

Wessex RC on behalf of South DC

Present:

RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 30th June 2024

START SHEET



Celebrating 100 years of the
Wessex Road Club



50 MILE TIME TRIAL



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

OPEN

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

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

FEMALE

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

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

TEAM CHAMPIONS

(Open & Female)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

(Open & Female)

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 16th November 2024, age awards will be posted out as soon as possible.

The Wessex Road Club on behalf of CTT and South DC present:



RTTC 50 mile Time Trial National Championship

Sunday 30th June 2024



Celebrating 100 years of the Wessex Road Club 1924 - 2024

Including assistance from Poole Wheelers, Bournemouth Jubilee and CC Weymouth

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.



Headquarters

Lytchett Matravers Village Hall, High St, Lytchett Matravers, Poole BH16 6DF. Open from 5:00 am for registration.

Printed copies of the start sheet will be available for collection, along with race numbers. There are toilet facilities available.

Event Secretary

Paul Dytham
26 Queens Road, Blandford Forum, Dorset DT11 7JY
07775 637568
pauldytham@hotmail.com

Time Keepers, Marshals and Volunteers

Signing On & Off: Willie Kirkland, Anne Kirkland & Harry Lodge
Start Time Keepers: Bob Richardson & Kevin Ridge, Bournemouth Jubilee
Finish Time Keepers: Ros Spencer & Bev Wadsley, Poole Wheelers
Finish Recorder: Marcia Rendell, Finish Number Checker: Hannah Mitchell, Poole Wheelers
Marshals: Members & friends of the Wessex Road Club, Poole Wheelers & CC Weymouth

In the interests of your own safety

Fire Station at Holes Bay roundabout: Please note that the Poole fire station is situated with access on to the Holes Bay roundabout controlled by emergency traffic lights. In the unlikely event of these lights being activated riders MUST comply. Should any rider fail to do so he/she will be disqualified and CTT will be advised.

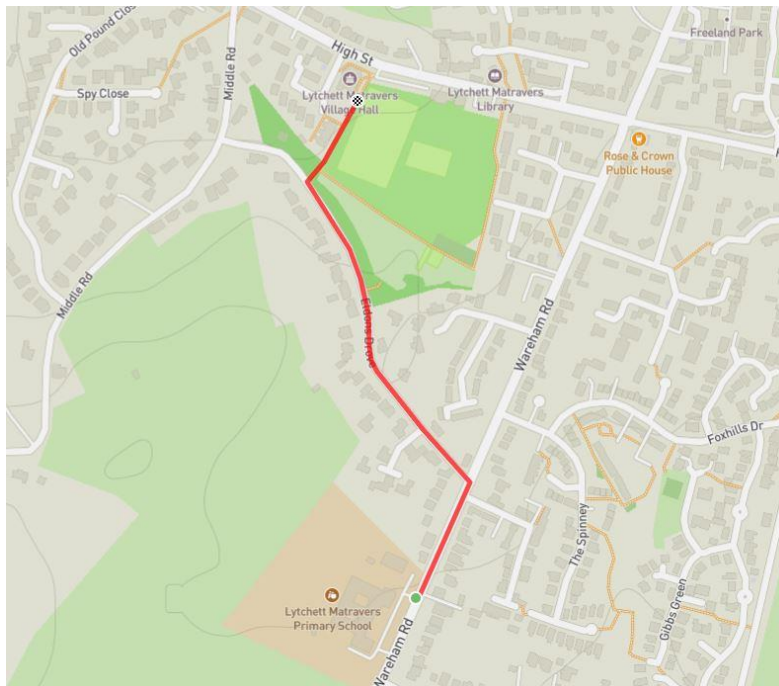


Instructions to riders

- Observers may be in attendance along the course;
- Riders must not make U-turns in the vicinity of the Start and Finish;
- This is a residential area please give consideration to local residents;
- No warming up on the course;
- Your attention is drawn to the following CTT regulations:
 - Regulation 14(j) - **Front light** & Regulation 14(j) - **Rear light**. No competitor will be allowed to start without a working front and rear light, either flashing or constant, fitted to their machine in a position clearly visible to following road users and active whilst the machine is in use;
 - Regulation 15 - **Helmet**. All competitors **MUST** wear a hard/soft shell helmet that meets internationally accepted safety standards;
 - Regulation 20 - observance of the law;
 - Regulation 21 - paced and company riding.

