

North Lancashire Time Trials Association

On behalf of
NORTH DC
Present:

RTTC 100 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 14th JULY 2024



100 MILE TIME TRIAL



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

START SHEET



2024 RTTC 100 MILES 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
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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.
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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.

NLTTA AWARDS - to be awarded at the NLTTA dinner in November.

Open winner will receive the Gorge Nowland Trophy

Female winner will receive the Naked Lady Trophy

Prizes for frist three open & female - largest improvement by a NLTTA member.





Founded 1928

Pomoted on behalf of Cycling Time Trials under its rules and regulations

Sunday 14th July 2024

GEORGE NOWLAND MEMOIRAL 100-L10010

Incorperating National 100 & NLTTA 100 mile Chanpionship

Start Sheet

Event Secretary: Nigel Clementson: 80 Shevington Moor, Standish, Wigan. WN6 0SE. Mobile 07862 289430

Time Keepers: Richard Taylor Tracey

Pusher off: Matt Stell

Chief Marshall: Nigel Clementson

Headquarters: Braithwaite Insitute, Braithwaite, Keswick CA12 5RY (on the A66)

There will be a HQ sign indicating the entrance to the car park. HQ opens from 6:00am although strict rules apply. First rider off 7:02am

Please allow 5 minutes to ride to the start from the HQ it's just over 1 miles. You will find a map on the start info which will also help you find the HQ.

There is a large car park at HQ which holds 100 vehicles.

There will be a results board in the village hall.

Please try and remain for the prize presentation after the event as finished, we will try are best to put this on after the last rider as finished.

CTT Regulation 17: Signing-on & signing-out sheet a) The competitors in all types of events must make themselves aware of any special 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 HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their number and (ii) sign the official signing out sheet.

First rider off 7:02am

L10010

Start at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall. Proceed in an easterly direction along A66 to encircle the RAB at the junction of A591/A66 Keswick/Bothel road (1.95 miles). Retrace along A66 in a westerly direction to encircle the RAB at the junction with the A5086 near Cockermouth (14.80 miles). Proceed in an easterly direction through the start point to the RAB near Keswick (27.65 miles) and retrace to the Cockermouth RAB (40.50 miles). Retrace through start to Keswick RAB (53.35 mls) and on to Cockermouth RAB (66.20 mls).

Retrace through start to Keswick RAB (79.05 mls) and on to Cockermouth RAB (91.90 mls). On this occasion retrace along A66 to FINISH at the entrance to Hursthole Point which is directly opposite a footpath with wooden stairway from car park on south west side of the A66 (100 miles) Riders must continue along A66 to HQ (clearway).

Remember to keep count as its 4 laps (almost) Also please be aware when completing your first lap a rider may be just about to start, I would not like any incidents at this point many thanks.

NLTTA Association members only:

Current Male NLTTA record Richard Bideau NLTTA record 3:29:40 – 2017

Current Female NLTTA record Deborah Moss NLTTA record 4:15:46 - 2019

Course record male 3:17:39 Marcin Bialoblocki-2018

Course record/Comp record female Joanne Paterson 3:36:31-2022

The following Local Regulations have been approved by the National Committee in accordance with

Regulation 38. Any breaches may lead to disciplinary action being taken.

Local Reg No. 5 In all events, competitors prior to starting are not permitted to ride past the finishing timekeeper during the duration of the event.

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event. Local Reg No.9 No parking on the A66 except in a designated layby.

Local Reg No.15 Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification. Riders must give their number at the finish and elsewhere on the course where requested.

Riders MUST NOT STAND in the road at the start or finish.

Riders must NOT ride with their heads down.

* Do not throw away any gel wrappers on the course, please collect and take home to dispose.

Sorry no feed station this year. If you intend to feed a rider on the course, you MUST complete a riders support vehicle form and hand it in upon signing on. Riders support vehicle form can be found on the CTT web site under forms.

Remember your front & rear light if you don't want to be disqualified:

This event may be subject to a Doping Control It is your responsibility to check 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

Free cup of tea when you **SIGN OFF**. REFRESHMENTS available. Big **THANK YOU** to All the marshals.

It's a long day out there. Thank you to the admin/kitchen helpers too.

