

South East Midlands DC

Present

RTTC ROAD BIKE NATIONAL CHAMPIONSHIPS

SUNDAY 28th APRIL 2024

START SHEET



ROAD BIKE CHAMPIONSHIPS

 **KALAS**



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



# RTTC ROAD BIKE NATIONAL CHAMPIONSHIPS

A CTT representative will be in attendance



## CHAMPIONSHIP AWARDS

Men, Women, Junior Men, Junior Women



## RTTC ROAD BIKE CHAMPIONSHIPS - Men, Women, Junior Men, Junior Women

1st Gold RTTC Medallion, 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 after the event, overall medals will be presented at the Champions Celebration on 16th November 2024, the age awards will be posted out as soon as possible.

# 2024 Road Bike TT National Championship

Thank you for entering the 2024 Road Bike TT National Championship. The course is not quite what was originally envisioned but I wanted to avoid roads too narrow that would disadvantage riders who met oncoming vehicles and then I changed it again after the final risk assessment and finding out that a recycling centre on version 2 of the route occasionally had large queues outside this time of year. So the technical challenge on a mildly undulating course is presented by the roundabouts and a small kick at the end. Please read the course description and associated notes below.

**Noel Toone**  
**Northampton & District Cycling Association**

Course description NC26:

**START** On B660 slip road at the drain approx. 10m from the junction with the B1043.

**Turn left and Proceed** Southwards on B1043 to Sawtry North Roundabout (1.6 miles), where

**Straight on** 1<sup>st</sup> exit to St Andrews Way Roundabout (2.0 miles), where

**Straight on** 1<sup>st</sup> exit to Sawtry Interchange Roundabout (2.4 miles), where

**Straight on** 1<sup>st</sup> exit to Tollbar Way Roundabout (3.2 miles), where

**TURN** 4<sup>th</sup> exit to retrace North, straight on over the 3 previous roundabouts, past the start on the other side of the road, to Stilton Roundabout ( 8.7 miles) where

**TURN** to return south on the B1043 past the start (11.0 miles) to commence a 2<sup>nd</sup> lap

## **Lap 2**

Continue south until the southern turn at Tollbar Way Roundabout (14.2 miles) retrace north to the Stilton roundabout turn (19.7 miles) then retrace south and immediately before the start (22.0 miles)

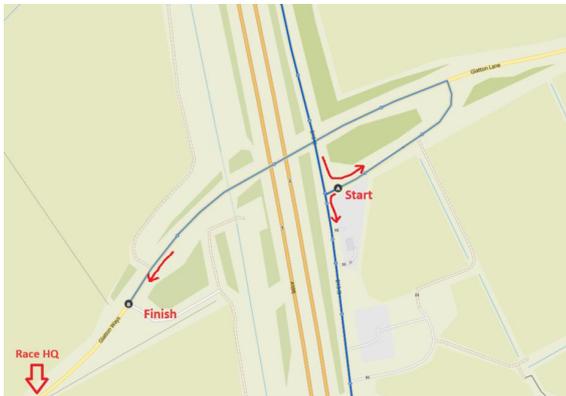
**TURN LEFT** onto B660 slip road and immediately **turn left** (22.1 miles) onto Glatton Lane (B660),  
continue on B660 to

**FINISH** opposite the gated road after passing over the B1043 (22.4 miles).

### Course notes:

1. The Sawtry North roundabout is fine when heading south but on the north leg it is more technical, with a downhill approach and a 2 o'clock exit. DO NOT go straight on that would be the wrong way down the slip road onto the A1(M)! There will be a marshal there.
2. When passing the start area after completing your first lap be aware that riders may be entering the circuit from your left and, if safe to do so, ensure you leave room by taking the primary position (i.e. middle of your lane not middle of the road!)
3. Riders are responsible for deciding if they should go straight on or turn left after each lap, it is not up to the marshal to direct you at this point.
4. No warming up on the course, or U-turns within sight of the start/finish areas.
5. While waiting to start there is a convenient hard standing area just before the start, any clothing items can be left in the baskets here that will be returned to the HQ (these are left at riders own risk as we cannot operate a cloakroom ticketing service).
6. There is no parking at the start or finish area, so please park at the HQ where there is more than enough parking and ride to the start via Glatton village (3.2 miles). Likewise, after finishing continue on to Glatton and turn left back towards the HQ (2.7 miles).

