RT PODA	W-E	00:30:02	18:56:00
53	Rowena Rogers	Petersfield Triathlon Club	W-B	00:29:29	18:56:30
54	Christina Dove	...a3crg	W-D	00:27:51	18:57:00
55	Kym Harvey	Fareham Wheelers CC	W-D	00:27:51	18:57:30
56	Virginia McGee	...a3crg	W-D	00:25:32	18:58:00
57	Ruth Jones	Farnborough & Camberley CC	W-A		18:58:30
58	Rebecca Fellows	Tri Training Harder	WS-31		18:59:00
59	Katherine Amps	Podium Addict	WS-26		18:59:30

60	Nicole Allan	Horsham Amphibians Triathlon	WS-26		19:00:00
61	Emma O'Toole	DHC (Districts of Hamwic CS)	WS-30		19:00:30
79	Rebecca Seal	FTP (Fulfil The Potential) RT	WS-39		19:09:30

Event 5: Men's South DC District TT Bike Champs ~ 4 & bit Laps = 10-miles

Course & Event Record: Sam Clark 00:18:48 ~ Jun Event Record: Jamie Witcher, 00:19:21

Num	Rider	Squadra/Team/Club	Cat/Grp	T2B	Départ
4	Oliver Clay	Petersfield Triathlon Club	Jun-17	00:29:33	18:32:00
35	Felix Barrow	Para-T	C2-18		18:47:30
36	Martin Whitty	...a3crg	M-D		18:48:00
37	Mark Waistell	Wokingham Cycling Club	M-E		18:48:30
38	Martin Balk	3C Cycle Club	M-E	00:27:13	18:49:00
39	Stephen Casey	Farnham RC	M-B	00:26:46	18:49:30
40	David England	Crabwood Cycling Club	M-I	00:30:17	18:50:00
41	Graham White	Fareham Wheelers CC	M-E	00:26:15	18:50:30
42	Steve Skinner	Southdown Velo	M-F	00:25:15	18:51:00
43	Stuart Willis	Farnham RC	M-D		18:51:30
44	David Donald	Fareham Wheelers CC	M-B	00:28:45	18:52:00
45	Peter Conway	7Oaks Tri Club	M-F		18:52:30
46	Alan Kirby	Farnham RC	M-F		18:53:00
47	Mike Garner	...a3crg	M-F	0:26:12	18:53:30
48	Gavin Hughes	Kingston Phoenix RC	M-D		18:54:00
49	Michael Banfield	DHC (Districts of Hamwic CS)	M-F		18:54:30
50	Gary Chiverton	Bournemouth Jubilee Whs	M-E		18:55:00
51	Ian Sherin	3C Cycle Club	M-E	00:24:39	18:55:30
62	Shaun Smart	Southdown Velo	M-D	00:22:31	19:01:00
63	Bryce Dyer	Bournemouth Cycleworks	M-B	00:20:56	19:01:30
64	Andy Smith	Velo Club St Raphael	M-B	00:22:07	19:02:00
65	Graham Harman	Sotonia CC	M-C	00:23:09	19:02:30
66	Jon Hughes	VC Godalming & Haslemere	M-C	00:21:31	19:03:00
67	Christian Yates	East Grinstead CC	M-E	00:23:52	19:03:30
68	Jake Prior	Velo Club St Raphael	M-E	00:22:44	19:04:00
69	Russell Kober	Velo Club Venta	M-B	00:21:12	19:04:30
70	Darren Anderson	Fareham Wheelers CC	M-B	00:22:24	19:05:00
71	Bob Richardson	Bournemouth Jubilee Whs	M-D	00:22:35	19:05:30
72	Matthew Buckley	Velo Club St Raphael	Sen-31		19:06:00
73	Adam Coppard	Chichester City Riders	Sen-33	00:21:52	19:06:30
74	Stuart Martingale	Sotonia CC	M-D	00:24:56	19:07:00
75	Howard Bayley	Blazing Saddles	M-B	00:20:22	19:07:30
76	Adrian Talley	Velo Club St Raphael	M-C	00:21:23	19:08:00
77	Toby Clay	Petersfield Triathlon Club	M-B	00:24:44	19:08:30
78	Andy Langdown	...a3crg	M-C	00:20:19	19:09:00
80	Scott Warden	Charlotteville Cycling Club	Sen-31		19:10:00
81	Kevin Chant	Wightlink Wight Mountain RT	Sen-34		19:10:30

82	Liam Kemp	Southampton Uni Road CC	Sen-25		19:11:00
83	Adam Dart	GS Mossa	Esp-22		19:11:30
84	Samuel Wadsley	Primera-Teamjobs	Sen-25		19:12:00

Event 6: Direct From The Attic ~ Heritage Bikes (pre 2001 & Pre 1989 Bikes)

Event Records: (Pre-89) Howard Heighton 00:27:36 ~ Pre 2001 George Turner 00:23:17