Have a great day and a safe ride. Remember to keep your HEAD UP and all the best from the NLTT



Number	Start Time	Name	Club / Team	Age Group
2	7:02:00	John J Murphy	Gloucester City Cycling Club	I
3	7:03:00	Stewart Tennant	Manchester Triathlon Club	D
4	7:04:00	James Lowry	Graham Weigh Racing-Deeside Olympic	C
5	7:05:00	Mark Colman	Rock to Roll CC	B
6	7:06:00	Stuart Day	Crewe Clarion Wheelers	C
7	7:07:00	Cliff Degraff	Velo Club Cumbria	D
8	7:08:00	Andrew Dow	Manchester Triathlon Club	C
9	7:09:00	Roger Squire	Fibrax Fenwicks Wrexham Cycling Club	D
10	7:10:00	Brian Parker	Seacroft Whs	C
11	7:11:00	Barrie Whittaker	Lyme Racing Club	F
12	7:12:00	Neil Laing	Southport CC	A
13	7:13:00	Nick Higginson	Cleveleys Road Club	A
14	7:14:00	Jon Fairclough	Kelso Wheelers Cycling Club	G
15	7:15:00	Stuart Henderson	ADDFORM Vive Le Velo	B
16	7:16:00	Miles Haslam	Buxton CC/Sett Valley Cycles	F
17	7:17:00	Samuel Burgess	TricentralUK	
18	7:18:00	David Hilditch	Springfield Financial Racing Team	G
19	7:19:00	Arthur Winstanley	Liverpool Century RC	F
20	7:20:00	Chris Spencer	Velo6 Racing	
21	7:21:00	Martin Gargett	Halifax Imperial Wheelers	C
22	7:22:00	Davey Allanson	360cycling	Youth
23	7:23:00	Daryl Stroud	Gloucester City Cycling Club	D
24	7:24:00	Jamie Pleavin	Liverpool Century RC	C
25	7:25:00	Peter Tomlin	North Hampshire RC	F
26	7:26:00	Philip Jones	Peterborough CC	F
27	7:27:00	Philip Wilkinson	Rockingham Forest Wheelers	C
28	7:28:00	William Sawyer	Velo Club St Raphael	E
29	7:29:00	Warren Mason	VTTA (North)	D
30	7:30:00	Ian Cox	Fogartys Insurance Tri Team	C
31	7:31:00	Daniel Chesters	Warrington Road Club/Horton Light Engineering	B
32	7:32:00	Allistair Moffat	Velo Club Cumbria	A
33	7:33:00	Colin Hayes	Liverpool Century RC	D
34	7:34:00	Steven Hankey	Warrington Road Club/Horton Light Engineering	C
35	7:35:00	Liam Kwan	Stretford Wheelers CC	C
36	7:36:00	Tom Thorpe	Fenland Clarion CC	
37	7:37:00	Kris Whitelaw	Vector Racing	A
38	7:38:00	Sam Hughes	Liverpool Century RC	
39	7:39:00	Rob Meadows	Manchester Triathlon Club	
40	7:40:00	Steve Burrows	Vive Le Velo	F



41	7:41:00	Richard Shaw	Seamons CC	D
42	7:42:00	Barry Murphy	Graham Weigh Racing-Deeside Olympic	A
43	7:43:00	Stephen Magrath	Blaydon CC	A
44	7:44:00	David Gleave	Velo Club Cumbria	A
45	7:45:00	Alan Broadbent	Graham Weigh Racing-Deeside Olympic	C
46	7:46:00	Christian Geldard	FTP (Fulfil The Potential) Race Team	B
47	7:47:00	Philip Aspinall	Total Tri Training	
48	7:48:00	Cian Leveridge	Team PB Performance	
49	7:49:00	Stuart Phillipson	Velo Club Cumbria	C
50	7:50:00	Dean Hanwell	Total Tri Training	
51	7:51:00	Simon Bowler	AS Test Team	D
52	7:52:00	David Powell	Horwich Cycling Club	B
53	7:53:00	Benjamin Akin	TricentralUK	
54	7:54:00	Dan Jenkins	Hart Performance Coaching	D
55	7:55:00	Barry Hayes	Vive Le Velo	C
56	7:56:00	Bradley Murphy	Chorlton Velo	B
57	7:57:00	Matthew Uttley	Nottingham Clarion CC	B
58	7:58:00	Andrew Gallacher	Vanelli-Project GO	D
59	7:59:00	Adam Taylor	Wigan Whs CC	
60	8:00:00	Benjamin Williams	Team Bottrill	
61	8:01:00	Richard Sadlier	Wolverhampton Wheelers Cycling Club	C
62	8:02:00	Karl Norris	360VRT	C
63	8:03:00	Jonas Bohr	Anfield BC	D
64	8:04:00	Lucy Lamb	Rock to Roll CC	F B
65	8:05:00	Liffey Daniels	FTP (Fulfil The Potential) Race Team	F
66	8:06:00	Sarah Scott	Torvelo Racing	F
67	8:07:00	Jennifer Perry	Pro Endurance Coaching	F B
68	8:08:00	Judy Reid	Icknield RC	F E
69	8:09:00	Elizabeth Batt	Buxton CC/Sett Valley Cycles	F D
70	8:10:00	Sue Cheetham	North Lancashire Road Club	F E
71	8:11:00	Samantha Howard	Mersey Tri	F B
72	8:12:00	Claire Emons	...a3crg	F D
73	8:13:00	Corinne Clark	360VRT	F
74	8:14:00	Kim Barfoot-Brace	Team Bottrill	F A
75	8:15:00	Joanna Cebtrat	360cycling	F B
76	8:16:00	Alex Clay	Team Bottrill	F
77	8:17:00	Chris Murray	Army Cycling	F B
78	8:18:00	Kate Allan	Team Bottrill	F
79	8:19:00	Lizi Brooke	Hemel Hempstead CC	F
80	8:20:00	Emily Martin	Team Bottrill	F
81	8:21:00	Simon Brace	Bath Cycling Club	C
82	8:22:00	Steven Purdie	Glasgow Green Cycle Club	C



