

# CC BRECKLAND

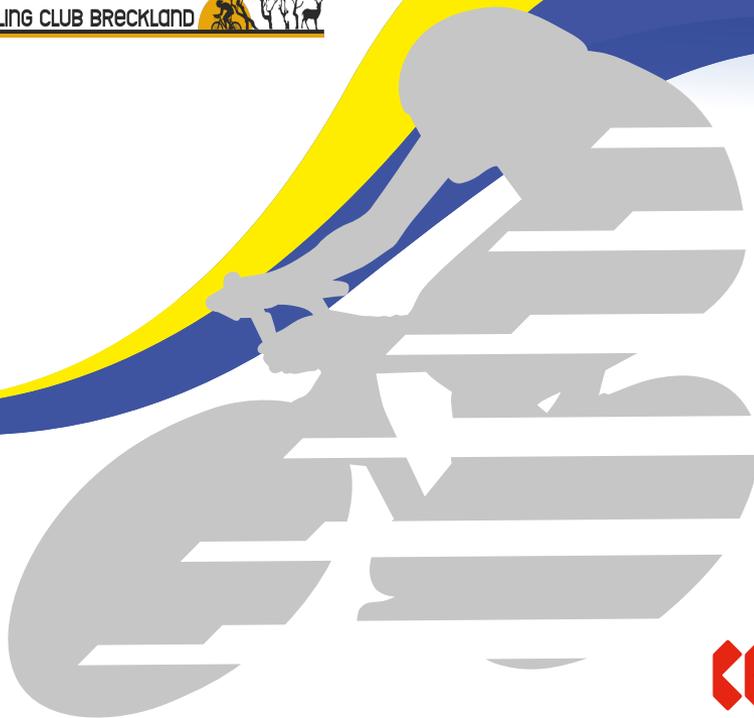
On behalf of  
**EAST DC**  
Present:

## RTTC 100 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 9th JULY 2023



START SHEET



100 MILE TIME TRIAL



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



# 2023 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.

A presentation will take place as soon as possible after the event, individual & team awards will be presented at the RTTC Celebration of Champions on 20th January 2024, age awards will be posted out as soon as possible.



RTTC 100 miles National Championship

Incorporating EDCA championship.

Sunday 9th July 2023

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by the East District Cycling Association.

Event Secretary

Ass. Event Secretary

Mark Fairhead

Don Saunders.

19 Sawmill Close, Wymondham, Norfolk, NR18 0TJ

Mobile 07772 516713

**Time Keepers:**

**Start:** Don Saunders, Andy Moore C C Breckland.

**Finish:** Don Saunders, Heather Saunders, Andy Moore, Emily Osborne  
C C Breckland.

**Pusher off:** Stan Worrell and Mark Munning V C Baracchi.

**Marshals:** From East District Clubs and friends of.

**Headquarters:**

Mundford Village Hall, St. Leonards Street, Mundford, Thetford, Norfolk, IP26 5DW

**Village Hall is located with in the Village of Mundford – with this in mind and the early start time of this event PLEASE be mindful of local resident when shutting vehicle doors etc.**



Commemorative water bottles supplied by Epic  
Custom [www.epic-custom.com](http://www.epic-custom.com)

will be given to riders on signing on.



**Route to start** from HQ.

From HQ Turn Left onto St. Leonards St. at T Junction with A134 Turn Right with caution and head to start location with is approx.. half a mile.

**Route back** to HQ:

Continue straight on and Turn Left into St Leonards St. HQ on the right.

**Refreshment** at HQ by Chalfonts of Hingham. Were there will be a selection of cakes and savoury as well as coffee, tea and cold drinks to wash it down.

**Course:**

B100/8

Start at paint mark on road adjacent to Street Light next to 'No Motor Cycles Allowed' sign, approx. 0.5 miles North of Mundford rab on A134.

Proceed on A134 to Whittington rab, take 3rd exit and proceed on A134 to Wereham rab.

Turn and retrace to Whittington rab, take 1st exit and proceed on A134 to Mundford rab. Turn and continue on A134 to complete circuit at Start point. (20.20)

Complete 2nd circuit 40.40

Complete 3rd circuit 60.60

Complete 4th Circuit 80.80

Continue of 5th circuit to Finish at paint mark adjacent to field entrance just prior to 'MUNDFORD' road sign – 100 miles.

### **EAST DISTRICT LOCAL REGULATIONS**

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A U-TURN is defined as a "180-degree turn completed within the width of the carriageway



whilst astride the machine". It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

CLOTHING – It is recommended that riders do not wear Black or Dark clothing during an event held on public roads.

TURBO TRAINERS - The use of turbo trainers is banned at all events with an AM start time

### **CTT Regulations:**

**FRONT & REAR LIGHTS:** No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front (White) and rear (Red) of their machine working lights, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**Covering the Course:** The onus of keeping to the course rests with each rider.

**Awareness of Surroundings:** Competitors must not use ANY audio equipment except prescribed hearing aids. Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

### **Protective Helmets – Reg. 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. It is the responsibility of the rider to:

(a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.

(b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Riders Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.



Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:

#### 20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use.

In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

Please note Regulation 20a cover riding HEADS DOWN, please maintain forward vision.





