

# NLTTA

On behalf of  
**North DC**  
Present:

## RTTC 100 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 10th JULY 2022

START SHEET



100 MILE TIME TRIAL

 **KALAS**



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



# 2022 RTTC 100 MILES TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



## CHAMPIONSHIP AWARDS

### MEN

- |     |  |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
| 2nd | Silver RTTC Medallion                                  |
| 3rd | Bronze RTTC Medallion                                  |

### WOMEN

- |     |  |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & 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.



**Founded 1928**

**Pomoted on behalf of Cycling Time Trials under its rules and regulations**

**Sunday 10<sup>th</sup> July 2022**

**GEORGE NOWLAND MEMORIAL 100-L10010**

**Incorporating National 100 & NLTTA 100 mile Championship**

**Start Sheet**

**Event Secretary:** Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN60SE. Mobile 07862 289430

**Time Keepers:** Richard Taylor Tracey Moore Dereck Black Amanda Black

**Pusher off:** Dan Kendall

**Chief Marshall:** Nigel Clementson

**Headquarters: Braithwaite Insitute**, Braithwaite, Keswick CA12 5RY (on the A66)

**There will be a HQ sign indicating the entrance to the car park. HQ opens from 6:00am although strict rules apply. First rider off 7:05am**

Please allow 5 minutes to ride to the start from the HQ it's just over 1 miles. You will find a map on the start info which will also help you find the HQ.

There is a large car park at HQ which holds 100 vehicles.

There will be a results board in the village hall. Please try and remain for the prize presentation after the event as finished, we will try are best to put this on after the last rider as finished.

**CTT Regulation 17: Signing-on & signing-out sheet** a) The competitors in all types of events must make themselves aware of any special 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 HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their number and (ii) sign the official signing out sheet.

**First rider off 7:05am**

L10010

Start at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall. Proceed in an easterly direction along A66 to encircle the RAB at the junction of A591/A66 Keswick/Bothel road (1.95 miles). Retrace along A66 in a westerly direction to encircle the RAB at the junction with the A5086 near Cockermouth (14.80 miles). Proceed in an easterly direction through the start point to the RAB near Keswick (27.65 miles) and retrace to the Cockermouth RAB (40.50 miles). Retrace through start to Keswick RAB (53.35 mls) and on to Cockermouth RAB (66..20 mls). Retrace through start to Keswick RAB (79.05 mls) and on to Cockermouth RAB (91.90 mls). On this occasion retrace along A66 to FINISH at the entrance to Hursthole Point which is directly opposite a footpath with wooden stairway from car park on south west side of the A66 (100 miles) Riders must continue along A66 to HQ (clearway).

**Remember to keep count as its 4 laps (almost) Also please be aware when completing your first lap a rider may be just about to start, I would not like any incidents at this point many thanks.**

**PRIZES:**

**Fastest Gentleman: 1<sup>st</sup>£60 2<sup>nd</sup>£50 3<sup>rd</sup>£40 4<sup>th</sup>£30 5<sup>th</sup>£20**

**Fastest Lady: 1<sup>st</sup>£60 2<sup>nd</sup>£50 3<sup>rd</sup>£40 4<sup>th</sup> £30 5<sup>th</sup> £20**

10<sup>th</sup> 20<sup>th</sup> 30<sup>th</sup> 40<sup>th</sup> 50<sup>th</sup> 60<sup>th</sup> 70<sup>th</sup> £20

**Team of 3:** Mixed or men £20 (One rider one prize apart from team prize)

**NLTTA Association members only:**

Current Male NLTTA record Richard Bideau NLTTA record 3:29:40 – 2017

Current Female NLTTA record Deborah Moss NLTTA record 4:15:46 - 2019

Course record male 3:17:39 Marcin Bialoblocki-2018

Course record female Lizi Brooke 3:48:35-2021

**The following Local Regulations have been approved by the National Committee in accordance with**

Regulation 38. Any breaches may lead to disciplinary action being taken.

Local Reg No. 5 In all events, competitors prior to starting are not permitted to ride past the finishing timekeeper during the duration of the event.

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event. Local Reg No.9 No parking on the A66 except in a designated layby.

Local Reg No.15 Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification. Riders must give their number at the finish and elsewhere on the course where requested.

Riders MUST NOT STAND in the road at the start or finish.

Riders must NOT ride with their heads down.

\* Do not throw away any gel wrappers on the course, please collect and take home to dispose.

