

# FTP (Fulfil The Potential) Race Team

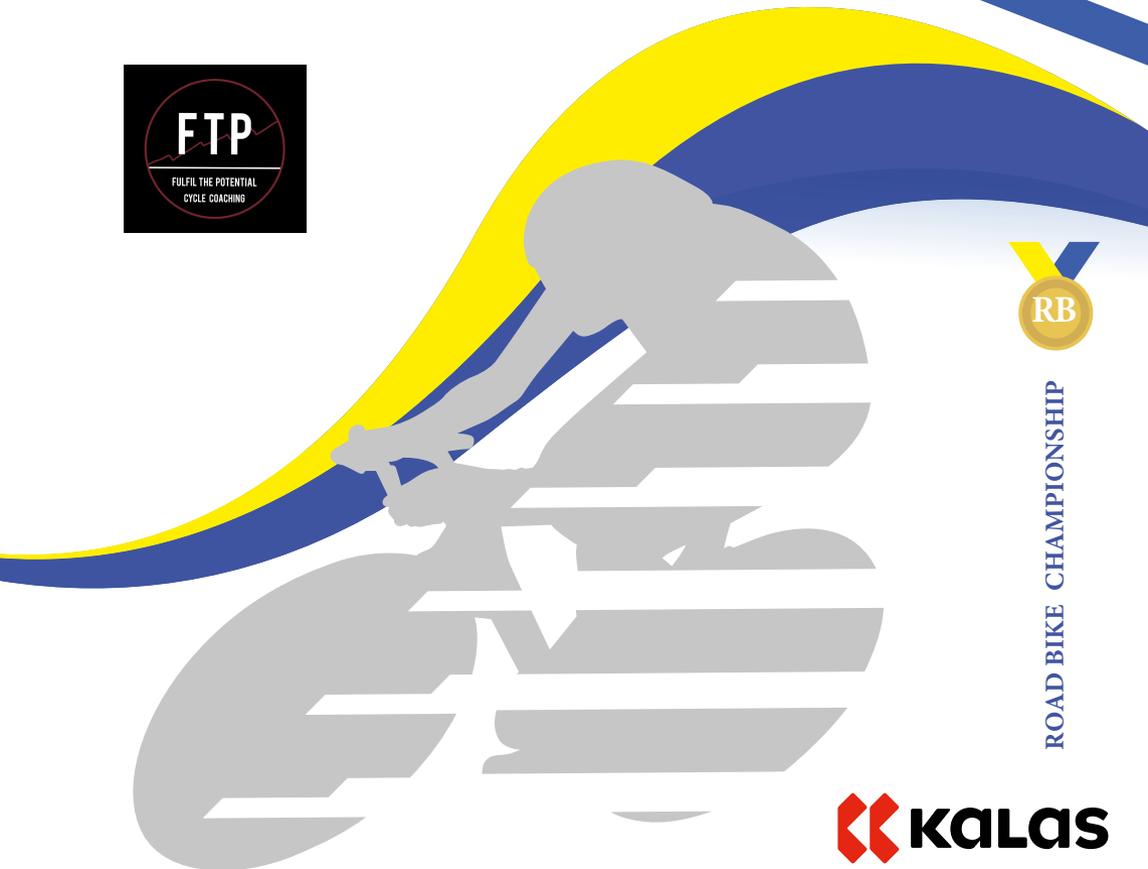
on behalf of

## West DC

Present:

## RTTC ROAD BIKE NATIONAL CHAMPIONSHIP

### SUNDAY 1st October 2023



ROAD BIKE CHAMPIONSHIP



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



## RTTC ROAD BIKE TIME TRIAL NATIONAL CHAMPIONSHIP (MEN, WOMEN & JUNIORS)

A CTT representative will be in attendance



### CHAMPIONSHIP AWARDS

#### MEN OVERALL

1st Gilt RTTC Medallion, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

#### WOMEN

1st Gilt RTTC Medallion, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

#### JUNIOR MEN & JUNIOR WOMEN

1st Gilt RTTC Medallion, Jersey & Cap

#### 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

The age awards will be engraved and posted out asap. The individual awards will be engraved and presented at the Champions Celebration on 20th January 2024.



Roadbike TTs are something we have built into our events from the start so to run a championship on behalf of the West DC was a great opportunity we are proud to have had.

These events are great to run, hopefully the team shown that with a few determined people what can be done and I would say to any Club / team that hasn't already its hugely satisfying running a TT.

