

CC Breckland on behalf of East DC

Present:

RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 18th AUGUST 2024

START SHEET



12 HOUR TIME TRIAL



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



2024 RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS

Champions Celebration - 16th November 2024



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.



RTTC NATIONAL 12 HOUR CHAMPIONSHIP 2024 including The East District 12 hour Championship

H/Q - Mundford Village Hall

St Leonards Street

Mundford

Thetford

Norfolk

IP26 5DW

EVENT ORGANISER

Mark Fairhead

markfairhead@btinternet.com

07772516713

CHIEF TIME KEEPERS

Don Saunders & Andy Moore

Notes - riders helpers **are not** permitted to run or hand up drinks on the carriageway on any part of the course" and any person observed doing so could result in rider disqualification.

There are sufficient lay-bys and paved areas that are suitable for this.

Regulation 18. Covering the Course

The onus of keeping to the course rests with each rider.

In fixed time events the chief marshal may adjust the number of fixed distance circuits or sections individual competitors cover*. A competitor who fails to complete the entire published course (or such course as directed by the chief marshal) before the finishing circuit is reached shall be recorded as DNF.

When dismounted a competitor must wheel or carry their machine without assistance whilst covering any portion of the course.

*N.B. In exceptional circumstances the chief marshal may adjust the number of circuits a competitor is required to cover (e.g. if such competitor is well ahead or well behind the field) prior to that competitor arriving at the finishing circuit).

19. Awareness of Surroundings

- (a) Competitors must not use ANY audio equipment except prescribed hearing aids.
- (b) Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

Event officials must not seek to regulate or interfere with other traffic.

Note - As this is single carriageway with some circuits being of an out and back nature, riding down the centre is not appropriate.

The East District do not support head down riding in any manner observed incidents will be acted upon accordingly