### Start/Finish areas



### Race HQ

Sawtry Village Academy  
Fen Lane, Sawtry, Huntingdon PE28 5TQ

There is plenty of parking on site, if warming up near where you have parked please ensure that you are not going to impede vehicles entering of leaving adjacent parking places.

To ride to the start, turn left after leaving the school grounds, negotiate around the “village green” one way system to continue heading north until you get to Glatton, then right at the cross roads, past the finish, over the A1(M) and first right down the slip road to the start area.

Please remove cycling shoes before entering the hall we will be using for signing on and off, and presentations.

Refreshments will be available from the Coffee Ark “Defender” parked up outside the school main entrance. Please support **Coffee Ark**, a mobile coffee shop for the whole community, with a particular heart for reaching those who find themselves separated or isolated, whether through loneliness, challenges around mental health or other social circumstances.

#### Timekeepers

Start: Sue Holiday & Peter Rilley

Finish: Sharon Fensom & Jon Thorne

NB A big thank you goes to my colleagues on the N&DCA committee for helping to organize this event, and an even bigger thank you to all those from our member clubs that have volunteered to help out on the day!

*Have a great ride!*

*Noel*



RTTC National Road Bike Championship 2024				
Juniors				
Number	Start Time	Name	Club / Team	Age / Cat.
1	9:01:00	Beau Jeffery	St Ives CC	12
2	9:02:00	Maia Howell	Matlock CC	F 15
3	9:03:00	Sophie Heighton	Ferryhill Whs	F 17
4	9:04:00	Evelyn Field	Solas Race Team	F 17
5	9:05:00	Poppy Kiskey	Banbury Star Cyclists' Club	F 17
6	9:06:00	Ethan Mitchell-Clarke	Rockingham Forest Wheelers	16
7	9:07:00	Jacob Booth	Spalding CC	15
8	9:08:00	Benjamin Cousins	Verulam Really Moving	15
9	9:09:00	Matthew Thompson	Rugby Racing Cycling Club	17
Females				
Number	Start Time	Name	Club / Team	Age / Cat.
11	9:11:00	Andrea Winkless	Coalville Whs	C
12	9:12:00	Jennifer Tomblin	Greenwich Tritons Tri Club	A
13	9:13:00	Lizzy Archer	RIDE REVOLUTION COACHING	
14	9:14:00	Joanna Meier	Chippenham & District Wheelers	D
15	9:15:00	Wendy Mathie	Penge Cycle Club	B
16	9:16:00	Lynne Scofield	Rockingham Forest Wheelers	A
17	9:17:00	Paulina Mozal	Chelmer CC	
18	9:18:00	Kerry Brennand	Newmarket Cycling & Triathlon Club	A
19	9:19:00	Ellen Reynolds	Elevate RT	
20	9:20:00	Emma Koppe	CC Ashwell	B
21	9:21:00	Fiona Thornewill	Sherwood CC	D
22	9:22:00	Victoria Webb	Born to Bike - Bridgtown Cycles	B
23	9:23:00	Pamela Moore	Coalville Whs	D
24	9:24:00	Sharon Bird	Vanelli-Project GO	B
25	9:25:00	Ruth Anness	Velo Bavarian	B
26	9:26:00	Josie Harcourt	FTP ( Fulfil The Potential ) Race Team	
27	9:27:00	Melissa Denman	Stolen Goat Race Team	
28	9:28:00	Teri Bayliss	Reifen Racing	B
29	9:29:00	Elaine Simpson	Nottingham Clarion CC	C
30	9:30:00	Maria Cayford	Kettering CC	
31	9:31:00	Kate Kirkland	Born to Bike - Bridgtown Cycles	A
32	9:32:00	Corinne Clark	360VRT	
33	9:33:00	Rebecca Waterfield	Velo Bavarian	