Parking

Please use the car park at the headquarters until full, after which marshals will direct you to the overflow parking at Lytchett Matravers Primary School, Wareham Road BH16 6DY. This is approximately 0.3 miles from the HQ by foot or bike along the following route (note, use Wareham Road / High St by car):



There is no parking at the start or finish.



Live Results

It is intended that results, including intermediate timing at approximately 15 miles and 35 miles along the course, will be available using the ResultSheet app by scanning the following QR code:



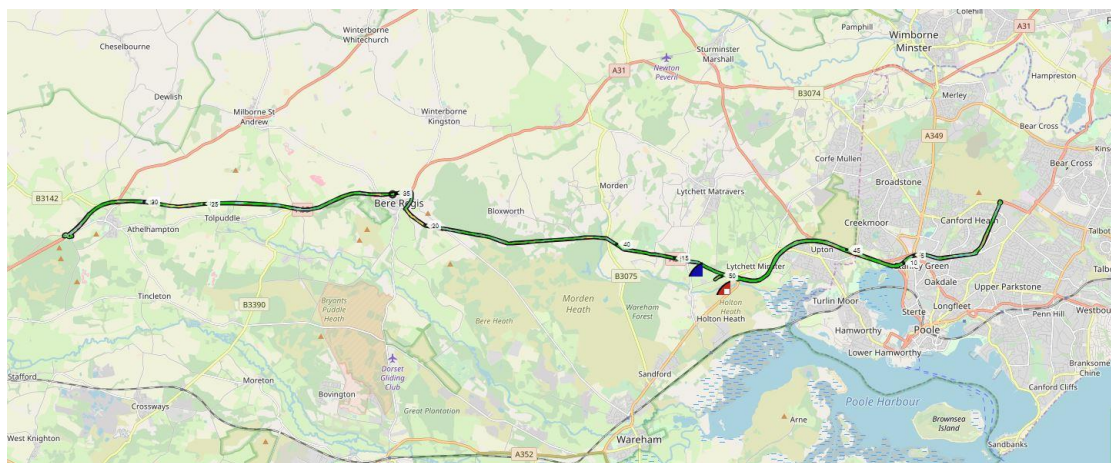
Prize Presentation

If you can, please stay for the prize presentation, which takes place as soon after the finish as possible.



Course details – P417

START at drain cover in acceleration lane to A35, 85 yards east of Pikes Farm junction.
Proceed east on A35 to straight over (2nd exit) at Bakers Arms roundabout (1.02m).
Straight over (2nd exit) at Holes Bay roundabout (4.56 miles). B3049
Bear left (filter lane) at roundabout. B3049
Circle and retrace (4th exit) at Canford Way / Dorset Way roundabout (7.26 miles). B3049
Straight over (2nd exit) at Holes Bay roundabout (10.05 miles). B3049
Straight over (2nd exit) following A35 at Bakers Arms roundabout (13.60 miles).
At Bere Regis, right (2nd exit) at first roundabout, straight over following A35 (2nd exit) at second roundabout (20.83 miles).
Follow A35 to Troytown, where fork left down slip road to right (3rd exit) at small roundabout (27.85 miles).
Follow underpass to rejoin A35 eastbound.
At Bere Regis, straight over (2nd exit) at first roundabout (35.17 miles) then left (1st exit) at second roundabout, following A35.
Straight over (2nd exit) at Bakers Arms roundabout (42.36 miles).
Circle and retrace (4th exit) at Holes Bay roundabout (45.93 miles).
Straight over (2nd exit) at Bakers Arms roundabout then shortly fork left (sp Organford) on minor road to
FINISH at electricity sub-station.

