

Southend Wheelers on behalf of London East DC

Present:

# RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 2nd JULY 2023

**SOUTHEND  
WHEELERS**

**100**  
100 years of cycling on sea

START SHEET



50

50 MILE TIME TRIAL

 **KALAS**



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



# RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



## CHAMPIONSHIP AWARDS

### OVERALL

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

(Men & Women)

Gilt RTTC Medallions and Championship Shield

### AGE AWARDS

(Men & 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.

# SOUTHEND WHEELERS



CTT National 50 miles Cycling Championship 2023  
Promoted by Southend Wheelers on Behalf of London East DC  
For and on behalf of Cycling Time Trials under its Rules & Regulations

Course	E9/50
Date	2 <sup>nd</sup> July 2023
HQ	Writtle University College, Lordship Road, Writtle Essex CM1 3RR
Organiser	Arthur Knowler 3 Caernarvon Close Hockley Essex SS5 4XH
Mobile phone	07944 639876
Timekeepers	John Cottee Trevor Pedley Ian Taylor Peter Smith Len Gordon
Chief Marshal	Terry Butcher
Marshals	Members and friends of Southend Wheelers

**Notes:**

- Riders are reminded that dropping litter, (such as energy gel wrappers or banana skins) is a criminal offence and offenders will be liable to disciplinary action.
- NO U TURNS are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event.

- Riders are not permitted to warm up on the course after the event has started.

### **Directions to the Start:**

The start is one mile from the H.Q. You must follow this route from the HQ to the start:

From the HQ, turn left onto Lordship Road and shortly left again into Cow Watering Lane. After 1/3 mile turn right at grass triangle then shortly left into Old Roxwell Road and proceed to the start at the junction with the A1060. The route is along very minor roads and you should be prepared to encounter poor surfacing, loose mud and gravel along it.

Please do not arrive at the start more than 3 minutes before your start time.

Riders must make their intention to turn at the mini roundabout onto the B184 from the A1060 clear to other road users. This includes the use of hand signals. Riders **MUST NOT** pass to the right of the painted circle on the roundabout. Any rider doing so will be disqualified from the event and report to the District Committee for consideration of disciplinary action.

Riders must take extreme care through High Roding due to parked cars and pedestrians in the road.

Please note that the roundabout at Great Dunmow (furthest turn from the start) is tight and has a poor surface.

### **Course Description E9/50:**

**START** (GR 667076) in Old Roxwell Road at most westerly junction, at seventh kerb joint from main A1060 Carriageway. Proceed along A1060 through Margaret Roding to Leaden Roding (M) (6.3mApprox). Turn right **WITH GREAT CARE (see notes above)** onto B184 and continue through High Roding to turn around small roundabout at Clapton Hall Lane (M) (12.m Approximately). Retrace through High Roding and Leaden Roding (M), turn along A1060 through Margaret Roding to continue to Roundabout at junction with Lordship Road where turn (25.m Approximately) to return to A1060 to start point. **REPEAT CIRCUIT and FINISH** (GR 677075) before roundabout opposite third 'cats eye' before 'Roundabout' sign (Writtle Ongar). After finishing continue to roundabout and turn right into Lordship Road. HQ is on the right.

## **Norman Wells**



In addition to the National Championship this event also hosts the Southend Wheelers' Norman Wells Trophy. This solid silver trophy was purchased from donations 1964 and has been presented to the winner of the club's open 50 mile TT ever since.

Norman, although never a racing man, was a leading light in cycling for 38 years, devoting his life to the club as President, Chairman and Treasurer between 1948-62. He officiated at the 1948 Olympic Games as a timekeeper at the cycling events and thereafter always wore an Olympic blazer when timekeeping for the club. He would walk to club events on the A127 at Eastwood & Vicarage Hill Benfleet (on the A13) from his home in Holyrood Avenue Westcliff & back again in all weathers, distances of around 5 miles each way. Interestingly it is said that he never rode a bike in his life.

He joined Southend and County Wheelers in 1925 – soon after its formation.

## **Founder's Cup**

We will also be presenting The Founder's Cup to the fastest Southend Wheeler at the event. The Founder's Cup, also made from solid silver, was inaugurated in 1924 when the club was one year old and was paid for by the founding members of the club. Since that date the cup has been awarded annually to the fastest 50 time trial performance by a club member with open events being the only counters since 1926. The first winner in 1924 was Jock Ashley in 2:29:20. The next year the winner was Wally Palmer, who also won the 2nd ever club Open 50 in 1927. He would have won in 1926 as well if he hadn't had a late start!