34	9:34:00	Lynne Biddulph	Born to Bike - Bridgtown Cycles	D
35	9:35:00	Linda Dewhurst	RIDE REVOLUTION COACHING	F
36	9:36:00	Anna Weaver	Team Kirkley Cycles	
37	9:37:00	Naomi De Pennington	DRAG2ZERO	B
38	9:38:00	Laura Davies	Jadan Vive Le Velo	
39	9:39:00	Joanna Brewis	Sheffrec CC	A
40	9:40:00	Rebecca Richardson	Team Lifting Gear Products	
<b>Open</b>				
<b>Number</b>	<b>Start Time</b>	<b>Name</b>	<b>Club / Team</b>	<b>Age / Cat.</b>
41	9:41:00	Geoff Pickin	PDQ Cycle Coaching	E
42	9:42:00	David Webster	Velouse Flyers	D
43	9:43:00	Wayne Rogers	Rugby Triathlon Club	B
44	9:44:00	Andy Duff	360VRT	B
45	9:45:00	Graham Sargent	MagCAD Designs	A
46	9:46:00	Samuel Hillen	Velo Bavarian	
47	9:47:00	Keith Richardson	Icknield RC	C
48	9:48:00	David Barry	sportfagley	G
49	9:49:00	Adrian Lauchlan	Southgate CC	F
50	9:50:00	Oscar Smith	Peterborough CC	
51	9:51:00	Matthew Lebelinski	Ilkeston Cycle Club	
52	9:52:00	Steve Biddulph	Born to Bike - Bridgtown Cycles	B
53	9:53:00	Patrick Claridge	Chelmer CC	E
54	9:54:00	Mark Amon	Rye & District Wheelers CC	D
55	9:55:00	Cian Leveridge	Team PB Performance	
56	9:56:00	Chris Bradbury	Team Milton Keynes	
57	9:57:00	Michael Walker	Guide Cycling	
58	9:58:00	Gary Hobbs	Stroud Valley Velos	E
59	9:59:00	Adam Wells	Rockingham Forest Wheelers	
60	10:00:00	James Richards	WardPerformanceUK.com	
61	10:01:00	Tony Symons	Tavistock Whs CC	E
62	10:02:00	Charles Kenny	Bootleggers Cycle Club	
63	10:03:00	William Appleby	Village Cycle Club	C
64	10:04:00	Paolo Coppo	Audax UK	C
65	10:05:00	Andrew Gibson	Leek CC - Den Engel Belgian Bar	A
66	10:06:00	David Ross	Elevate RT	
67	10:07:00	Steve Skelton	Fenland Clarion CC	E
68	10:08:00	Rob Wild	Velo Club Long Eaton	A
69	10:09:00	Robert Gilmour	Hounslow & District Whs	G
70	10:10:00	Nick Hickman	Bedfordshire Road CC	D
71	10:11:00	Kirk Finlinson	Redditch Road & Path CC	B



72	10:12:00	Kevin Humphreys	Sherwood CC	E
73	10:13:00	Chris Owen	Cambridge CC	
74	10:14:00	Kevin Satterthwaite	Gorilla Coffee Cycling Club	B
75	10:15:00	Philip Hodey	Shaftesbury CC	C
76	10:16:00	William Neill	MagCAD Designs	
77	10:17:00	Mick Stevens	Melton Olympic CC	G
78	10:18:00	Jonathan Motteram	Albarosa CC	
79	10:19:00	Jan Grosicki	Sussex Revolution Velo Club	A
80	10:20:00	Oliver Saunders	Newark Castle C C	
81	10:21:00	Kit Buchanan	Solihull CC	
82	10:22:00	Joseph Shaw	Ipswich BC	
83	10:23:00	Cameron Leslie	Royal Air Force Cycling Association	
84	10:24:00	Simon Hunt	VéloElite RC	C
85	10:25:00	Andrew Magnier	MagCAD Designs	
86	10:26:00	Michael Thornewill	Sherwood CC	E
87	10:27:00	Patrick Ellerbeck	St Neots CC	F
88	10:28:00	Francis Schofield	Cambridge University CC	
89	10:29:00	Luke Marshall	Elysium Kalas Race Team	
90	10:30:00	Eddie Humphreys	Nottingham Clarion CC	E
91	10:31:00	Guido Blee	Paceline RT	
92	10:32:00	Ramsey Kechacha	Shaftesbury CC	
93	10:33:00	Kieran Buffham	Spalding CC	
94	10:34:00	James Bullen	Team TMC	
95	10:35:00	Mito Purvis	Paceline RT	
96	10:36:00	Leigh Smith	Equipe Velo	A
97	10:37:00	Lee Watson	Army Cycling	
98	10:38:00	Thomas Willan	Elevate RT	A
99	10:39:00	Kevin White	Matlock CC	D
100	10:40:00	Andrew Metherell	Velo Club Bristol	C
101	10:41:00	Michael Weaver	Rockingham Forest Wheelers	D
102	10:42:00	Michael Kirkland	RAMcc	A
103	10:43:00	David Ellis	Born to Bike - Bridgtown Cycles	D
104	10:44:00	Nick Hammond	Ilkeston Cycle Club	
105	10:45:00	Mike Debney	Verulam Really Moving	A
106	10:46:00	Jez Willows	Sherwood CC	D
107	10:47:00	Steve Gibson	Peak Road Club	D
108	10:48:00	Ben Dodd	Royal Leamington Spa Cycling Club	
109	10:49:00	Luke Walton	Elevate RT	
110	10:50:00	Matt Phipps-Taylor	Paceline RT	A
111	10:51:00	Phil Land	Velo6 Racing	C
112	10:52:00	Edward Scarrow	VC Norwich	