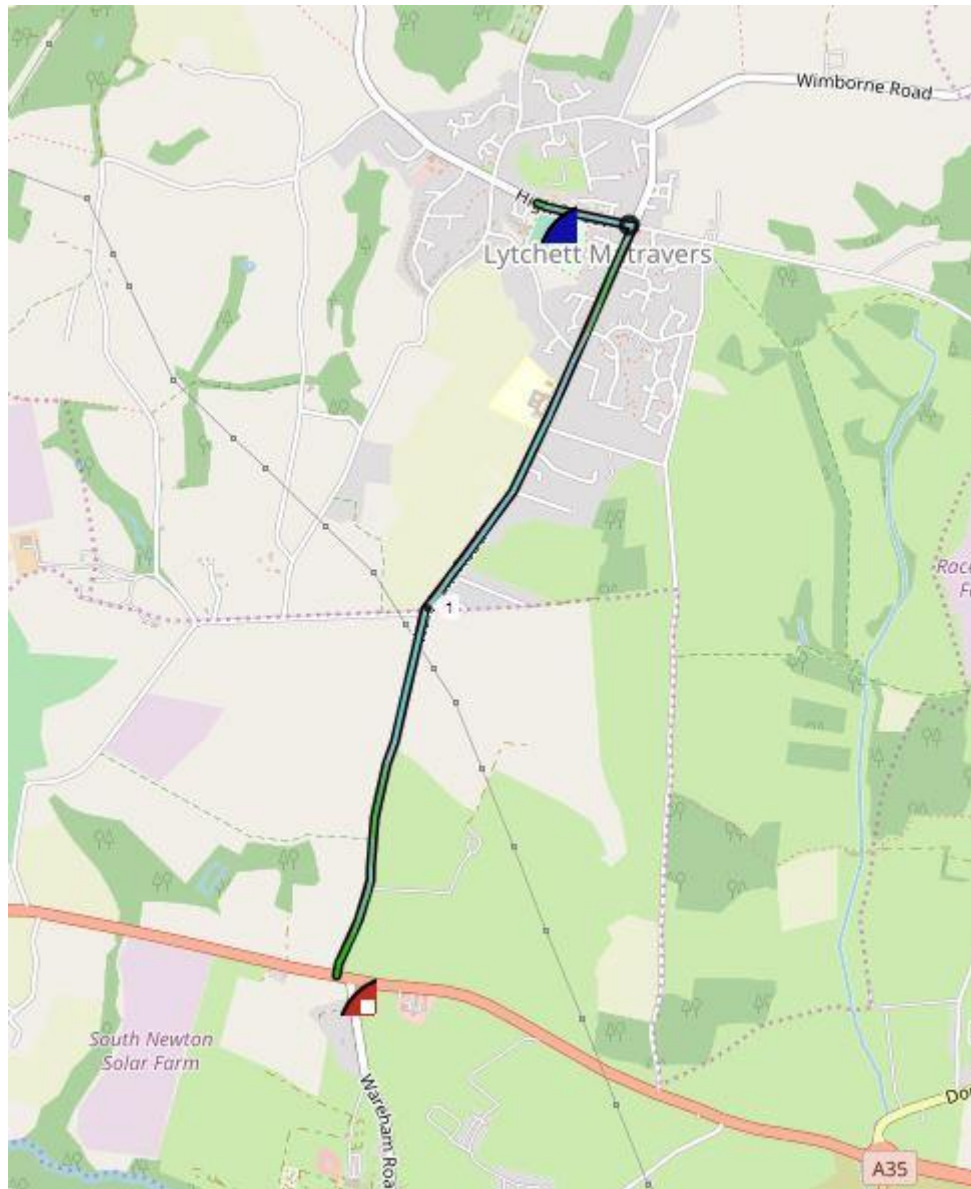


<https://www.strava.com/routes/18511996>



Safe route to start (Allow approx. 10 mins)

Turn right out of HQ into High Street, right again at Rose & Crown public house to junction of A35 (1.7 miles)