Num	Rider	Squadra/Team/Club	Cat/Grp	Machine	Départ
85	Geoff Newman	Farnham RC	M-F	RB	19:12:30
86	Thomas Frith	Tuff Fitty Tri Club	M-C	TT	19:13:00
87	Mike Marchant	Southdown Velo	M-F	RB	19:13:30
88	Philip Baker	Audax UK	Sen-35	RB	19:14:00
89	Robert Gilmour	Hounslow & District Whs	M-G	TT	19:14:30
90	Anthony Wybrott	Team Velo Sportif	M-F	TT	19:15:00
91	Simon Smythe	Norwood Paragon CC	M-C	TT	19:15:30

Event 7: Tandems ~ 4 & bit Laps = 10-miles

Course & Event Record: to be set

Num	Rider	Squadra/Team/Club	Cat/Grp	Machine	Départ
93	Simon Hall	Crabwood Cycling Club	M-C	Tandem	19:16:30
93	Ian Neville	Hart Evolution Race Team	M-E	Tandem	19:16:30

Event 8: The 4-Up Team Ten Mile Time Trial

Num	Rider	Squadra/Team/Club	Cat/Grp	Machine	Départ
97	Andrew Frogley	Hampshire Road Club	M-C	TT Bike	19:18:30
97	Chris McGuire	Hampshire Road Club	M-E	TT Bike	19:18:30
97	Robert Watson	Hampshire Road Club	M-E	TT Bike	19:18:30
97	Derek Dowden	Hampshire Road Club	M-F	TT Bike	19:18:30

COURSE CONDITIONS & PROTOCOL

We will be calling riders to the start area in batches of ten, please listen out for your number & be ready to go to the start area, it is YOUR responsibility to be in the undercover area in time to race (5min), bearing in mind you are going off at **30 second intervals**.

The start is approximately halfway along the pit (Number15) lane wall where you will do either a standing or push start. When entering the track please check for other riders, count your laps from the finish point) ignoring the chicane (This is a wall on the track, you must stay to the left of this wall while racing).

Whilst racing we request that you favour the right-hand side of the track & only overtake to the left of a rider in front. All riders need to check it is clear to overtake. There are two left-hand corners (St Marys & down the Lavant Straight) where this could be an issue.

We have two marshals on motor bikes driving around the track, looking for lost riders.

At the end of your fourth lap (10 miles it's a good idea to have distance on your device) you will need to finish in the finish area, this is on the left-hand side of the track & you will have seen the black coned off area on previous laps. Ride to the left & into this coned area to finish on the finish line, remembering to call out your race number. Finishing outside the coned area will not give you a finish time.

Once you have finished, please cool down, riding tight to the left-hand side of the track respecting the racing line. Now the complicated bit! At some stage we need you to go to the right-hand side in order to come off the track, **but PLEASE do this on the Lavant Straight before the Woodcote corner so you do not affect any other riders, remembering to look before you change sides.** At the chicane you must stay to the right of the wall & exit the track. (No extra laps please)

There are two Toilet blocks in the Paddock to your left & right when facing the Pit area. The HQ is the Paddock area there is no Village Hut or mugs of tea.

AT THE END OF THE EVENT (Time Trial)

As you exit the track through the gate there will be a box to return your race number, PLEASE. Don't forget to Sign out.

Turbo warm-ups are allowed but please respect other riders' car parking. **There will be access to the track prior to racing. Please do not leave the inner circuit through the arrival tunnel, if you wish to warm up on the road, then please use the access tunnel to the right of the sign on area.**

Spectators are requested to watch from the viewing area above the Pit Lane (Not in the Pit Lane). Coffee, Tea & Cake may be Purchased from the **"HORSEBOX"** on site (we have been assured it will be open).

League Points

This Season we are running a "League" for each event, just a simple points competition on your finish position, plus "Bonus Points". Your Best Three Finish Positions count for the overall, plus all your bonus points.

Events with up to 10 riders will get a range from 20 points (winner) + 5 bonus points for PB

Events with up to 30 riders will get a range from 50 points (winner) + 5 bonus points for PB

Events with up to 80 riders will get a range from 100 points (winner) + 10 bonus points for PB

In "Mixed" events the first women will get 5 bonus points, 2nd 4 Bonus Points & 3rd 3 points & so on

Juniors will get either 5 bonus points (dependent on size of field) for first place (Jun), then one point less for each other position.

Lastly, Enjoy your evening & thank you for your support this Season.

The Next Three ... Goodwood Circuit Events

Wednesday 10th July 18:30: Events for all Categories with League Points Plus The Army 10 mile Championship

Wednesday 26th July 18:30: Events for all Categories with League Points

Wednesday 9th August 18:30: Final Night of 2023 Circuit League Series, again Events for all Categories, unfortunately no Bouncy Castle this year.

Follow Us on Facebook for latest updates.