Start to beginning C1

Cycling Route

★ Saved

Edit

▼

Details

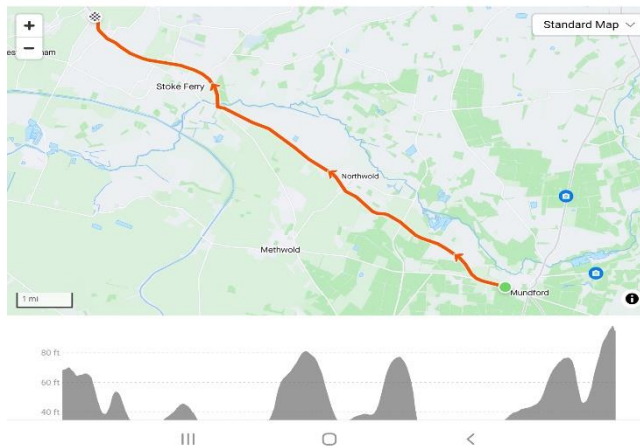
📍 9.72 mi ⚡ 199 ft ⌚ 38:46

CREATED BY

Mark Fairhead
16 July 2024 · Public



Route and Elevation



CIRCUIT 1

Cycling Route

★ Saved

Edit

▼

Details

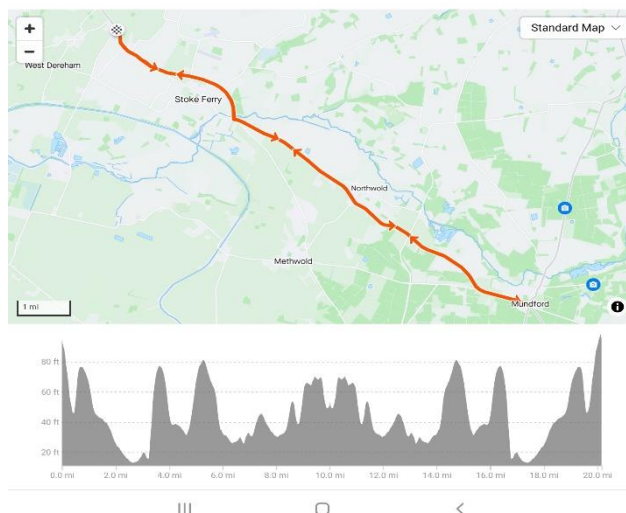
📍 20.17 mi ⚡ 398 ft ⌚ 1:20:22

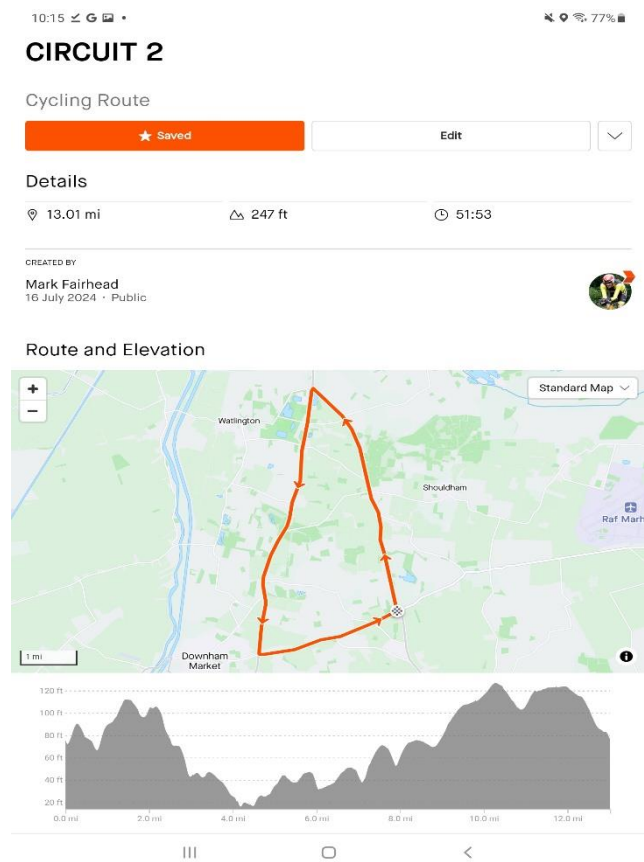
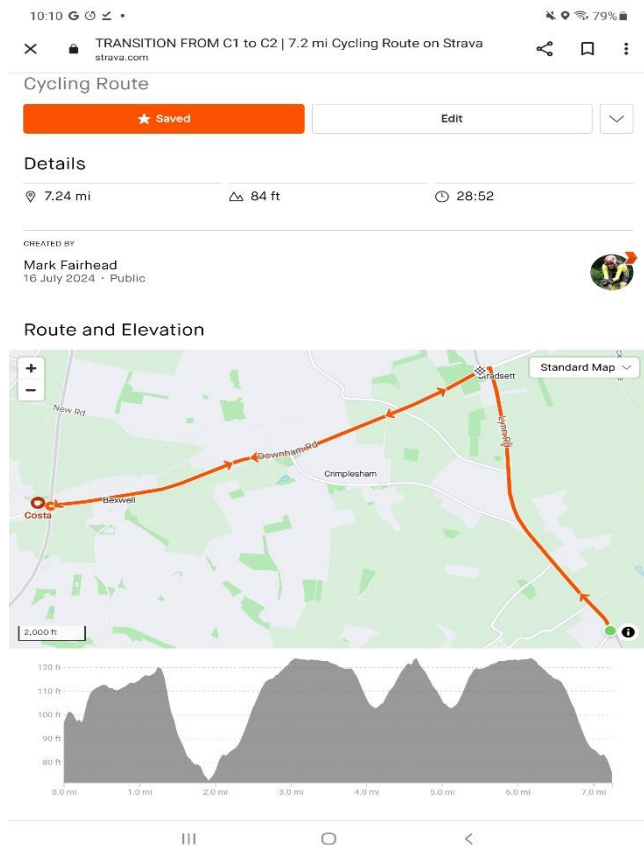
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Route and Elevation