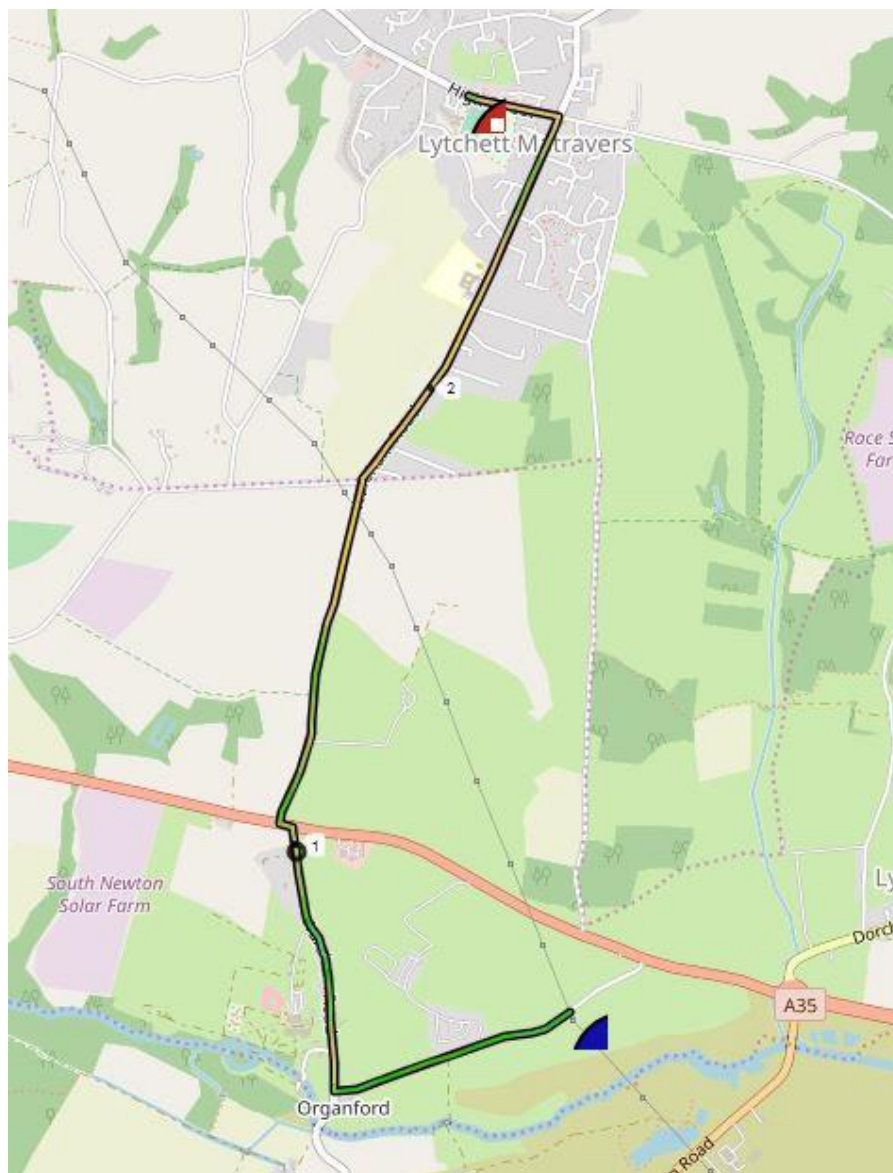


<https://www.strava.com/routes/19032996>



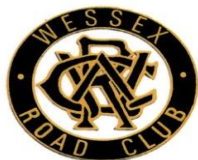
Safe route to HQ from finish

After the finish, continue to end of lane, turn right to A35 cross roads, straight across with care and retrace outward route (2.8 miles).



