

**Border City Wheelers CC** on behalf of North DC  
Present  
**RTTC CIRCUIT NATIONAL CHAMPIONSHIPS**  
AND

**CTT CLASSIC SERIES (6 of 6)**

**SUNDAY 9TH JUNE 2024**

**START SHEET**



NATIONAL CIRCUIT CHAMPIONSHIPS



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



# RTTC CIRCUIT NATIONAL CHAMPIONSHIPS

A CTT representative will be in attendance



**CHAMPIONSHIP AWARDS**  
Open, Female, Junior Open, Junior Female

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

## TEAM AWARDS

1st fastest team of 3 in the Open, Female & Junior categories

## 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 as soon as possible after the event, individual awards will be presented at the RTTC Celebration of Champions on 16th November 2024, age awards will be posted out as soon as possible.



Will Lowden



Jennifer George



Zak Machin



Abbey Thompson

2023 RTTC CIRCUIT CHAMPIONS



## **BORDER CITY WHEELERS CYCLING CLUB**

### **RTTC National Circuit Championship** **and** **CTT Classics Time Trial Series: Round 6 (final)**

#### **CIRCUIT OF GREYSTOKE FOREST**

#### **28 miles Open Time Trial**

Promoted for and on behalf of Cycling Time Trials under its rules & regulations

**Sunday 9<sup>th</sup> June 2024 – First rider off at 9.01am**

**Event Secretary:** Dougi Hall, Rose Cottage, Crackenthorpe, Appleby, Cumbria CA16 6AF  
'phone: 07802 238694

**Timekeepers:** Keith Bickley & Richard Abram

**CTT Representatives:** Tim Smith & Stewart Smith

**Event HQ:** Greystoke Village Hall, postcode CA11 0TW. Located on the left when entering Greystoke from the east on B5288. Greystoke is approx. 5 miles west of Penrith on the B5288. Numbers/signing-on and course risk assessment will be located in the hall. **Please note that competitors are required to personally sign the signing-out sheet within a reasonable time after finishing. Failure to do so will result in the competitor being recorded as DNF.**

#### **COURSE DETAILS: L143 x 2 laps:**

START in Greystoke village at grate in road beside the entrance to Greystoke castle and at end of slip road. Proceed north on unclassified road bearing left at Poplin Dub; continue through Johnby to junction at Thanet Well. Left at junction, past Newsham and over Newsham Bridge to next junction where left and continue to Murrah crossroads. Turn left onto Hutton Roof-Berrier road. Through Berrier (alt 350 metres) to the Sportsman Inn Junction where left and after 1 mile join B5288. Continue along B5288 through Motherby to Greystoke, where turn left and pass the start point. Repeat lap 1 to FINISH at the Greystoke road sign. (Distance approx 28 MILES). Course record – 01:00:02 by John Archibald on 28<sup>th</sup> May 2023.

The start is in the centre of the village, near the entrance to Greystoke Castle and near the Boot & Shoe pub. There is a moderately large car park – please park with consideration and do not take up space with gazebos, rollers etc. Overspill parking can be found around the village, but do not impinge on private property.

Please do not warm up on the course whilst the event is in progress. Use the B5288 east of the village, or the unclassified Berrier Road. Also please note that the start area is in a residential village, so please do not cause any unnecessary disturbance.

**A copy of the CTT Risk Assessment will be displayed at the event HQ. Please check for late information.** The course is predominantly on unclassified country roads with some rough/broken surfaces following winter storms. Take particular care on the narrow twisty section between Thanet Well and Newsham bridge.

**Local regulations:** The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.

**Local regulation No. 5:** In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

**Local regulation No. 6:** Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

### **IN ADDITION TO THE ABOVE**

- Riders must give their number at the finish and elsewhere on the course if requested.
- Riders must NOT stand in the road at the start or finish. (This constitutes obstruction, and is a breach of regulations).
- Riders must NOT ride with their heads down.

**CTT Regulation 14 (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.

**CTT Regulation 14 (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.

**CTT 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.

### **AWARDS (one rider, one prize – these Border City Wheelers CC awards are in addition to the CTT/RTTC awards)**

	<b>1st</b>	<b>2nd</b>
Seniors/Espoirs	£40	£30
Veterans Actual	£40	£30
Veterans Target	£40	£30
Juniors	£40	£30
Women	£40	£30
Paracyclists	£40	
Road Bikes	£40	£30

All events are subject to unannounced doping control.