Thank you to all riders that took part on the day, we truly hope you enjoyed the event.

The biggest thanks go to:

Greg from Bomber Bikeworks - brought a cake, supported the event and was based at the start giving everyone a decent push of the line.

Sheldon White and Dad - Marshalling at the Acton Turnville turn.

Arran Armstrong - Helped with the early morning putting out of the signs and was the teams representative at the HQ

Lee Williams - on the hill before the finish

Matt Cox - at the first turn off the A420.

Russell Rubas - Also at the first turn with Matt

Olive Holiday - At the Tormarton turn.

Floren Scrafton - put in a cracking ride then went to marshal after

Your Time Keepers on the day - Mike Halgarth - Start with Sue Andrews a Andy Greatwood and Dennis Davies who have helped and supported us at every event we've ran at the Finish,

Your brilliant of selection of muffins and bars where kindly donated by Warmley Waiting Room - [www.warmleywaitingroom.co.uk](http://www.warmleywaitingroom.co.uk)

With team rider Clare Parkin providing a cake as well on the day.

Jon at Pedalling Perfection kindly supported the Childcare to ensure it ran and remained a free service, hopefully this option will be available at more events in the future to support riders [www.pedallingperfection.com](http://www.pedallingperfection.com)

A personal thank you goes to Stewart Smith of the CTT, a huge help before, during and after the event, Stewart was there early and the last to leave, so much work goes on behind these events that no one every sees and we feel this deserves recognition.

Thank you again.

Billy Oliver

FTP (Fulfil The Potential) Racing





## RTTC NATIONAL ROAD BIKE CHAMPIONSHIP 2023

### AGE AWARDS

#### JUNIOR WOMEN

13 year old	Holly Tregear	Wheal Velocity	1:04:46
14 year old	Abbey Thompson	Stonham Barns Park – SYRT	56:52
16 year old	Sophie Heighton	Ferryhill Whs	56:40
17 year old	Poppy Kisley	Banbury Star Cyclists' Club	55:41

#### JUNIOR MEN

14 year old	Michael Vernon	North Devon Velo	46:19
15 year old	James Tregear	Wheal Velocity	54:10
16 year old	Matthew Thompson	Rugby Racing Cycling Club	43:20
17 year old	James Wicks	Hart Performance Coaching	47:33
18 year old	Matthew Gilmour	Backstedt Bike Performance Junior Race Team	43:28

#### WOMEN

A	Joanna Brewis	Sheffrec CC	47:14
B	Chris Murray	Army Cycling	50:09
C	Angela Carpenter	...a3crg	48:37
D	Claire Emons	...a3crg	51:17
E	Judy Brown	Newmarket Cycling & Triathlon Club	54:20
F	Theresa Frost	Tri Logic Cornwall	57:06

#### MEN

A	Paul Burton	Paceline RT	40:11
B	Cris Coxon	Brighton Mitre CC	40:53
C	Kevin White	Matlock CC	42:50
D	Simon Bowler	AS Test Team	44:49
E	Dave Dent	GS Stella	45:05
F	Patrick Ellerbeck	St Neots CC	48:26
G	Mick Stevens	Melton Olympic CC	50:49
H	Robert Latchem	Somer Valley Cycling Club	57:49
I	John J Murphy	Gloucester City Cycling Club	1:15:22

#### OVERALL

#### AWARDS

#### JUNIOR WOMEN

1	Poppy Kisley	Banbury Star Cyclists' Club	55:41
2	Sophie Heighton	Ferryhill Whs	56:40
3	Abbey Thompson	Stonham Barns Park – SYRT	56:52