<https://www.strava.com/routes/19033023>

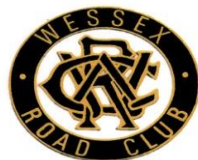




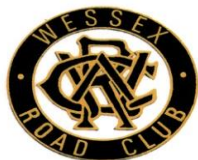
RTTC NATIONAL 50 MILE CHAMPIONSHIP 2024

FEMALES

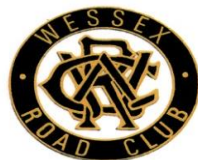
| Number | Start time | Name | Club / Team | Cat | Age on Day | Age Cat. | Machine |
|--------|------------|--------------------|-----------------------------|---------|------------|----------|-----------|
| 1 | 6:01:00 | Alison Vessey | ...a3crg | Veteran | 70 | G | TT Bike |
| 2 | 6:02:00 | Maria Núñez | Poole Wheelers Cycling Club | Veteran | 52 | C | Road Bike |
| 3 | 6:03:00 | Lucy Griffin | Cambridge CC | Senior | 34 | | Road Bike |
| 4 | 6:04:00 | Rebecca Hughes | Poole Wheelers Cycling Club | Veteran | 40 | A | TT Bike |
| 5 | 6:05:00 | Abigail Barnes | Total Tri Training | Espoir | 21 | | TT Bike |
| 6 | 6:06:00 | Sarah Inwood | Poole Wheelers Cycling Club | Veteran | 40 | A | Road Bike |
| 7 | 6:07:00 | Louisa Cooper | PDQ Cycle Coaching | Veteran | 41 | A | Road Bike |
| 8 | 6:08:00 | Sian McPherson | Poole Wheelers Cycling Club | Senior | 27 | | TT Bike |
| 9 | 6:09:00 | Sien Van Der Plank | New Forest CC | Senior | 29 | | Road Bike |
| 10 | 6:10:00 | Lauren Falconer | Poole Wheelers Cycling Club | Senior | 34 | | TT Bike |
| 11 | 6:11:00 | Emma Caplan | Zoom Triathlon Club | Veteran | 49 | B | TT Bike |
| 12 | 6:12:00 | Michelle Lindley | Poole Wheelers Cycling Club | Veteran | 50 | C | TT Bike |
| 13 | 6:13:00 | Alexa Forbes | London Dynamo | Veteran | 63 | E | TT Bike |
| 14 | 6:14:00 | Deborah Sheridan | ...a3crg | Veteran | 67 | F | TT Bike |
| 15 | 6:15:00 | Rosie Wild | Army Cycling | Senior | 32 | | TT Bike |
| 16 | 6:16:00 | Corinne Clark | 360VRT | Senior | 39 | | TT Bike |
| 17 | 6:17:00 | Ashia Reeder | Pronto Bikes | Senior | 27 | | TT Bike |
| 18 | 6:18:00 | Sarah Matthews | ...a3crg | Veteran | 64 | E | TT Bike |
| 19 | 6:19:00 | Keri Parton | Team Bottrill | Senior | 35 | | TT Bike |
| 20 | 6:20:00 | Naomi Shinkins | Bournemouth Jubilee Whs | Veteran | 41 | A | TT Bike |
| 21 | 6:21:00 | Alex Clay | Team Bottrill | Senior | 28 | | TT Bike |
| 22 | 6:22:00 | Chantel Coetzer | Hainault RC | Senior | 39 | | TT Bike |
| 23 | 6:23:00 | Kim Barfoot-Brace | Team Bottrill | Veteran | 43 | A | TT Bike |
| 24 | 6:24:00 | Laura Davies | Jadan Vive Le Velo | Senior | 28 | | TT Bike |
| 25 | 6:25:00 | Kate Allan | Team Bottrill | Senior | 39 | | TT Bike |
| 26 | 6:26:00 | Sally Turner | HUUB WattShop | Veteran | 44 | A | TT Bike |
| 28 | 6:28:00 | Emily Martin | Team Bottrill | Senior | 34 | | TT Bike |
| OPEN | | | | | | | |
| Number | Start time | Name | Club / Team | Cat | Age on Day | Age Cat. | Machine |
| 30 | 6:30:00 | Colin Crosthwaite | Poole Wheelers Cycling Club | Veteran | 55 | D | Road Bike |



