

London North DC  
Present  
RTTC CIRCUIT NATIONAL CHAMPIONSHIPS  
AND

**MERLIN**  
CYCLES.COM

CLASSIC TT SERIES (6 of 6)

SUNDAY 19TH JUNE 2022

START SHEET



NATIONAL CIRCUIT CHAMPIONSHIPS

 **KALAS**



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



# RTTC CIRCUIT NATIONAL CHAMPIONSHIPS

A CTT representative will be in attendance



Men, Women, Junior Men, Junior Women

1st	Gilt RTTC Medallion, Championship Trophy, 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.

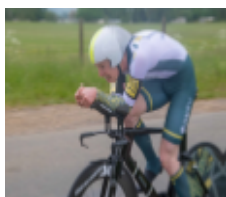
Junior Men / Junior Women 12, 13, 14, 15, 16, 17 & 18 year old

A presentation will take place as soon as possible after the event, individual awards will be presented at Champions Night, age awards will be posted out as soon as possible.

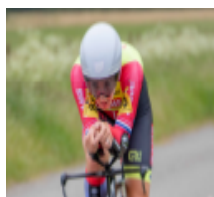
### Championship condition 2(h)

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 NATIONAL CIRCUIT CHAMPIONS 2021



Christopher Fennell



Hayley Simmonds



Zoe Backstedt



Joshua Tarling



# RTTC Circuit Championship

Including the Merlin Cycles Classic Series,  
round 6

**Sunday 19 June 2022 Start at 9:01**

Promoted for and on behalf of Cycling Time Trials and CTT London North District under their Rules, Regulations and Championship Conditions

## **Event Secretary**

Paul Thomson  
43 Dinmore  
Bovingdon  
Hemel Hempstead  
Herts  
HP3 0QW  
Tel: 07973675052  
Paulthomo@aol.com

## **Timekeepers**

Chief Timekeeper: Mike Bannister  
Second Timekeeper: John Pick  
Start Timekeeper 1: Annette Lacey  
Start Timekeeper 2: TBA  
Other Officials, Observers and helpers from London North committee and clubs members.

## **HQ (Open from 07:30)**

The Cottesloe School,  
Aylesbury Rd,  
Wing,  
Leighton Buzzard  
LU7 0NY

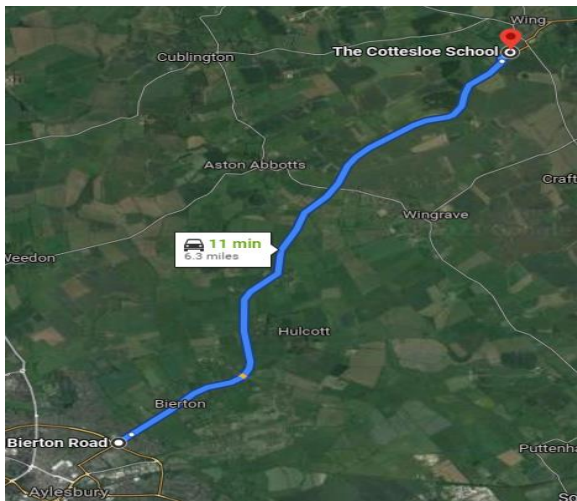
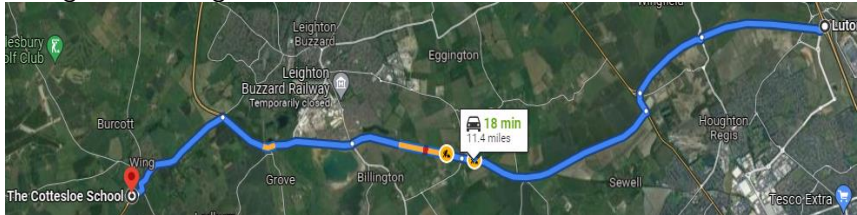
There are full changing rooms with showers & toilets available



## How to get to the HQ

Wing is approx. 11 miles from the M1 junction 11a. Or if coming from the west across country it is approx. 7 miles North East of Aylesbury.

**From the M1** take J11A and turn towards Leighton Buzzard, along the A5 and at the main A5 junction after a couple of miles turn left then right to continue along the A505. Go around Leighton Buzzard (now A4146) over 3 roundabouts, after going up the hill turn left at 4th roundabout onto A418 and continue to Wing. Go through Wing along the A418 where you will then find the school on your right and can get into the grounds from the roundabout.