**AWARDS:** payment arranged after the event.

Stay safe and have a **SAFE** and enjoyable ride



No.	START TIME	NAME	CLUB	Mach.	CLASS.	CAT.	AGE	Factor
<b>PARACYCLIST</b>								<b>Factor</b>
1	09:01	Mark Valentine	Poole Wheelers Cycling Club	TT	Open	C5	48	1.058

### JUNIORS

3	09:03	Maia Howell	Matlock CC	TT	Female	Youth	15	
4	09:04	Sophie Heighton	Ferryhill Whs	TT	Female	Junior	17	
5	09:05	Evelyn Field	Solas Race Team	TT	Female	Junior	17	
6	09:06	Aidan Worden	360cycling	TT	Open	Junior	17	
7	09:07	Davey Allanson	360cycling	TT	Open	Youth	15	
8	09:08	Matthew Thompson	Rugby Racing Cycling Club	TT	Open	Junior	17	
9	09:09	Jacob Bradbury	Manchester Wheelers	TT	Open	Junior	17	

### FEMALES

### Target

11	09:11	Alice O'Neill	Velo Bavarian	RB	Female	Senior		
12	09:12	Evgeniya Righini-Brand	Spalding CC	TT	Female	Senior		
13	09:13	Joanna Brewis	Sheffrec CC	RB	Female	Veteran	A	01:14:46
14	09:14	Sue Cheetham	North Lancashire Road Club	TT	Female	Veteran	E	01:26:34
15	09:15	Cara Rawlinson	Tactic UK WRT	TT	Female	Senior		
16	09:16	Lauren Creamer	Velo Fixers	TT	Female	Senior		
17	09:17	Keri Parton	Team Bottrill	TT	Female	Senior		
18	09:18	Anna Weaver	Team Kirkley Cycles	RB	Female	Senior		
19	09:19	Deborah Moss	Springfield Financial Racing Team	RB	Female	Veteran	C	01:22:14
20	09:20	Rachel Brown	Brother Uk - Team OnForm	TT	Female	Senior		

### VETERANS

22	09:22	Adrian Lauchlan	Southgate CC	RB	Open	F	66	01:24:41
23	09:23	John Tiffany	Harrogate Nova CC	TT	Open	I	81	01:34:31
24	09:24	Edward Nottingham	Diss & District CC	RB	Open	C	53	01:16:59
25	09:25	Ian Gaskins	Zurbaran Racing	RB	Open	B	49	01:14:46
26	09:26	Steven Clarkson	Harrogate Nova CC	RB	Open	F	66	01:24:41
27	09:27	Carl Bullingham	CC Giro	TT	Open	D	56	01:18:42
28	09:28	Mark Williams	Royal Air Force Cycling Association	TT	Open	C	50	01:15:19
29	09:29	David J Gibson	Border City Whs CC	TT	Open	E	64	01:23:27
30	09:30	Nick Higginson	Cleveleys Road Club	TT	Open	A	44	01:12:05
31	09:31	Robin Delve	Mid Devon Cycling Club	RB	Open	F	65	01:24:04
32	09:32	Ian Hampton	Clifton CC York	RB	Open	G	70	01:27:12
33	09:33	Mike Westmorland	Border City Whs CC	TT	Open	H	79	01:33:08
34	09:34	John O'Callaghan	Barrow Central Wheelers	TT	Open	D	57	01:19:17
35	09:35	Roger Clarke	Tyneside Vagabonds CC	TT	Open	C	53	01:16:59
36	09:36	Randle Shenton	Border City Whs CC	TT	Open	F	66	01:24:41
37	09:37	Patrick Ellerbeck	St Neots CC	RB	Open	G	70	01:27:12