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|----|---------|------------------|--|---------|----|---|-----------|
| 31 | 6:31:00 | Rex Facey | 1st Chard Wheelers | Veteran | 62 | E | Road Bike |
| 32 | 6:32:00 | Brad Armstrong | Velo Club Rutland | Veteran | 70 | G | Road Bike |
| 33 | 6:33:00 | Bailey Clark | Yeovil Cycling Club | Senior | 22 | | TT Bike |
| 34 | 6:34:00 | Terry Belbin | Poole Wheelers Cycling Club | Veteran | 60 | E | TT Bike |
| 35 | 6:35:00 | Gary Chiverton | Bournemouth Jubilee Whs | Veteran | 63 | E | TT Bike |
| 36 | 6:36:00 | Benjamin Cousins | Verulam Really Moving | Youth | 15 | | Road Bike |
| 37 | 6:37:00 | Nick Pratt | Fareham Wheelers CC | Senior | 38 | | TT Bike |
| 38 | 6:38:00 | Andy Duff | 360VRT | Veteran | 45 | B | Road Bike |
| 39 | 6:39:00 | Gary Tuskin | Poole Wheelers Cycling Club | Veteran | 56 | D | TT Bike |
| 40 | 6:40:00 | Paul Cockburn | New Forest CC | Veteran | 54 | C | Road Bike |
| 41 | 6:41:00 | Joseph Shaw | Ipswich BC | Senior | 28 | | TT Bike |
| 42 | 6:42:00 | Mark Amon | Rye & District Wheelers CC | Veteran | 59 | D | Road Bike |
| 43 | 6:43:00 | Ben Ansell | Poole Wheelers Cycling Club | Veteran | 52 | C | Road Bike |
| 44 | 6:44:00 | Eamonn Deane | Bournemouth Jubilee Whs | Veteran | 65 | F | Road Bike |
| 45 | 6:45:00 | Peter Whitton | RT 316 | Veteran | 61 | E | Road Bike |
| 46 | 6:46:00 | Martin Beale | Velo Club St Raphael | Veteran | 51 | C | TT Bike |
| 47 | 6:47:00 | Daren Austin | Twickenham CC | Veteran | 56 | D | Tricycle |
| 48 | 6:48:00 | Douglas Tulett | Thanet RC | Youth | 15 | | TT Bike |
| 49 | 6:49:00 | Oliver Edwards | Wessex Road Club | Senior | 29 | | TT Bike |
| 50 | 6:50:00 | Steven Williams | Reflex Racing | Veteran | 43 | A | Road Bike |
| 51 | 6:51:00 | Lee Chalk | Poole Wheelers Cycling Club | Senior | 39 | | TT Bike |
| 52 | 6:52:00 | Arran Armstrong | FTP (Fulfil The Potential) Race Team | Veteran | 47 | B | TT Bike |
| 53 | 6:53:00 | Dan Newman | Poole Wheelers Cycling Club | Senior | 22 | | Road Bike |
| 54 | 6:54:00 | Ian Boshier | New Forest CC | Veteran | 58 | D | TT Bike |
| 55 | 6:55:00 | Chris Owen | Cambridge CC | Senior | 38 | | Road Bike |
| 56 | 6:56:00 | John Hale | Cowley Road Condors CC | Senior | 36 | | Road Bike |
| 57 | 6:57:00 | Vincent Hounsome | Gillingham and District Wheelers / Wheels Cycles | Veteran | 61 | E | TT Bike |
| 58 | 6:58:00 | Les Pick | Poole Wheelers Cycling Club | Veteran | 52 | C | TT Bike |
| 59 | 6:59:00 | Jack Smy | Army Cycling | Senior | 25 | | TT Bike |
| 60 | 7:00:00 | Cameron Leslie | Royal Air Force Cycling Association | Senior | 27 | | TT Bike |
| 61 | 7:01:00 | Tom Cox | Saint Piran | Veteran | 70 | G | TT Bike |
| 62 | 7:02:00 | James Rowat | Poole Wheelers Cycling Club | Veteran | 46 | B | TT Bike |
| 63 | 7:03:00 | William Sawyer | Velo Club St Raphael | Veteran | 59 | D | TT Bike |