<b>JUNIOR MEN</b>				
1	Matthew Thompson	Rugby Racing Cycling Club	43:20	
2	Matthew Gilmour	Backstedt Bike Performance Junior Race Team	43:28	
3	Mathys Venter	Maindy Flyers Cycling Club	44:46	
<b>WOMEN</b>				
1	Ruth Shier	Hutchinson - Brother UK	45:55	
2	Joanna Brewis	Sheffrec CC	47:14	
3	Miranda Clements	Cambridge University CC	47:27	
<b>MEN</b>				
1	Mikey Mottram	Ribble Collective	39:40	
2	Paul Burton	Paceline RT	40:02	
3	Guido Blee	Paceline RT	40:10	
<b>FULL RESULTS</b>				
<b>TANDEMS</b>				
1	Chris McDonald	PDQ Cycle Coaching	42:32	
1	Oscar Hutchings	Team Tor 2000   KALAS		
2	Michael Brooks	Pronto Bikes	49:21	
2	Stuart Farrimond	Westbury Wheelers		
3	Jonathan Dixon	Audax UK	52:40	
3	Karolina Deutsch	Audax UK		
<b>JUNIOR WOMEN</b>				
1	Poppy Kisley	Banbury Star Cyclists' Club	55:41	W 17
2	Sophie Heighton	Ferryhill Whs	56:40	W 16
3	Abbey Thompson	Stonham Barns Park – SYRT	56:52	W 14
4	Holly Tregear	Wheal Velocity	1:04:46	W 13
DNS A	Evelyn Field	JRC Interflon Race Team	DNS A	W 17
<b>JUNIOR MEN</b>				
1	Matthew Thompson	Rugby Racing Cycling Club	43:20	16
2	Matthew Gilmour	Backstedt Bike Performance Junior Race Team	43:28	18
3	Mathys Venter	Maindy Flyers Cycling Club	44:46	16
4	Iwan Clark	Maindy Flyers Cycling Club	45:31	16
5	Michael Vernon	North Devon Velo	46:19	14
6	James Wicks	Hart Performance Coaching	47:33	17
7	Angus Collard	Portishead Cycling Club	49:04	16
8	James Tregear	Wheal Velocity	54:10	15
9	Thomas Bennett	Palmer Park Velo	56:13	15





10	Theo Hester	Avid Sport	59:18	16	INC 0:18 L/S
DNS	Sam Stapleton	Oxonian CC	DNS	17	
DNS A	Hamish Hunter	Velo Club Venta	DNS A	16	
<b>WOMEN</b>					
1	Ruth Shier	Hutchinson - Brother UK	45:55	W	
2	Joanna Brewis	Sheffrec CC	47:14	W A	
3	Miranda Clements	Cambridge University CC	47:27	W	
4	Anna Brearley	Thames Valley Triathletes	48:00	W	
5	Charlotte Emily Daisy Berry	Hutchinson - Brother UK	48:05	W	
6	Angela Carpenter	...a3crg	48:37	W C	
7	Josie Harcourt	FTP ( Fulfil The Potential ) Race Team	48:44	W	
8	Chris Murray	Army Cycling	50:09	W B	
9	Claire Hall	North Essex Velo	50:11	W B	
10	Hannah Bayes	Saint Piran	50:32	W	
11	Floren Scafton	FTP ( Fulfil The Potential ) Race Team	51:15	W	
12	Claire Emons	...a3crg	51:17	W D	
13	Pippa Inderwick	Army Cycling	51:32	W	
14	Louisa Cooper	Poole Wheelers Cycling Club	51:59	W A	
15	Kerry Brennan	Newmarket Cycling & Triathlon Club	52:04	W A	
16	Ella Roper	05/03	52:22	W A	
17	Maria Powell	FTP ( Fulfil The Potential ) Race Team	52:59	W D	
18	Emma Bexson	Stratford Cycling Club	53:06	W B	
19	Judy Brown	Newmarket Cycling & Triathlon Club	54:20	W E	
20	Liz Kemp	Pronto Bikes	54:30	W B	
21	Sue Smith	Swindon Wheelers	55:05	W C	
22	Lisa Elliott	Clevedon & District Road Club	55:55	W B	
23	Claire Fennell	Pronto Bikes	55:57	W	
24	Sara James	Clevedon & District Road Club	56:15	W D	
25	Theresa Frost	Tri Logic Cornwall	57:06	W F	
26	Caroline Nottage	Army Cycling	59:00	W	
27	Joanna Meier	Chippenham & District Wheelers	1:02:09	W C	INC 4:05 L/S
28	Joanna Legge-Knight	Bristol South Cycling Club	1:04:10	W E	
29	Caroline Wyke	CC Sudbury	1:19:06	W F	
DNS	Vikki D'Arcy	Watford Velo Sport	DNS	W C	
DNS	Lisa Buchanan	Crystal Palace Triathletes	DNS	W A	
DNS A	Andrea Parish	VeloSistas TT Team	DNS A	W D	
DNS A	Alice Lethbridge	Loughborough Lightning / TRG	DNS A	W	