113	10:53:00	Dave Dent	GS Stella	E
114	10:54:00	George Westall	Royal Air Force Cycling Association	
115	10:55:00	John Manlow	Ely & District CC/B&T Motor Repairs	D
116	10:56:00	Philip Wilkinson	Rockingham Forest Wheelers	C
117	10:57:00	Alex Pickering	Elysium Kalas Race Team	
118	10:58:00	Cameron Walker	Elevate RT	
119	10:59:00	John Jones	Verulam Really Moving	D
120	11:00:00	Daniel Ward	South Normanton C C	
121	11:01:00	Sam Harding	Rugby Velo	
122	11:02:00	David Fellows	Solihull CC	
123	11:03:00	Chris Booth	Giant-Kendal-Sidas.uk	
124	11:04:00	Lee Tunnicliffe	South Normanton C C	
125	11:05:00	Tim Lewis	Paceline RT	B
126	11:06:00	Simon Bowler	AS Test Team	D
127	11:07:00	Cris Coxon	Brighton Mitre CC	B
128	11:08:00	Jamie Murray	Peterborough CC	B
129	11:09:00	Simon Offord	Stroud Valley Velos	D
130	11:10:00	Malcolm Smith	Peterborough CC	E
131	11:11:00	Simon Butteriss	Ely & District CC/B&T Motor Repairs	B
132	11:12:00	Karl Norris	360VRT	C
133	11:13:00	Sam Brown	6AM Cycling	A
134	11:14:00	Jonny Allen	Elysium Kalas Race Team	
135	11:15:00	Robert Willcocks	Royal Air Force Cycling Association	A
136	11:16:00	Nicholas Trbovic	Elysium Kalas Race Team	
137	11:17:00	Paul Pardoe	Peterborough CC	A
138	11:18:00	John Wingfield	Elysium Kalas Race Team	
139	11:19:00	George Fox	George Fox Cycling Solutions	
140	11:20:00	Ollie Hucks	TAAP Kalas	
141	11:21:00	Alex Dowsett	NopinZ	
142	11:22:00	James Jenkins	Hart Performance Coaching	
143	11:23:00	Paul Burton	Paceline RT	A
144	11:24:00	Mikey Mottram	Ribble Cycles	

# THE ARK OF CONVERSATION



TRANSFORMING LIVES ONE CUPPA AT A TIME

[www.coffeemark.org](http://www.coffeemark.org)



# N&DCA TIME TRIAL SERIES

*Join us throughout the season  
in the N&DCA TT series.*

*Competitions for Road Bike, Open,  
Female, and all age group categories.*

**ENTER  
EVENTS  
ON THE  
CTT  
WEBSITE**

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1	23/03/2024	F15/10	10	N&DCA committee
3	20/04/2024	NC25	10	Rockingham Forest Wheelers
4	25/05/2024	F14/25	25	St Neots CC
5	08/06/2024	N1/15	15	Peterborough CC
6	07/07/2024	NC13C	12.8	Rockingham Forest Wheelers
7	03/08/2024	N3/10	10	Kettering CC
2	17/08/2024	NC16N	10	Welland Valley CC
8	31/08/2024	N1/10	10	Fenland Clarion CC

### 2024 Road Bike Criteria (Moved from Regulation 14, 14(L))

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet.

The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

### 2023 National Road Bike Champions



Men - Mikey Mottram



Women - Ruth Shier



Junior Women - Poppy Kisley



Junior Men - Matthew Thompson

**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

# Cycling Time Trials