

Central DC
Present
RTTC ROAD BIKE NATIONAL CHAMPIONSHIPS
AND



Cycle Time Trialling Centenary
event

SUNDAY 20th MARCH 2022

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

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 Champions Night, age awards will be posted out as soon as possible.

Centenary Event - 1st in Men's, Women's, Junior Men & Junior Women categories will receive a engraved glass award, presented on the day.

Championship condition 2(h) In the event that there are fewer than 10 eligible entrants for individual awards in a Championship, the number of medallions awarded is reduced to two. If fewer than five eligible entrants, only the winners award will be made.

RTTC ROAD BIKE NATIONAL CHAMPIONSHIP

PROMOTED BY CENTRAL DC.

SUNDAY MARCH 20 2022. FIRST RIDER OFF AT 8.01AM.

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations.

Event Secretary: Mrs S Bowler, 14 Sunny Hill Avenue, Derby DE23 1JP.

Tel: 01332 763775. Mobile: 07541141645. Email: suejbowler@gmail.com

Timekeepers: Paul Martin, South Pennine Road Club.

Tom Bailey, Coalville Wheelers C.C.

EVENT HEADQUARTERS:

Farndon Memorial Hall, Marsh Lane, Farndon, Newark, Notts. NG24 4TA which will be open from 7.00am.

PARKING:

There is limited parking at the event headquarters. However, there is plenty of parking in the lay-bys on Fosse Road.

DO NOT PARK UNDER ANY CIRCUMSTANCES IN MARSH LANE. RIDERS MAY BRIEFLY PARK TO PICK UP THEIR NUMBERS.

NUMBERS:

Numbers will be situated in the headquarters and will be issued at signing-on. Please remember that riders must also sign out after the event. Failure to do so will result in a DNF.

REFRESHMENTS:

Refreshments will be available.

ROUTE TO START:

From HQ: Left out of HQ to T junction., where left on to Long Lane. Continue to T junction where right onto Fosse Road. Start approx. 2.5 miles.

COURSE DETAILS: A25/34.

Start 36 yards after speed derestriction sign on southbound exit from East Stoke on Fosse Road. Proceed south to turn left at traffic island (near Eden Hall) to pass over A46 and turn left onto A46 southbound slip road. On A46 proceed south to take slip road from A46 to traffic roundabout at Stragglethorpe junction. Take 4th exit, pass under A46 to second roundabout. (Approx 10.36 miles). Take 3rd exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto Fosse Road (Approx 23.12miles) Proceed south on Fosse Road to finish at start of fence on RHS at gateway to River Trent and just before Stoke Warren Farm on approach to East Stoke (25.00 miles).

AFTER FINISHING:

After finishing retrace route towards Farndon where left into Long Lane, right into Marsh Lane. HQ on right.

DOPING CONTROL.

It is the rider's responsibility to make themselves available should UKAD be in attendance unless there are exceptional circumstances.

COVID 19 REGULATIONS.

Although Covid 19 restrictions have eased if you have Covid 19 or are feeling unwell **DO NOT ATTEND THIS EVENT.**

REGULATION 14. Competitor's Machine

(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.

(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. Protective Helmets

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

NO WORKING FRONT LIGHT = NO RIDE

NO WORKING REAR LIGHT = NO RIDE

NO HELMET = NO RIDE



2022 RTTC NATIONAL ROAD BIKE CHAMPIONSHIPS



Number	Start time	Name	Club/Team	Age/Cat
JUNIORS				
1	8:01:00	Sophie Heighton	Ferryhill Whs	F 15
2	8:02:00	Jamie Bretton	Stonham Barns Park – SYRT	16
3	8:03:00	Oliver Sewell	Beeston Cycling Club	16
4	8:04:00	Abbey Thompson	Stonham Barns Park – SYRT	F 12
Number	Start time	Name	Club/Team	Age/Cat
WOMEN				
5	8:05:00	Gretchen Zoeller	Ilkeston Cycle Club	A
6	8:06:00	Trish McPherson	Coalville Whs	E
7	8:07:00	Kathryn Hughes	Onyx RT	A
8	8:08:00	Andrea Winkless	Coalville Whs	C
9	8:09:00	Clair Parfrey	Born to Bike - Bridgtown Cycles	D
10	8:10:00	Rose McGovern	Cowley Road Condors CC	
11	8:11:00	Sophie Curle	Onyx RT	B
12	8:12:00	Sian Marsh	Team Boompods	
13	8:13:00	Larissa Alexander	Coalville Whs	A
14	8:14:00	Elizabeth Bridgen	Ilkeston Cycle Club	C
15	8:15:00	Anne Staley	Mercia - Lloyds Cycles CC	G
16	8:16:00	Judy Brown	Newmarket Cycling & Triathlon Club	E
17	8:17:00	Kimberley Burrows	Onyx RT	B
18	8:18:00	Pamela Moore	Coalville Whs	C
19	8:19:00	Alison Fox	Ely & District CC/B&T Motor Repairs	D
20	8:20:00	Sarah Foulds	Velo Culture	A
21	8:21:00	Naomi De Pennington	Banbury Star Cyclists' Club	A
22	8:22:00	Fiona Prew	Stone Wheelers CC	A
23	8:23:00	Lillie Swan	Veloccino Squadra Donne	A
24	8:24:00	Anna Weaver	Team Kirkley Cycles	
25	8:25:00	Tamsin Miller	Bianchi HUNT Morvélo	
26	8:26:00	Joanne Rea	Team Kirkley Cycles	
27	8:27:00	Eva Callinan	AWOL O'Shea Worx	
28	8:28:00	Rachel Brown	Team Kirkley Cycles	
29	8:29:00	Alice Lethbridge	DRAG2ZERO	
Number	Start time	Name	Club/Team	Age/Cat
MEN				
30	8:30:00	David Barry	sportfagley	G
31	8:31:00	Mike Ayers	Velo Club Flintham	C
32	8:32:00	Oscar Smith	Peterborough CC	