## From the West

coming along the A41 from Bicester, or up from Tring, when in Aylesbury, follow the roads towards Leighton Buzzard and Dunstable along the A418. After just over 6 miles you will come up a small hill to a roundabout on the edge of Wing where you turn left into the school.

## Car Parking

There are 2 parking areas. One is immediately off the roundabout, where normally the school buses come in and pick up/drop off. The main parking is on the north side of the school and you have to drive around the south side to access it, or come in via Church Street that is on the west side of the school. Do NOT park on the access roads blocking the roads. This is a safety issue as emergency vehicles may need to use them.



### **Numbers and Signing-On and Signing Out**

Please sign on and collect your numbers from the hall (yellow arrow). You must return to the hall in person to sign out after the event.

### **Numbers**

Both body and arm numbers will 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 or sideways).

**Please fix with pins and not tape. Pockets if used must conform as above**

In accordance with Championship Conditions only numbers provided by the organiser should be used. These numbers are specific to this event and can be kept as a souvenir, or are fully recyclable if you wish.

## To the start

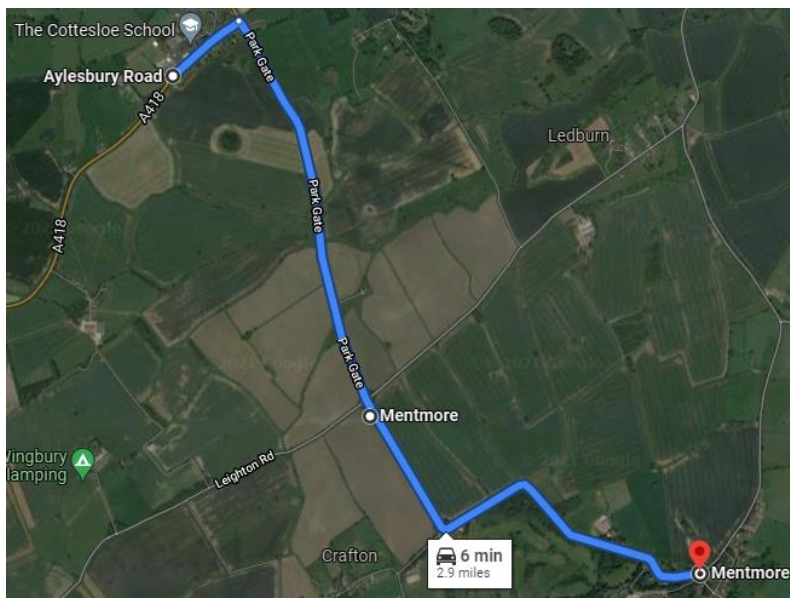
It is approx. 2.9 miles to the start from the HQ. Please allow sufficient time to ride there (approx. 15 mins). There is a fast downhill but also a climb up to get to the start.

From the School exiting from the roundabout turn left into the village. At the first bend turn right and down the hill. At the crossroads go straight over and continue to Mentmore. Once you are over the crossroads you are on the course but going in the opposite direction to the event. You can avoid going onto the course by turning left at the crossroads and continuing to Ledburn village then turning right to Mentmore. It is approx. 4.3 miles in total from HQ to start and 5 mins longer.

When you arrive in the village of Mentmore there are plenty of other roads to use to continue to warm up, but be aware the village is on the top of the hill so it is always uphill to get back. There are ample areas to stay off the course, but if you find yourself riding along the course please avoid impeding those already racing.

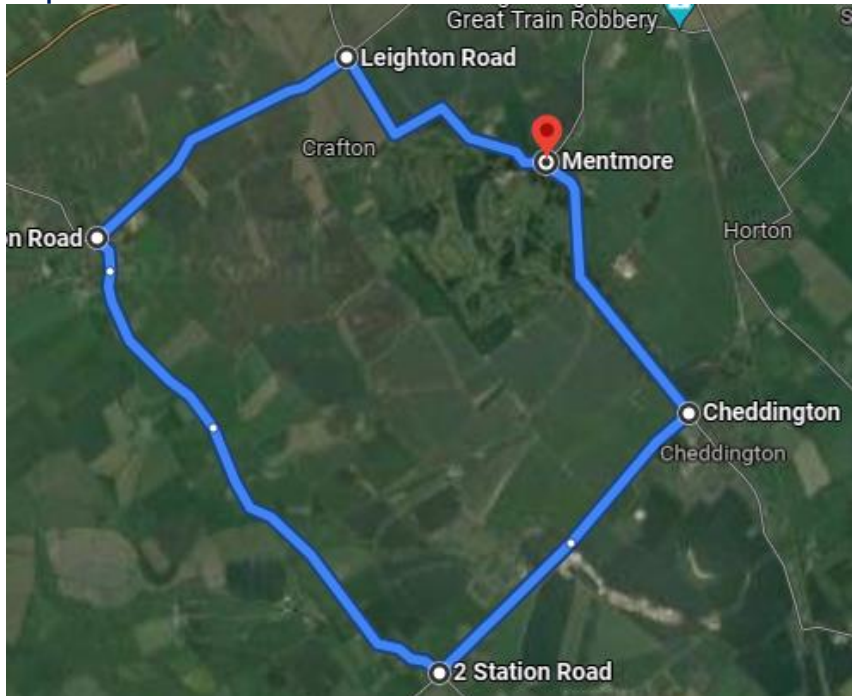
However it should be clear that **NOBODY** should go and park up to warm up on static trainers in or near the village or on the course. The only vehicles allowed in or near the village are those of the officials.