## RTTC National 50 mile Championship 2023

### Men

Number	Start Time	Name	Club / Team	Category
1	6:01:00	John Paduano	Southend Wheelers	A
2	6:02:00	Patrick Ellerbeck	St Neots CC	F
3	6:03:00	Joe Benton	Dunmow Velo	
4	6:04:00	Joseph Shaw	Ipswich BC	
5	6:05:00	David Gray	Axe Valley Pedallers	E
6	6:06:00	Ian Damant	Becontree Wheelers CC	E
7	6:07:00	Alexander Fox	Essex Roads CC	
8	6:08:00	Kenneth Hardcastle	Hart Evolution Race Team	H
9	6:09:00	Adrian Fahy	Onyx RT	A
10	6:10:00	Alexander Luisi	Bath Cycling Club	
11	6:11:00	Nick Hammond	Ilkeston Cycle Club	
12	6:12:00	Bob Cliff	Redbridge CC	B
13	6:13:00	Phillip Lovett	Backpedal	B
14	6:14:00	James Harrison	Hythe Cycling Club	A
15	6:15:00	Ian George	East Essex Triathlon Club	C
16	6:16:00	Jamie Bishop	Harlow CC	C
17	6:17:00	Jonathan Whittaker	Army Cycling	
18	6:18:00	James Lonergan	Southend Wheelers	
19	6:19:00	Ian O'Neill	Shaftesbury CC	D
20	6:20:00	Cliff Voller	VTTA West Group	G
21	6:21:00	Themi Petridis	Stortford Tri	B
22	6:22:00	Luke Walton	Elevate RT	
23	6:23:00	Andrew Foster	VØRANJE	C
24	6:24:00	Martin Beale	Velo Club St Raphael	C
25	6:25:00	Steven Phillips	Verulam CC	B
26	6:26:00	George Westall	Royal Air Force Cycling Association	
27	6:27:00	Wayne Osmond	Rogue Racing	E
28	6:28:00	Andy Delaney	Lea Valley CC	C
29	6:29:00	Adrian Tovey	Maldon & District CC	C
30	6:30:00	Alan Grant	Kingston Wheelers CC	D
31	6:31:00	Dean Lubin	Team Vision Racing - Silverhook	C



32	6:32:00	John Hyde	Velo Club St Raphael	C
33	6:33:00	Richard Mellor	Team Bottrill	C
34	6:34:00	Gregory Woodford	Reading CC	E
35	6:35:00	Richard Jones	Amersham Road Cycling Club	B
36	6:36:00	Philip Hodey	Shaftesbury CC	C
37	6:37:00	Tom Thorpe	Fenland Clarion CC	
38	6:38:00	Adam French	North Essex Velo	
39	6:39:00	Roy Rowland	Diss & District CC	
40	6:40:00	Simon Alexander	Richardsons-Trek RT	
41	6:41:00	Gary Lock	New Forest CC	B
42	6:42:00	Michael Schofield	Verulam CC	D
43	6:43:00	Dylan Griffiths	University of Bath Cycling Club	
44	6:44:00	Henry Okill	Southend Wheelers	
45	6:45:00	Will Lowden	HUUB WattShop	
46	6:46:00	Karl Norris	360VRT	C
47	6:47:00	Rob Graham	GTR - Return To Life p/b Streamline	
48	6:48:00	Neil Cleminshaw	ADDFORM Vive Le Velo	C
49	6:49:00	Nigel Pratt	Velo Club St Raphael	C
50	6:50:00	Kevin Wood	Sherwood CC	E
51	6:51:00	Adam Baker	Royal Air Force Cycling Association	
52	6:52:00	Dan Jenkins	Hart Performance Coaching	D
53	6:53:00	Sam Straw	ADDFORM Vive Le Velo	
54	6:54:00	Simon Dighton	Beacon Roads CC	E
55	6:55:00	Alex Pritchard	HUUB WattShop	
56	6:56:00	Edd Charlton-Weedy	Army Cycling	
57	6:57:00	Jamie Murray	Peterborough CC	A
58	6:58:00	Paul Turton	Team Vision Racing - Silverhook	C
59	6:59:00	Michael Barnes	Royal Air Force Cycling Association	
60	7:00:00	Patrick Casey	Anexo Group Race Team	
61	7:01:00	Aaron Freeman	Richardsons-Trek RT	
62	7:02:00	Keith Dorling	Team Bottrill	E
63	7:03:00	Shaun Jarvis	St Neots CC	
64	7:04:00	Malcolm Smith	Peterborough CC	D
65	7:05:00	David Glossy	Elysium Kalas Race Team	C
66	7:06:00	Peter Harding	Chelmer CC	A
67	7:07:00	Simon Bowler	AS Test Team	D