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33	8:33:00	Alexander Berman	University of Nottingham C C	
34	8:34:00	Michael Page	Epsom CC	
35	8:35:00	Steven Robinson	1485 Tri Club	F
36	8:36:00	Barnabas Pickford	University of Nottingham C C	
37	8:37:00	Laurence Warren-Westgate	RAMcc	
38	8:38:00	Andy Cunningham	Ilkley CC	
39	8:39:00	Damon Payne	Royal Navy & Royal Marines CA	A
40	8:40:00	Cameron Leslie	Royal Air Force Cycling Association	
41	8:41:00	Glen Daley	Velo Club Long Eaton	C
42	8:42:00	Adam White	University of Nottingham C C	
43	8:43:00	John J Murphy	Gloucester City Cycling Club	I
44	8:44:00	Gary Kondor	Sherwood CC	D
45	8:45:00	Mervyn Sperry	Coalville Whs	F
46	8:46:00	Alex Warburton	Velo Schils Interbike RT	
47	8:47:00	Howard Heighton	Ferryhill Whs	B
48	8:48:00	James Muir	Onyx RT	A
49	8:49:00	Paul Renshaw	Cowley Road Condors CC	B
50	8:50:00	Mason Durant	Paramount CRT	
51	8:51:00	Scott Leeson	Onyx RT	
52	8:52:00	Phil Land	Velo6 Racing	B
53	8:53:00	Nicos Antippa	University of Nottingham C C	
53	8:54:00	Kevin Humphreys	Sherwood CC	E
55	8:55:00	Andrew Walsh	Audax UK	A
56	8:56:00	Jonathan Smith	Onyx RT	B
57	8:57:00	Thomas Hutchison	University of Nottingham C C	
58	8:58:00	Andrew Clarke	North Shropshire Wheelers	E
59	8:59:00	Nick Giles	Pocomotion Road Club	E
60	9:00:00	Steve Chipping	Shutt Velo Test Team	C
61	9:01:00	Karl Moseley	Bridgnorth Cycling Club	D
62	9:02:00	Ben Leach	Onyx RT	A
63	9:03:00	Mick Stevens	Melton Olympic CC	G
64	9:04:00	Harry Fisher	OVB	
65	9:05:00	Philip Wilkinson	Rockingham Forest Wheelers	B
66	9:06:00	Drew Donaldson	Glasgow United CC	E
67	9:07:00	Adam Swan	CC Ashwell	
68	9:08:00	Robert Gibson	Amicus 13	B
69	9:09:00	Mark Rowbottom	Chesterfield Coureurs CC	A
70	9:10:00	George Spooner	Cambridge University CC	
71	9:11:00	Jack Lilley	Derby Triathlon Club	
72	9:12:00	Steve Biddulph	Born to Bike - Bridgtown Cycles	B
73	9:13:00	Luke Halls	University of Nottingham C C	
74	9:14:00	Ross Howcroft-Jones	Rapha Cycling Club	
75	9:15:00	Piers Curle	Onyx RT	B



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76	9:16:00	James Byatt	Ilkeston Cycle Club	
77	9:17:00	Jez Willows	Sherwood CC	D
78	9:18:00	Ole Henrik Bang-Andreasen	Onyx RT	
79	9:19:00	Michael Kirkland	RAMcc	A
80	9:20:00	Ian Russell	Moda Racing Team	C
81	9:21:00	Gerard Henry	University of Warwick	
82	9:22:00	Malcolm Horner	Warrington Road Club/Horton Light Engineering	D
83	9:23:00	Will Salisbury	Coalville Whs	
84	9:24:00	Gavin Lancaster	Ride 24/7	C
85	9:25:00	Steve Gibson	Peak Road Club	D
86	9:26:00	Will Lowden	CC Sudbury	
87	9:27:00	Steven Filder	Velo6 Racing	
88	9:28:00	Michael Costello	Race Hub	B
89	9:29:00	Ian Holbrook	Stone Wheelers CC	C
90	9:30:00	Matthew Uttley	Nottingham Clarion CC	B
91	9:31:00	Yanto Barker	LC_CC	A
92	9:32:00	Simon Bowler	AS Test Team	D
93	9:33:00	Bevan Jones	53eleven	
94	9:34:00	Richard Todd	LC_CC	A
95	9:35:00	Tristan Pilling	University of Derby Cycling Club	
96	9:36:00	Neil Mackley	...a3crg	D
97	9:37:00	Malcolm Smith	Peterborough CC	D
98	9:38:00	Keith Dorling	Team Bottrill	E
99	9:39:00	Ian Hope	Team Solo Vinci	B
100	9:40:00	Alex Pritchard	WattShop	
101	9:41:00	John Wingfield	Team HUUB	
102	9:42:00	Phil Williams	Team Bottrill	
103	9:43:00	Jordan Peacock	Spirit BSS	



ROAD BIKE CRITERIA

- No tri bars, clip on bars or Spinaci bars
- No disc wheels. Both front and rear wheels must have a minimum of 12 spokes each. The maximum rim depth on all wheels is 65mm
- No aero helmet or a helmet that covers the ears or a helmet with a visor is to be used
- Riders must not ride with their forearms resting on the handlebars at any time

2021 National Road Bike Champions



Jordan Peacock



Rebecca Richardson



Jude Chamberlain

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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