## RTTC National 100 mile Championship 2023

Number	Start Time	Name	Club / Team	Age Cat.
1	6:01:00	Katie Simmonds	Horsham Cycling	Wom
2	6:02:00	Judy Reid	Icknield RC	Wom E
3	6:03:00	Kate Bradley	Born to Bike - Bridgtown Cycles	Wom B
4	6:04:00	Andrew Walsh	Audax UK	A
5	6:05:00	Jade Anstis	Royal Leamington Spa Cycling Club	Wom
6	6:06:00	Phil Hurr	Team Skipper	F
7	6:07:00	Corinne Clark	Swindon Wheelers	Wom
8	6:08:00	Paul Looke	Shaftesbury CC	D
9	6:09:00	Thomas Joly de Lotbiniere	CC Breckland	
10	6:10:00	David Nichol	Ferryhill Whs	G
11	6:11:00	Jez Willows	Sherwood CC	D
12	6:12:00	Grace Reynolds	Southampton University Road Cycling Club (SURC)	Wom
13	6:13:00	Stuart Little	Leeds & Bradford Tri Club	
14	6:14:00	James Harris	Catford CC Ltd	A
15	6:15:00	Sean McDougall	Icknield RC	C
16	6:16:00	Lawrence Wintergold	Hounslow & District Whs	D
17	6:17:00	Paul Winchcombe	Chippenham & District Wheelers	E
18	6:18:00	Joanna Cebrat	360cycling	Wom A
19	6:19:00	Kim Barfoot-Brace	Team Bottrill	Wom A
20	6:20:00	John Golder	Chelmer CC	G
21	6:21:00	Roger Sheridan	North Devon Velo	E
22	6:22:00	Will Lowden	HUUB WattShop	
23	6:23:00	Paul Blamire	Amersham Road Cycling Club	B
24	6:24:00	Henry Farrell	Full Gas Racing Team	
25	6:25:00	Mark Styles	TricentralUk	
26	6:26:00	Naomi De Pennington	DRAG2ZERO	Wom B
27	6:27:00	Keith Dorling	Team Bottrill	E
28	6:28:00	Simon Daw	CC Sudbury	D
29	6:29:00	Philip Wilkinson	Rockingham Forest Wheelers	C
30	6:30:00	Gary Lock	New Forest CC	B
31	6:31:00	Tom Thorpe	Fenland Clarion CC	
32	6:32:00	John Brearley	ADDFORM Vive Le Velo	
33	6:33:00	Andy Tucker	Newbury Velo	C
34	6:34:00	Ed Tarelli	Race Hub	C
35	6:35:00	Jeff Roberts	High Wycombe CC	D
36	6:36:00	Christian Geldard	North Hampshire RC	B
37	6:37:00	David Glossy	Elysium Kalas Race Team	C
38	6:38:00	Mark White	Mark White Coaching RT	C

39	6:39:00	Alex Clay	Team Bottrill	Wom
40	6:40:00	Sam Straw	ADDFORM Vive Le Velo	
41	6:41:00	Nic Pillinger	St Neots CC	B
42	6:42:00	Emily Martin	Team Bottrill	Wom
43	6:43:00	Andrew Rivett	Velo Club St Raphael	C
44	6:44:00	Lizi Brooke	Wahoo Le Col	Wom
45	6:45:00	Kevin Wood	Sherwood CC	E
46	6:46:00	Hayley Simmonds	AWOL O'Shea Worx	Wom
47	6:47:00	Sean Sanders	Drighlington BC	C
48	6:48:00	Simon Bowler	AS Test Team	D
49	6:49:00	David Brearley	ADDFORM Vive Le Velo	
50	6:50:00	Kate Allan	Team Bottrill	Wom
51	6:51:00	Alex Dowsett	NopinZ	
52	6:52:00	Mike Skidmore	Cheltenham & County Cycling Club	
53	6:53:00	Alan Murchison	HUUB WattShop	C
54	6:54:00	Joanna Patterson	Wahoo Le Col	Wom
55	6:55:00	Ben Lloyd	Fibrax Wrexham RC	
56	6:56:00	Dave Green	CC Breckland	D
57	6:57:00	Andy Critchlow	Paceline RT	B
58	6:58:00	Tom Thornely	FTP ( Fulfil The Potential ) Race Team	A
59	6:59:00	John Archibald	HUUB WattShop	
60	7:00:00	Lee Williams	FTP ( Fulfil The Potential ) Race Team	
61	7:01:00	Joe Skipper	Team Skipper	
62	7:02:00	Tom Hutchinson	Team Bottrill	
63	7:03:00	Adam Duggleby	ADDFORM Vive Le Velo	
64	7:04:00	Jake Sargent	Team Bottrill	

	<b>Tandem</b>			
131	5:31:00	Norman Harvey	Sotonia CC	
131	5:31:00	Mary Corbett	Sotonia CC	Wom

# 2022 100 MILES TIME TRIAL CHAMPIONS



Men - Jake Sargent

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

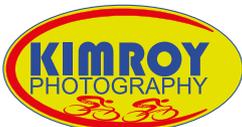
(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(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.



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

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# Cycling Time Trials

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