68	7:08:00	Benjamin Williams	Cliff Pratt Racing	
69	7:09:00	Samuel Thienel	Elysium Kalas Race Team	
70	7:10:00	Colin Ward	Essex Roads CC	B
71	7:11:00	Cian Leveridge	Team PB Performance	
72	7:12:00	Jack Crook	Richardsons-Trek RT	
73	7:13:00	Nic Pillinger	St Neots CC	B
74	7:14:00	David Halliday	Team Bottrill	
75	7:15:00	Andrew Rivett	Velo Club St Raphael	C
76	7:16:00	Paul Willcox	North Road CC	B
77	7:17:00	Richard Sharp	ADDFORM Vive Le Velo	A
78	7:18:00	Paul Pardoe	Peterborough CC	A
79	7:19:00	Jake Sargent	Team Bottrill	
80	7:20:00	Chris Smart	GTR - Return To Life p/b Streamline	A
81	7:21:00	Pat Wright	Paceline RT	
82	7:22:00	George Fox	George Fox Cycling Solutions	
83	7:23:00	James Jenkins	Richardsons-Trek RT	
84	7:24:00	Oliver Peckover	trainSharp	
85	7:25:00	Simon McNamara	Sigma Sports   Cannondale RT	B
86	7:26:00	John Wingfield	Elysium Kalas Race Team	
87	7:27:00	Jack Levick	Rose Race Team	
88	7:28:00	Ben Lloyd	Fibrax Wrexham RC	
89	7:29:00	Matthew Smith	DRAG2ZERO	B
90	7:30:00	Tom Hutchinson	Team Bottrill	
91	7:31:00	Paul Burton	Paceline RT	A
92	7:32:00	Alex Dowsett	NopinZ	
94	7:34:00	Timothy Torrie	trainSharp	
96	7:36:00	Adam Duggleby	ADDFORM Vive Le Velo	
98	7:38:00	Christopher McNamara	Sigma Sports   Cannondale RT	B
100	7:40:00	John Archibald	HUUB WattShop	
		<b>Women</b>		
<b>Number</b>	<b>Start Time</b>	<b>Name</b>	<b>Club / Team</b>	<b>Category</b>
101	7:41:00	Denise Kemp	Southend Wheelers	D
102	7:42:00	Elsbeth Knott	Colchester Rovers CC	G
103	7:43:00	Kerry Brennand	Newmarket Cycling & Triathlon Club	A



104	7:44:00	Fran Brown	Lea Valley CC	
105	7:45:00	Toni Saunders	Hainault RC	D
106	7:46:00	Emma Cowper	Walden Tri	
107	7:47:00	Catherine Linney	7Oaks Tri Club	C
108	7:48:00	Rosie Wild	Army Cycling	
109	7:49:00	Jan Harvey	Southend Wheelers	C
110	7:50:00	Elizabeth Williams	The Ark Cycles	B
111	7:51:00	Eve Newton	Army Cycling	
112	7:52:00	Karen Aylen	Maldon & District CC	C
113	7:53:00	Ruth Stapleton	Harlow CC	A
114	7:54:00	Abbey Thompson	Stonham Barns Park – SYRT	
115	7:55:00	Jordan Matthews	FTP ( Fulfil The Potential ) Race Team	
116	7:56:00	Roxane Heaton	Otley CC	A
117	7:57:00	Louise Robinson	Essex Roads CC	B
118	7:58:00	Chanel Mason	Army Cycling	A
119	7:59:00	Anya Tamplin	Loughborough Lightning / TRG	
120	8:00:00	Kim Barfoot-Brace	Team Bottrill	A
121	8:01:00	Lizi Brooke	Wahoo Le Col	
122	8:02:00	Laura Davies	Jadan Vive Le Velo	
124	8:04:00	Anastasia Bowler	Wahoo Le Col	
126	8:06:00	Alex Clay	Team Bottrill	
128	8:08:00	Sally Turner	HUUB WattShop	A
130	8:10:00	Emily Martin	Team Bottrill	
132	8:12:00	Hayley Simmonds	AWOL O'Shea Worx	
134	8:14:00	Kate Allan	Team Bottrill	

**SOUTHEND  
WHEELERS**



# WE MAKE YOU FASTER



Kalas x Vorteq Research & Development Partnership

**Your Ride Made Better**



# 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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