DNS A	Sian Marsh	Team BoomPods	DNS A	W	
DNS A	Rebecca Seal	FTP ( Fulfil The Potential ) Race Team	DNS A	W	
DNS A	Jennifer George	HUUB WattShop	DNS A	W A	
<b>MEN</b>					
1	Mikey Mottram	Ribble Collective	39:40		
2	Paul Burton	Paceline RT	40:02	A	
3	Guido Blee	Paceline RT	40:10		
4	Jamie Whitcher	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	40:11		
5	Matt Rossiter	Newbury RC	40:19		
6	Dominic Jackson	Foran CCC	40:23		
7	Danylo Riwnyj	trainSharp	40:31		
8	Jake Sargent	Team Bottrill	40:32		
9	Cris Coxon	Brighton Mitre CC	40:53	B	
10	Colin Ward	Essex Roads CC	41:04	B	
11	Robert Francis	Pronto Bikes	41:23		
12	Rob Walker	WardPerformanceUK.com	41:34		
13	Gabe Dellar	Stolen Goat Race Team	41:42		
14	Tom Biggs	Rule 28 x ATP Performance	42:08		
15	Chris Booth	Giant-Kendal-Sidas.uk	42:13		
16	Steven Filder	Velo6 Racing	42:15		
17	Luke Walton	Elevate RT	42:28		
18	Pete Dyson	East London Velo	42:44		
19	Kevin White	Matlock CC	42:50	C	
19	Alastair Ribbands	Congleton CC - MyWindsock	42:50	A	
21	Mark Lovatt	Congleton CC - MyWindsock	42:56	C	
22	Karl Norris	360VRT	43:10	C	
23	Oliver Searle	Team Enable - M.I. Racing - McCann	43:19		
24	William Neill	MagCAD Designs	43:37		
24	Andrew Metherell	Salt and Sham Cycle Club	43:37	C	
26	Anthony Roberts	V C Meudon	43:38		
27	Joel Hyde	Pronto Bikes	43:40	C	
28	Oliver Brand	Pronto Bikes	43:47	A	
29	Matt Phipps-Taylor	Paceline RT	43:49		
30	Michael Davis	FTP ( Fulfil The Potential ) Race Team	43:59	A	
31	Robin Kirk	Velo Club Godalming & Haslemere	44:03	B	
32	Arion Oates	PDQ Cycle Coaching	44:06		
33	Gavin Lancaster	PDQ Cycle Coaching	44:19	C	
34	Felix Whetter	Mid Devon Cycling Club	44:43		
35	Paul Ashman	Swindon Wheelers	44:44	B	





36	Ben Cauldwell	FTP ( Fulfil The Potential ) Race Team	44:47		
37	Simon Bowler	AS Test Team	44:49	D	
38	Steve Gibson	Peak Road Club	44:56	D	
39	Phil Land	Velo6 Racing	44:59	C	
40	Dave Dent	GS Stella	45:05	E	
41	Kevin Satterthwaite	Gorilla Coffee Cycling Club	45:08	B	
41	Ben Dodd	Royal Leamington Spa Cycling Club	45:08		
43	George Westall	Royal Air Force Cycling Association	45:10		
44	Nick Hammond	Ilkeston Cycle Club	45:18		
44	Tom Burke-Nott	Bristol South Cycling Club	45:18	B	
46	Luke Cairney	Gannet CC	45:26		
47	Tom Quinlan	FTP ( Fulfil The Potential ) Race Team	45:38		
48	Tom Sturdy	Pronto Bikes	46:00		
49	Simon Ward	Bristol Road Club	46:19	B	
					INC 0:30 L/S
50	Andrew Hicklin	Peak Road Club	46:21	D	
51	Deacon Cutterham	FTP ( Fulfil The Potential ) Race Team	46:24	A	
52	Andy Self	North Hampshire RC	46:32	E	
53	Robbie Disney	Aerologic RT	46:37		
54	Charles Zanettacci	Cheltenham & County Cycling Club	46:51	E	
55	Tony Symons	Tavistock Whs CC	47:12	E	
56	Andy Husband	Sodbury Cycle Sport	47:22	E	
57	Joshua Lahiri	Portsdown Hill CC	47:29		
58	Michael Thornewill	Sherwood CC	47:38	E	
59	Paul Wilkinson	Pronto Bikes	47:40	C	
60	James Pugh	360VRT	47:51		
61	Ben Phyll	Stratford Cycling Club	48:00	A	
62	David English	Chippenham & District Wheelers	48:25	B	
63	Patrick Ellerbeck	St Neots CC	48:26	F	
64	Jason Mould	Army Cycling	48:49		
65	Alan Cridland	Army Cycling	48:54		
66	Simon Thexton	Performance Cycles CC	49:19	B	
67	Simon Cox	Chippenham & District Wheelers	49:22	C	
68	Andy McPherson	VC 10	49:42	D	
69	Graham Lloyd	Halifax Imperial Wheelers	50:08	E	
70	Mick Stevens	Melton Olympic CC	50:49	G	
71	Simon Offord	Stroud Valley Velos	50:51	D	
72	Gary Hobbs	Stroud Valley Velos	51:03	E	
73	Shaun Dalton	Derby Mercury R C	51:22	B	