TRANSITION C2 to C3

Cycling Route

★ Saved

Edit

▼

Details

📍 12.98 mi

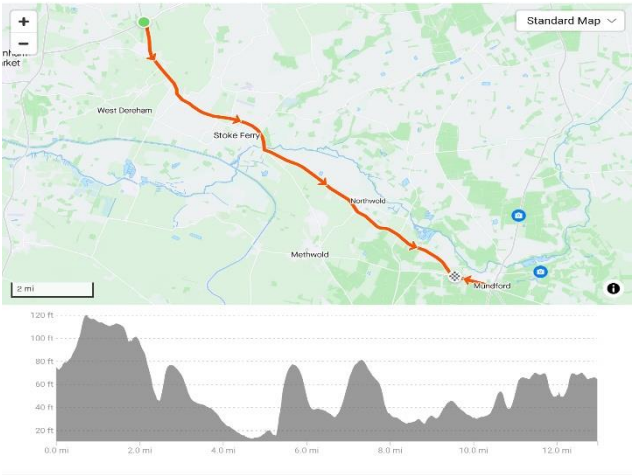
⬆️ 268 ft

🕒 51:44

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Route and Elevation



CIRCUIT 3

Cycling Route

★ Saved

Edit

▼

Details

📍 13.88 mi

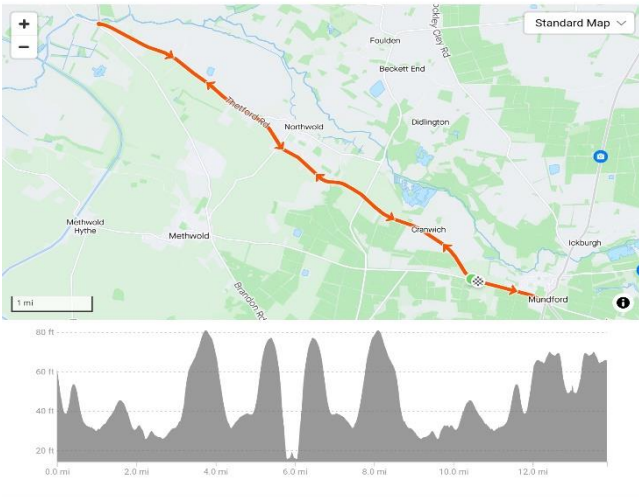
⬆️ 301 ft

🕒 55:19

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Route and Elevation



FINISHING CIRCUIT

Cycling Route

★ Saved

Edit

▼

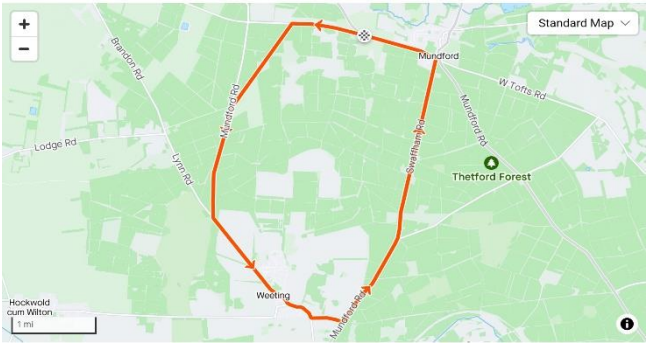
Details

📍 10.08 mi	⬆️ 177 ft	🕒 40:11
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Route and Elevation