83	8:23:00	Richard Helm	Barrow Central Wheelers	B
84	8:24:00	Mat Ivings	Buxton CC/Sett Valley Cycles	C
85	8:25:00	Will Trevor	City RC (Hull)	
86	8:26:00	Ray Wilson	GTR - Return To Life p/b Streamline	B
87	8:27:00	Jymmy Trevor	City RC (Hull)	C
88	8:28:00	Mark Williams	Royal Air Force Cycling Association	C
89	8:29:00	Adrian Sowerby	Border City Whs CC	D
90	8:30:00	Paul Braithwaite	Pendle Forest CC	B
91	8:31:00	Patrick Healy	Buxton CC/Sett Valley Cycles	D
92	8:32:00	Emil Petrov	Border City Whs CC	
93	8:33:00	Samuel Woodfield	Rule 28 x ATP Performance	
94	8:34:00	John Brearley	ADDFORM Vive Le Velo	
95	8:35:00	George Elliott	Liverpool Century RC	
96	8:36:00	Adam Holt	Chepstow Cycling Club	
97	8:37:00	Sam Straw	ADDFORM Vive Le Velo	
98	8:38:00	Rob Graham	GTR - Return To Life p/b Streamline	
99	8:39:00	Paul Jones	Primera-Teamjobs	C
100	8:40:00	David Brearley	ADDFORM Vive Le Velo	
101	8:41:00	Tom Thornely	FTP (Fulfil The Potential) Race Team	A
102	8:42:00	Andrew Whiteside	Springfield Financial Racing Team	C
103	8:43:00	Rob Francis	Team Bottrill	
104	8:44:00	James Jenkins	Hart Performance Coaching	
105	8:45:00	Chris Smart	GTR - Return To Life p/b Streamline	A
106	8:46:00	Philip Kennell	GS Metro	D
107	8:47:00	David Halliday	Team Bottrill	A
108	8:48:00	Leon Marshall	Royal Navy Cycling (RNC)	A
109	8:49:00	Ian Inglis	Vive Le Velo	
110	8:50:00	Christopher Gibbard	FTP (Fulfil The Potential) Race Team	A
111	8:51:00	Alexander Royle	Manchester Bicycle Club	
112	8:52:00	Adam Wild	GS Metro	
113	8:53:00	Marcel Schubert	Zurbaran Racing	A
114	8:54:00	Hadyn James	BPC FLOWBIO race team	A
115	8:55:00	John Archibald	HUUB WattShop	
116	8:56:00	Phil Williams	Team Bottrill	
117	8:57:00	Toby Williams	Velotik Racing Team	
118	8:58:00	Jake Sargent	Team Bottrill	
119	8:59:00	Tim McEvoy	FTP (Fulfil The Potential) Race Team	B
120	9:00:00	Adam Duggleby	ADDFORM Vive Le Velo	

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2023 100 MILES TIME TRIAL CHAMPIONS



Men - Adam Duggleby



Women - Emily Martin



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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

As this event is over 100km regulation 22 (c) must be adhered to - (c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

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 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