**Rider Safety Helmets All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.**

**Sorry no feed station this year. If you intend to feed a rider on the course, you MUST complete a riders support vehicle form and hand it in upon signing on. Riders support vehicle form can be found on the CTT web site under forms.**

**Remember your front & rear light if you don't want to be disqualified:**

**This event may be subject to a Doping Control** It is your responsibility to check 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

Free cup of tea when you **SIGN OFF**. REFRESHMENTS available. Big **THANK YOU** to All the marshals.

It's a long day out there. Thank you to the admin/kitchen helpers too.

**Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the NLTT**



Number	Start Time	Name	Club	Category
5	7:05:00	Harry Cowley	Chester RC	G
6	7:06:00	William Kitching	Total Tri Training	
7	7:07:00	Stephen Boyd	Teesdale CRC	D
8	7:08:00	Paul Revell	Barrow Central Wheelers	E
9	7:09:00	Kenneth Hardcastle	Hart Evolution Race Team	H
10	7:10:00	Brian Parker	Total Tri Training	B
11	7:11:00	Stuart Henderson	VTTA (Yorkshire)	B
12	7:12:00	Mike Westmorland	Border City Whs CC	H
13	7:13:00	Stuart Little	Leeds & Bradford Tri Club	
14	7:14:00	David Hickey	Wigan Whs CC	A
15	7:15:00	Andrew Ackerley	Vector Racing	B
16	7:16:00	Neil Laing	Southport CC	A
17	7:17:00	David Rundall	Chorley Cycling Club	G
18	7:18:00	John Lowe	Withington Wheelers	C
19	7:19:00	Nick Higginson	Cleveleys Road Club	A
20	7:20:00	Jake Turner	Mersey Tri	
21	7:21:00	David Hilditch	Ribble Valley C&RC	F
22	7:22:00	Jez Willows	Sherwood CC	D
23	7:23:00	Stephen Spellacy	Dumfries CC	C
24	7:24:00	Mike Kirby	Banbury Star Cyclists' Club	E
25	7:25:00	Philip Jones	Peterborough CC	E
26	7:26:00	David Nichol	Ferryhill Whs	G
27	7:27:00	Declan Brady	Bury Clarion CC	
28	7:28:00	Neil Taylor	Wigan Whs CC	A
29	7:29:00	Jemil Tokdemir	Team ASL-Bolton	
30	7:30:00	Paul Russell	Springfield Financial Racing Team	D
31	7:31:00	Stephen Magrath	Blaydon CC	
32	7:32:00	Mick Braithwaite	Springfield Financial Racing Team	C
33	7:33:00	Mark Brownless	Teesdale CRC	C
34	7:34:00	Tim Burdon	Allen Valley Velo	A
35	7:35:00	Philip Knupfer	Manchester Bicycle Club	A
36	7:36:00	Jamie Pleavin	Liverpool Century RC	C
37	7:37:00	Jeff Belt	Stockton Wheelers CC	C
38	7:38:00	Stuart MacCallum	Team Andrew Allan Architecture	B
39	7:39:00	Ed Neilson	Vive Le Velo	B
40	7:40:00	Tom Thorpe	Fenland Clarion CC	
41	7:41:00	Mike Furby	Valley Striders Cycling Club	C
42	7:42:00	Stephanie Evans	Albarosa CC	Wom
43	7:43:00	Rachael Maxwell	Border City Whs CC	Wom B
44	7:44:00	Helen Goldthorpe	Otley CC	Wom A