Number	Start Time	Name	Club / Team	Gender	Age Cat
7	6:07:00	John J Murphy	Gloucester City Cycling Club	Open	I
8	6:08:00	Stuart McCormick	Chester RC	Open	D
9	6:09:00	Richard Parrotte	Shaftesbury CC	Open	D
10	6:10:00	Peter Horton	Team Bottrill	Open	D
11	6:11:00	Tom Ridsdale	High Wycombe CC	Open	
12	6:12:00	Jason Turner	Norwich A B C	Open	C
13	6:13:00	Cara Rawlinson	Tactic UK WRT	Female	
14	6:14:00	Stuart Day	Crewe Clarion Wheelers	Open	C
15	6:15:00	Kris Whitelaw	Vector Racing	Open	A
16	6:16:00	Chris Shaw	Fenland Clarion CC	Open	E
17	6:17:00	Naomi De Pennington	DRAG2ZERO	Female	F B
18	6:18:00	Dean Lubin	Team Vision Racing - Silverhook	Open	C
19	6:19:00	Matt Rizzo-Naudi	Cambridge University CC	Open	
20	6:20:00	Joe Gorman	Arctic Aircon RT	Open	
21	6:21:00	Karl Norris	360VRT	Open	C
22	6:22:00	Samuel McClean	Orwell Velo	Open	
23	6:23:00	Lorna Breetzke	Elgin Cycle Club	Female	F B
24	6:24:00	Hadyn James	BPC FLOWBIO race team	Open	A
25	6:25:00	Alan Broadbent	Graham Weigh Racing-Deeside Olympic	Open	C
26	6:26:00	Lee Sturman	West Suffolk Wheelers	Open	C
27	6:27:00	Sue Satchithananda	Crewe Clarion Wheelers	Female	F C
28	6:28:00	Jamie Richardson Paige	Magspeed Racing	Open	
29	6:29:00	Alexander Boswell	Kernow Racing Team	Open	
30	6:30:00	Simon Bowler	AS Test Team	Open	D
31	6:31:00	Paul Tippet	Destination Bike RT	Open	C
32	6:32:00	David Halliday	Team Bottrill	Open	A
33	6:33:00	Sian McPherson	Poole Wheelers Cycling Club	Female	
34	6:34:00	Arthur Winstanley	Liverpool Century RC	Open	F
35	6:35:00	Jake Sargent	Team Bottrill	Open	
36	6:36:00	Stephen Cordiner	Total Tri Training	Open	A
37	6:37:00	Rachel Halamandres	Basildon CC	Female	F A
38	6:38:00	Samuel Woodfield	Rule 28 x ATP Performance	Open	
39	6:39:00	Geoff Taylor	Icknield RC	Open	F
40	6:40:00	Alexander Royle	Manchester Bicycle Club	Open	
41	6:41:00	Bradley Woodruffe	Ribble Cycles	Open	
42	6:42:00	Simon Daw	CC Sudbury	Open	E
43	6:43:00	Lauren Falconer	Poole Wheelers Cycling Club	Female	
44	6:44:00	David Gill	Diss & District CC	Open	E
45	6:45:00	Joe Adlam-Cook	Cambridge University CC	Open	
46	6:46:00	Malcolm Strickland	CC Bexley	Open	F
47	6:47:00	Anita Turner	Eastbourne Rovers CC	Female	F C

48	6:48:00	Graham Hurrell	Basildon CC	Open	F
49	6:49:00	Sean Mcdougall	Icknield RC	Open	C
50	6:50:00	Philip Kennell	GS Metro	Open	D
51	6:51:00	Paul Looke	Shaftesbury CC	Open	D
52	6:52:00	Daren Austin	Twickenham CC	Open	D
53	6:53:00	Sien Van Der Plank	New Forest CC	Female	
54	6:54:00	Graham Noble	Graham Weigh Racing-Deeside Olympic	Open	C
55	6:55:00	Lee Williams	FTP (Fulfil The Potential) Race Team	Open	
56	6:56:00	Miles Haslam	Buxton CC/Sett Valley Cycles	Open	F
57	6:57:00	Chris Murray	Army Cycling	Female	F B
58	6:58:00	Mike Kirby	Banbury Star Cyclists' Club	Open	F
59	6:59:00	Philip Wilkinson	Rockingham Forest Wheelers	Open	C
60	7:00:00	Henrik Persson	FTP (Fulfil The Potential) Race Team	Open	A
61	7:01:00	Kevin Wood	Sherwood CC	Open	E
62	7:02:00	Chris Hopkinson	API/Anglia Sport	Open	D
63	7:03:00	Joanna Cebrat	360cycling	Female	F B
64	7:04:00	Gary Simpson	Yorkshire Road Club	Open	D
65	7:05:00	Tom Thornely	FTP (Fulfil The Potential) Race Team	Open	A
66	7:06:00	Tom Wade	Cambridge University CC	Open	
67	7:07:00	Kim Barfoot-Brace	Team Bottrill	Female	F A
68	7:08:00	Tom Hale	Cambridge University CC	Open	
69	7:09:00	Adam Rogers	Eastbourne Rovers CC	Open	B
70	7:10:00	Toby Williams	Velotik Racing Team	Open	



Commemorative water bottles supplied by Epic

Custom www.epic-custom.com

will be given to riders on signing on.

YOUR FASTEST JUST GOT FASTER



Get our world beating Project 1.0 skinsuit in your club design

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 :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(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