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|----|---------|--------------------|-------------------------------------|---------|----|---|-----------|
| 64 | 7:04:00 | Renzo Casale | University of Bath Cycling Club | Senior | 22 | | TT Bike |
| 65 | 7:05:00 | Nick Cooper | Yeovil Cycling Club | Veteran | 41 | A | TT Bike |
| 66 | 7:06:00 | Matt Blythe | Poole Wheelers Cycling Club | Veteran | 53 | C | TT Bike |
| 67 | 7:07:00 | Ashley Newman | Primera-Teamjobs | Senior | 28 | | Road Bike |
| 68 | 7:08:00 | Matt Cooper | Matlock CC | Veteran | 42 | A | TT Bike |
| 69 | 7:09:00 | Alan Ward | Bristol South Cycling Club | Senior | 39 | | TT Bike |
| 70 | 7:10:00 | Gary Francis | Wincanton Wheelers | Veteran | 50 | C | TT Bike |
| 71 | 7:11:00 | George Westall | Royal Air Force Cycling Association | Senior | 30 | | TT Bike |
| 72 | 7:12:00 | Nathan Willmington | Poole Wheelers Cycling Club | Veteran | 49 | B | TT Bike |
| 73 | 7:13:00 | Jeremy Hubbard | Sotonia CC | Senior | 32 | | TT Bike |
| 74 | 7:14:00 | Rob Vessey | ...a3crg | Veteran | 61 | E | TT Bike |
| 75 | 7:15:00 | Luke Osborne | Banbridge Cycling Club | Senior | 30 | | TT Bike |
| 76 | 7:16:00 | Stuart Peckham | Velo Club St Raphael | Veteran | 54 | C | TT Bike |
| 77 | 7:17:00 | Gary Lock | New Forest CC | Veteran | 46 | B | TT Bike |
| 78 | 7:18:00 | John Hyde | Velo Club St Raphael | Veteran | 53 | C | TT Bike |
| 79 | 7:19:00 | Finn Fitzgerald | Ful-on Tri | Senior | 28 | | TT Bike |
| 80 | 7:20:00 | Luke Walton | Elevate RT | Senior | 35 | | Road Bike |
| 81 | 7:21:00 | Tim Flynn | Poole Wheelers Cycling Club | Senior | 35 | | TT Bike |
| 82 | 7:22:00 | Stephen Boxall | Houghton CC | Veteran | 43 | A | TT Bike |
| 83 | 7:23:00 | Brett Wheeler | Poole Wheelers Cycling Club | Senior | 37 | | Road Bike |
| 84 | 7:24:00 | Rob Francis | Team Bottrill | Senior | 26 | | TT Bike |
| 85 | 7:25:00 | Mark Valentine | Poole Wheelers Cycling Club | C5 | 48 | B | TT Bike |
| 86 | 7:26:00 | Henry Okill | Southend Wheelers | Senior | 37 | | TT Bike |
| 87 | 7:27:00 | Steven Pink | Poole Wheelers Cycling Club | Veteran | 46 | B | TT Bike |
| 88 | 7:28:00 | Anthony Allsopp | Woking Cycling Club | Senior | 37 | | TT Bike |
| 89 | 7:29:00 | Joseph Costello | Legato Racing Team (LRT) | Veteran | 65 | F | TT Bike |
| 90 | 7:30:00 | Adam Baker | Royal Air Force Cycling Association | Senior | 38 | | TT Bike |
| 91 | 7:31:00 | Philip Wilkinson | Rockingham Forest Wheelers | Veteran | 51 | C | TT Bike |
| 92 | 7:32:00 | Richard Llewellyn | Imperial Racing Team | Veteran | 50 | C | TT Bike |
| 93 | 7:33:00 | Dylan Griffiths | University of Bath Cycling Club | Espoir | 21 | | TT Bike |
| 94 | 7:34:00 | Sam Thompson | Podium Addict | Veteran | 41 | A | TT Bike |
| 95 | 7:35:00 | Alex Pritchard | Richardsons-Trek RT | Senior | 28 | | TT Bike |
| 96 | 7:36:00 | Tom Clements | Poole Wheelers Cycling Club | Veteran | 45 | B | TT Bike |