73	Christopher Davis	Giant CC Halo Films	51:22	F	
75	Neil Druce	Didcot Phoenix CC	51:52	D	
76	Nicholas Philpott	n-tec racing	51:59	E	
77	Michael Smith	Mickey Cranks Cycling Club	52:02	D	
78	Mike Marchant	Southdown Velo	53:01	F	
79	Jon Fairclough	Kelso Wheelers Cycling Club	53:09	F	
80	Jon Tune	City Cycle Couriers RT	53:27	B	
81	Daryl Stroud	Gloucester City Cycling Club	53:42	D	
82	Paul Illott	Cowley Road Condors CC	53:43	C	
83	Adrian Lauchlan	Southgate CC	54:04	F	
84	Ian Lakey	Okehampton CC	54:17	E	
85	Robert Gilmour	Hounslow & District Whs	54:35	G	
86	Dan Thisdell	Tandem Club	54:49	E	
87	Jamie Spicer	Dorking Cycling Club	54:59		
88	Conrad Venter	Cardiff Ajax CC	55:24	A	
89	David Murphy	Liverpool Mercury CC	55:36		
90	Jason Maule	Somer Valley Cycling Club	55:37	C	
91	James Greenaway	Exeter Whs CC	56:07		
92	Harry Burgess	Cheltenham & County Cycling Club	57:28		
93	Robert Latchem	Somer Valley Cycling Club	57:49	H	
93	Graham Morrison	Newbury Velo	57:49	C	
95	Karl Corpez	Charlotteville Cycling Club	59:27	D	
96	Andrew Puttick	Swindon Road Club	59:37	A	
97	Matt Baird	Chew Valley Cycling Club	59:38	A	
98	Lewis Lawton	Swindon Road Club	1:00:47	G	
99	James Wasley	Dorking Cycling Club	1:05:42	B	
100	Phillip Felice	Pembrokeshire Velo	1:05:49	E	
101	Raymond Batsford	Penge Cycle Club	1:08:51	H	
102	David Barry	sportfagley	1:09:54	G	
103	John J Murphy	Gloucester City Cycling Club	1:15:22	I	
DNF	Frederick Mayall	Exeter Whs CC	DNF	D	
DNF	Tim Lewis	Paceline RT	DNF	B	
DNS	Kevin Mayes	Salt and Sham Cycle Club	DNS	A	
DNS	Johnnie Weightman	Ex Machina	DNS		
DNS	Toks Adesanya	Addiscombe CC	DNS	D	
DNS	Robert Cranstone	GS Vecchi	DNS	E	
DNS	Milo Purvis	Paceline RT	DNS		
DNS	Daniel Miles	Bath Cycling Club	DNS	A	
DNS A	Alex Balfour	Rye & District Wheelers CC	DNS A	C	
DNS A	Dino Sway	ABC Centreville	DNS A		





DNS A	Tim Davies	Sarn Helen Club	DNS A	C	
DNS A	Adam Wolley	Cranleigh Cycling Club	DNS A		
DNS A	Nick Giles	Pocomotion Road Club	DNS A	E	
DNS A	Hugh Madeley	Saint Piran	DNS A		
DNS A	Haydn Davies	Giant CC Halo Films	DNS A	F	
DNS A	Pete Christensen	Hart Evolution Race Team	DNS A	A	
DNS A	Tim Radley	Gloucester City Cycling Club	DNS A	B	



# 2023 ROAD BIKE CHAMPIONS



Men - Mikey Mottram



Women - Ruth Shier



Junior Men - Matthew Thompson



Junior Women - Poppy Kisley



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