**Failure to comply will result in a DQ and potential disciplinary action.**





## Map of course



↑ 262 ft · ↓ 266 ft



Start is at Mentmore outside the entrance to Mentmore Towers. All riders will do 3 laps anticlockwise of a basically rectangular 4 corner course. 1 lap is approx. 9.3 miles so approx. 27.9 in total. The above profile shows the high points at the start/finish and at Wingrave village. *Great care must be taken as you drop out of and exit Wingrave village as there is a tight chicane that is narrow so vehicles coming the other way may be an obstacle.*

Marshals will be at the Mentmore Crossroads, the pond junction in Wingrave, the crossroads in Long Marston and the roundabout outside Cheddington. All are left turns. However the junctions at Mentmore crossroads, Wingrave and Cheddington the road users from the right have priority. DO NOT assume you can go through at

full speed. It will be up to you to ensure it is safe to go through the junction, not the marshals.

Like all roads in the UK, some of the surfaces may be rough and there are potholes around. It is your responsibility to have clear sight of the road and avoid them where it is safe to do so. A high, close, hand position is not great for avoiding them.

#### LOCAL REGULATION No. 1

No U turns should be made in sight of the start or finish areas while riding on the public highway.

#### LOCAL REGULATION No. 2

Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.

#### LOCAL REGULATION No. 3

No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.

### **The road bike category – note this is NOT a Championship event**

The bike must conform to the following:

- No tri bars, clip on bars or Spinaci type 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 (Commonly referred to as “puppy paws”)

### **Spectators**

Spectators can view the event at various points along the course. Please do not disturb or block other road users, residents, etc. whilst supporting the riders.

Please be aware that you should not follow riders on the course. If riding a bike or driving then please travel in the opposite direction. Do not spectate close to the start or finish points. Do not approach the timekeepers or marshals as they have to concentrate on the job at hand.



## Warming up

Riders should note that there is nowhere closer than the HQ to warm up on rollers/turbo's etc. so please do not try to get closer to the start to do so – anyone found on a turbo in the vicinity of the start village area may be DQ and liable for further disciplinary action.

### Start order:

No	Start Time	Name	Club/Team	Age/Cat.	
<b>Merlin Cycles Classic Series</b>					
<b>ROAD BIKES</b>					
1	9:01	Caroline Heighton	Ferryhill Whs	W	
2	9:02	Richard Smith	Stoney Stanton Velo Club		
3	9:03	Michael Burke	Welland Valley CC		
4	9:04	Howard Heighton	Ferryhill Whs		
5	9:05	Louisa Cooper	Bournemouth Jubilee Whs	W	
6	9:06	Jonny Allen	6AM Cycling		
<b>PARACYCLISTS</b>					
					Factor
8	9:08	Simon Richardson MBE	TORQ Performance	C4	1.106
9	9:09	Martin Hailstone	Chapeau! Vive Le Velo	C4	1.106
10	9:10	David Murphy	Liverpool Mercury CC	C5	1.058
<b>RTTC National Circuit Championship</b>					
<b>Juniors</b>					
12	9:12	Sophie Heighton	Ferryhill Whs	W 15	
13	9:13	Cormac Nisbet	High Wycombe CC	17	
14	9:14	Abbey Thompson	Stonham Barns Park – SYRT	W 13	
<b>Women</b>					
					Target
16	9:16	Katie Phillips	Veloccino Squadra Donne		
17	9:17	Sian Marsh	Team BoomPods		
18	9:18	Lilly Chant	Southampton Uni RCC (SURC)		
19	9:19	Ella Coleman	AWOL O'Shea Worx		
20	9:20	Kirsty McSeveney	...a3crg	A	1:14:46
21	9:21	Laura Davies	Orwell Velo		
22	9:22	Jennifer George	The Independent Pedaler - Nopinz		
<b>Men</b>					
					Target
24	9:24	David Barry	sportfagley	G	1:29:08
25	9:25	Hamish McDougall	Team Lifting Gear Products		
26	9:26	Ian Taylor	Beacon Roads CC	C	1:15:19
27	9:27	Oswin Grady	Bedfordshire Road RT	B	1:13:41
28	9:28	Robert Gilmour	Hounslow & District Whs	G	1:27:12
29	9:29	Leigh Smith	JCA Equipe Velo	A	1:10:00