45	7:45:00	Liz Ball	Valley Striders Cycling Club	Wom F
46	7:46:00	Theresa Taylor	Springfield Financial Racing Team	Wom E
47	7:47:00	Bethany Spencer	Kettering CC	Wom
48	7:48:00	Erica Booth	Lancashire RC	Wom A
49	7:49:00	Amelia Mitchell	FTP ( Fulfil The Potential ) Race Team	Wom
50	7:50:00	Jennifer George	The Independent Pedaler - NopinZ	Wom
51	7:51:00	Pip Jenkins	1904RT	Wom
52	7:52:00	Emily Martin	Weaver Valley CC	Wom
53	7:53:00	Joanna Cebrat	Bury Clarion CC	Wom A
54	7:54:00	Frances Owen	Fibrax Wrexham RC	Wom
55	7:55:00	Louise Burnie	Blaydon CC	Wom
56	7:56:00	Lizi Brooke	Wahoo Endurance Zone p/b Le Col	Wom
57	7:57:00	Megan Dickerson	FTP ( Fulfil The Potential ) Race Team	Wom
58	7:58:00	Kate Allan	Team Bottrill	Wom
59	7:59:00	Rebecca Anderbury	OxfordTri	Wom
60	8:00:00	Joanna Patterson	Wahoo Endurance Zone p/b Le Col	Wom
61	8:01:00	Chris Moores	Norwood Paragon CC	A
62	8:02:00	Andy Critchlow	Norwood Paragon CC	B
63	8:03:00	Sandy Taylor	GTR - Return To Life p/b Streamline	A
64	8:04:00	Simon Warren	Norwood Paragon CC	B
65	8:05:00	Robbie Mitchell	Auchencrow Thistle CC	A
66	8:06:00	John Thelwell	TricentralUK	
67	8:07:00	Angus Wilson	Team Andrew Allan Architecture	C
68	8:08:00	Steven Hankey	Warrington Road Club/Horton Light Engineering	B
69	8:09:00	Joseph Cadwallader	Bury Clarion CC	B
70	8:10:00	Lee Williams	North Hampshire RC	
71	8:11:00	Gavin McCloskey-Lambert	Manchester Wheelers	
72	8:12:00	Freddie Martin	Cheltenham & County Cycling Club	
73	8:13:00	David Berry	Wigan Whs CC	
74	8:14:00	Adam Whittaker	FTP ( Fulfil The Potential ) Race Team	
75	8:15:00	Douglas Watson	GTR - Return To Life p/b Streamline	B
76	8:16:00	Andrew Whiteside	Springfield Financial Racing Team	B
77	8:17:00	Tristan Pilling	University of Derby Cycling Club	
78	8:18:00	David Powell	Horwich Cycling Club	A
79	8:19:00	Andy Gray	Congleton CC	B
80	8:20:00	Alexander Royle	Manchester Bicycle Club	
81	8:21:00	Ben Lloyd	Fibrax Wrexham RC	
82	8:22:00	Chris Smart	GTR - Return To Life p/b Streamline	A
83	8:23:00	Andrew Gallacher	SVTTA	C
84	8:24:00	Andrew Askwith	Vive Le Velo	D
85	8:25:00	Toby Williams	Velotik Racing Team	



86	8:26:00	Philip Kennell	GS Metro	D
87	8:27:00	Tom Lane	North Hampshire RC	
88	8:28:00	Matt Stell	Springfield Financial Racing Team	A
89	8:29:00	Paul Blackburn	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	A
90	8:30:00	Liam Bard	GTR - Return To Life p/b Streamline	
91	8:31:00	Matthew Brooke	Wahoo Endurance Zone p/b Le Col	
92	8:32:00	Brendan Reese	Army Cycling	B
93	8:33:00	Christian Geldard	North Hampshire RC	B
94	8:34:00	Ian Cox	Fogartys Insurance Tri Team	C
95	8:35:00	Henrik Persson	FTP ( Fulfil The Potential ) Race Team	
96	8:36:00	Tom Thornely	Buxton CC/Sett Valley Cycles	
97	8:37:00	Derek Parkinson	Springfield Financial Racing Team	B
98	8:38:00	Adam Taylor	Wigan Whs CC	
99	8:39:00	Bradley Murphy	SKCC	B
100	8:40:00	Jake Sargent	FTP ( Fulfil The Potential ) Race Team	
101	8:41:00	Greg Elwell	Halifax Imperial Wheelers	B
102	8:42:00	Fraser Minnican	Barrow Central Wheelers	
103	8:43:00	Paul David Fleming	Preston Whs	D
104	8:44:00	Doug Hart	Ilkley CC	B
105	8:45:00	Basel Razouk	Torvelo Racing	
106	8:46:00	Craig Horseman	Giant-Kendal-Sidas.uk	B
107	8:47:00	David Parkin	Chorley Cycling Club	
108	8:48:00	Richard Nesfield	Beacon Wheelers	
109	8:49:00	Kenneth Brown	Velo Club Cumbria	A
110	8:50:00	Adam Duggleby	Chapeau! Vive Le Velo	
111	8:51:00	Dan Anderton	OxfordTri	
112	8:52:00	Phil Williams	Team Bottrill	
113	8:53:00	Joe Beech	Preston Whs	
114	8:54:00	Tim McEvoy	FTP ( Fulfil The Potential ) Race Team	A
115	8:55:00	Marcel Schubert	Darlington Cycling Club	A
116	8:56:00	Jonathan Shubert	FTP ( Fulfil The Potential ) Race Team	
117	8:57:00	Jamie Berry	Vector Racing	
118	8:58:00	Tom Hutchinson	Team Bottrill	
119	8:59:00	John Cripps	Warrington Road Club/Horton Light Engineering	A
120	9:00:00	Christopher Fennell	The Independent Pedaler - NopinZ	

# 2021 100 MILES TIME TRIAL CHAMPIONS



Men - Chris Fennell

Women - Joanna Patterson



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



# 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

As this event is over 100km regulation 22 (c) must be adhered to - (c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

## 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 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

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