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|-----|---------|----------------------|--|---------|----|---|---------|
| 97 | 7:37:00 | Malcolm Cox | Velo Club St Raphael | Veteran | 57 | D | TT Bike |
| 98 | 7:38:00 | Mark Hamer | Legato Racing Team (LRT) | Veteran | 49 | B | TT Bike |
| 99 | 7:39:00 | Will Bjergfelt | AeroCoach | C5 | 45 | B | TT Bike |
| 100 | 7:40:00 | David Glossy | Elysium Kalas Race Team | Veteran | 51 | C | TT Bike |
| 101 | 7:41:00 | Karl Norris | 360VRT | Veteran | 53 | C | TT Bike |
| 102 | 7:42:00 | Benjamin Williams | Team Bottrill | Senior | 33 | | TT Bike |
| 103 | 7:43:00 | Simon Bowler | AS Test Team | Veteran | 58 | D | TT Bike |
| 104 | 7:44:00 | John Liu | Team Bottrill | Senior | 25 | | TT Bike |
| 105 | 7:45:00 | Timothy Torrie | trainSharp | Senior | 24 | | TT Bike |
| 106 | 7:46:00 | Paul Jones | Primera-Teamjobs | Veteran | 53 | C | TT Bike |
| 107 | 7:47:00 | David Halliday | Team Bottrill | Veteran | 40 | A | TT Bike |
| 108 | 7:48:00 | Anthony Turner | Mickey Cranks Cycling Club | Veteran | 53 | C | TT Bike |
| 109 | 7:49:00 | Andrew Rivett | Velo Club St Raphael | Veteran | 52 | C | TT Bike |
| 110 | 7:50:00 | Alex Dowsett | NopinZ | Senior | 35 | | TT Bike |
| 111 | 7:51:00 | Paul Pardoe | Peterborough CC | Veteran | 43 | A | TT Bike |
| 112 | 7:52:00 | Howard Bayley | ...a3crg | Veteran | 49 | B | TT Bike |
| 113 | 7:53:00 | Christopher Gibbard | FTP (Fulfil The Potential) Race Team | Veteran | 42 | A | TT Bike |
| 114 | 7:54:00 | Simon McNamara | Sigma Sports Race Team | Veteran | 49 | B | TT Bike |
| 115 | 7:55:00 | Samuel Wadsley | Poole Wheelers Cycling Club | Senior | 26 | | TT Bike |
| 116 | 7:56:00 | Liam Maybank | Twickenham CC | Veteran | 52 | C | TT Bike |
| 117 | 7:57:00 | Jake Sargent | Team Bottrill | Senior | 24 | | TT Bike |
| 118 | 7:58:00 | John Archibald | HUUB WattShop | Senior | 33 | | TT Bike |
| 119 | 7:59:00 | Alex Pickering | Elysium Kalas Race Team | Espoir | 21 | | TT Bike |
| 120 | 8:00:00 | Jonathan Shubert | FTP (Fulfil The Potential) Race Team | Senior | 37 | | TT Bike |
| 122 | 8:02:00 | Jack Levick | Rose Race Team | Senior | 27 | | TT Bike |
| 124 | 8:04:00 | Paul Burton | Paceline RT | Veteran | 43 | A | TT Bike |
| 126 | 8:06:00 | James Jenkins | Hart Performance Coaching | Senior | 25 | | TT Bike |
| 128 | 8:08:00 | Jamie Whitcher | Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek | Espoir | 20 | | TT Bike |
| 130 | 8:10:00 | Christopher McNamara | Sigma Sports Race Team | Veteran | 49 | B | TT Bike |
| 132 | 8:12:00 | Adam Duggleby | ADDFORM Vive Le Velo | Senior | 39 | | TT Bike |

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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(j)

(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(k)

(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

Cycling Time Trials is a company limited by Guarantee in England No. 4413282