30	9:30	Simon Dighton	Beacon Roads CC	D	1:20:27
31	9:31	Michael Parker	TMG Horizon Cycling Team	D	1:19:17
32	9:32	John Lacey	Hemel Hempstead CC	D	1:19:52
33	9:33	Tim Phillips	Team Catenary	C	1:16:26
34	9:34	Colin McDermott	Festival Road Club	C	1:17:33
35	9:35	Mark Sanders	Mid Devon CC	E	1:22:50
36	9:36	Michael Schofield	Bishop's Stortford CC	D	1:18:42
37	9:37	Neil Mackley	...a3crg	D	1:19:52
38	9:38	Gareth Williams	Twickenham CC	D	1:18:42
39	9:39	Antony Brown	George Fox Cycling Solutions	E	1:22:14
40	9:40	Malcolm Smith	Peterborough CC	D	1:19:52
41	9:41	Nicholas Latimer	Team Lifting Gear Products	A	1:10:00
42	9:42	James O'Connell	CC London		
43	9:43	Joris Witsok	Cambridge University CC		
44	9:44	Joel Stewart	Team Ohten Aveas	B	1:13:41
45	9:45	George Fox	George Fox Cycling Solutions		
46	9:46	Rob Walker	Ward WheelZ		
47	9:47	Adam Robertson	Verulam CC		
48	9:48	James Lowden	WattShop		
50	9:50	Richard Oakes	Team Ohten Aveas	C	1:16:59
52	9:52	Leo Hayter	VC de Londres		
54	9:54	Ollie Hucks	Saint Piran		
56	9:56	Christopher Fennell	The Independent Pedaler - Nopinz		

This event is round 6 of the CTT Merlin Cycles Classic Time Trial Series

For an up to date look at the points tables for each category please go to the CTT website.

### Presentation Ceremony

The presentation of all awards will be made at around 12 noon, once all results have been checked.

Please ensure you stay to collect your awards at that time, and to cheer on your fellow competitors and award winners. Awards will be made as per the inside cover of this program.



## MERLIN CYCLES CLASSIC SERIES OVERALL AWARDS

1st Men's Category	£100 Cycling Time Trials Cheque / RTTC Medal
1st Women's Category	£100 Cycling Time Trials Cheque / RTTC Medal
1st Junior Category	£80 Cycling Time Trials Cheque / RTTC Medal
1st Veteran (Scratch)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Veteran (Target)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Woman Veteran (Scratch)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Paracycling Category	£80 Cycling Time Trials Cheque / RTTC Medal
1st Team (of 3 across all Categories)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Road Bike (Men)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Road Bike (Women)	£80 Cycling Time Trials Cheque / RTTC Medal
1st Road Bike (Junior)	£80 Cycling Time Trials Cheque / RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

### POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from up to four events.

If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Men and Women. Women Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Women's competition. The competition for Paracyclist's is based on a "Factored Time" system.

See Page 224 of the 2020 Handbook for the competition conditions.

### CTT CASH PRIZES FOR EACH EVENT

The awards below are for the following categories, Men, Women, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Men), Road Bike (Women) & Road Bike (Junior).

- 1st - £20 Cycling Time Trials Cheque
- 2nd - £15 Cycling Time Trials Cheque
- 3rd - £10 Cycling Time Trials Cheque

### 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



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



@Cycling\_T\_T



/cyclingtimetrials



/cyclingtimetrials

# 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) & 14(j)

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

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 up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



[www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)

0114 287 9319

# Cycling Time Trials

Cycling Time Trials is a company limited by guarantee. Registered in England No. 4413282