38	09:38	Kevin White	Matlock CC	RB	Open	D	55	01:18:08
39	09:39	Peter Greenwood	Clayton Velo	TT	Open	G	72	01:28:29
40	09:40	Simon Dighton	Beacon Roads CC	TT	Open	E	61	01:21:38
41	09:41	Nicholas Latimer	Team Lifting Gear Products	TT	Open	A	42	01:11:02
42	09:42	Craig Horseman	Border City Whs CC	RB	Open	C	50	01:15:19
43	09:43	Joe Hands	GTR - Return To Life p/b Streamline	TT	Open	A	44	01:12:05
44	09:44	Mark Sanders	Mid Devon Cycling Club	TT	Open	F	65	01:24:04
45	09:45	Dominic Righini- Brand	Spalding CC	TT	Open	A	40	01:10:00
46	09:46	Philip Kennell	GS Metro	TT	Open	D	57	01:19:17
47	09:47	Karl Norris	360VRT	RB	Open	C	53	01:16:59
48	09:48	Marcel Schubert	Zurbaran Racing	TT	Open	A	42	01:11:02
49	09:49	Chris Smart	GTR - Return To Life p/b Streamline	TT	Open	A	43	01:11:33
		<b>SENIORS</b>						
50	09:50	Philip Gleave	Congleton CC - MyWindsock	TT	Open	Senior	29	
51	09:51	Jack O'Neill	Team Enable - M.I. Racing	RB	Open	Senior	29	
52	09:52	Archie Fletcher	360cycling	TT	Open	Espoir	18	
53	09:53	Cameron Leslie	Royal Air Force Cycling Association	TT	Open	Senior	27	
54	09:54	Jemil Tokdemir	Spectrum Racing	RB	Open	Senior	34	
55	09:55	Dean Newton	Velo Club Cumbria	TT	Open	Senior	33	
56	09:56	Daniel Hind	Total Tri Training	TT	Open	Senior	35	
57	09:57	Renzo Casale	University of Bath Cycling Club	TT	Open	Senior	22	
58	09:58	Emil Petrov	Border City Whs CC	TT	Open	Senior	34	
59	09:59	George Westall	Royal Air Force Cycling Association	TT	Open	Senior	30	
60	10:00	Maxwell Hereward	360cycling	TT	Open	Espoir	18	
61	10:01	Rob Graham	GTR - Return To Life p/b Streamline	TT	Open	Senior	32	
62	10:02	Chris Booth	Giant-Kendal-Sidas.uk	TT	Open	Senior	35	
63	10:03	Ben Goodwin	Fibrax Fenwicks Wrexham Cycling Club	TT	Open	Senior	26	
64	10:04	John Brearley	ADDFORM Vive Le Velo	TT	Open	Senior	36	
65	10:05	Dylan Griffiths	University of Bath Cycling Club	TT	Open	Espoir	21	
66	10:06	Alex Dowsett	NopinZ	TT	Open	Senior	35	
67	10:07	David Brearley	ADDFORM Vive Le Velo	TT	Open	Senior	33	
68	10:08	Toby Williams	Velotik Racing Team	TT	Open	Senior	31	
69	10:09	Lewis Wake	Team Kirkley Cycles	TT	Open	Senior	28	
70	10:10	Josh Charlton	Saint Piran	TT	Open	Espoir	21	
71	10:11	Michael Gill	HUUB WattShop	TT	Open	Senior	25	
72	10:12	Will Lowden	Cambridge University CC	TT	Open	Espoir	20	

### CTT CLASSIC SERIES OVERALL AWARDS

1st	Open Category	RTTC Medal
1st	Female Category	RTTC Medal
1st	Junior Category	RTTC Medal
1st	Veteran (Scratch)	RTTC Medal
1st	Veteran (Target)	RTTC Medal
1st	Female Veteran (Scratch)	RTTC Medal
1st	Paracyclist	RTTC Medal
1st	Road Bike (Open)	RTTC Medal
1st	Road Bike (Female)	RTTC Medal
1st	Road Bike (Junior)	RTTC Medal
1st	Team (of 3 across all categories)	RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

### POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from completing four of the six events. If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Open and Females. Female Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Female's competition. The competition for Paracyclist's is based on a "Factored Time" system

### PRIZES FOR EACH EVENT

The awards below are for the following categories, Open, Female, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Open), Road Bike (Female) & Road Bike (Junior).

1st	CTT Classic Series	Eco Wood Sustainable Medal
2nd	CTT Classic Series	Eco Wood Sustainable Medal
3rd	CTT Classic Series	Eco Wood Sustainable Medal

### 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

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



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# 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

(j) 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.

(k) 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 EN1078

## 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.

# Cycling Time Trials