

Hitchin Nomads CC on behalf of London North DC
Present:

RTTC NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIP

31st August / 1st September 2024

RESULTS



10 MILE TIME TRIAL

 **KALAS**



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



RTTC NATIONAL 10 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS



OPEN OVERALL

- | | |
|-----|--|
| 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 |

JUNIOR OPEN & JUNIOR FEMALE

- | | |
|-----|--|
| 1st | Gilt RTTC Medallion, Championship Trophy, Jersey & Cap |
| 2nd | Silver RTTC Medallion |
| 3rd | Bronze RTTC Medallion |

TEAM CHAMPIONS

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

Age awards to the fastest in each of the following:

Open / Female 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Junior Open / Junior Female 12, 13, 14, 15, 16, 17 & 18 year old

Age award medals to be engraved and posted out asap, team and individual medals will be presented at the Champions Celebration on 16th November 2024.



Hitchin Nomads CC

Presents

RTTC 10mile Time Trial National Championship 2024

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

Course: F2E/10

Organiser: Debbie Knott, 35 Peregrine Road, Luton, LU4 0UY - 07950 193977

Timekeepers: Mike Bannister, Annette Lacey, Martyn Anderson, Peter Smith

CTT Board Representative: Keith Dorling

Message from Debbie (Organiser)

After a lot of hard work, the 2024 National 10 Event is over. We have received lots of good feedback about the event and course from the cyclists, observers and Marshals.

As you can tell, safety was my main aim for the event and to provide more marshals out in the course.

Marshals came from not just Hitchin Nomads CC but from representatives from the London North committee and from other clubs from all over the district. This shows, to put on such a high profile event, we have a community that is willing to help each other out.

I would also like to thank the staff at Cambourne Village College, who were also on hand all weekend, to pick up any issues. Lucky there wasn't any. What a great facility and carparking.

Another thankyou to Alison from Cool Beans Coffee Company who provided the Coffee and cake.

Final thanks to both Stewart and Keith who kept everything in control from a CTT Prospective.

As you know to organise an event, it take a lot of time and organisation. Due to the possible issues with Caxton Gibbet, I had 3 reserve courses in mind for the event, just in case there were any unplanned roadworks. Lucky we used the plan a course.

Final words. Thank you for those that entered and helped. Please have a successful rest of the 2024 season.



RTTC NATIONAL 10 MILE CHAMPIONSHIP 2024				
Saturday 31st August				
AGE AWARDS				
OPEN				
A (40-44)	Chris Smart	GTR - Return To Life p/b Streamline	18:53	
B (45-49)	Christopher Mcnamara	Sigma Sports Race Team	19:00	
C (50-54)	Howard Bayley	...a3crg	19:56	
D (55-59)	Richard Oakes	Team Ohten Aveas	19:33	
E (60-64)	Neil Mackley	...a3crg	20:32	
F (65-69)	Antony Brown	George Fox Cycling Solutions	20:56	
G (70-74)	Cliff Voller	VTTA West Group	25:27	
OVERALL				
AWARDS				
OPEN TEAM				
1	Rob Francis	Team Bottrill	56:31	
1	Jake Sargent	Team Bottrill		
1	Joshua Williams	Team Bottrill		
OPEN				
1	John Archibald	HUUB WattShop	18:11	
2	Adam Duggleby	ADDFORM Vive Le Velo	18:28	
3	Thomas Lee	Sheffrec CC	18:30	
3	Piotr Zulawski	Cambridge CC	18:30	
FULL RESULTS				
Pos	Name	Club	Finish Time	Cat
Open				
1	John Archibald	HUUB WattShop	18:11	
2	Adam Duggleby	ADDFORM Vive Le Velo	18:28	
3	Thomas Lee	Sheffrec CC	18:30	
3	Piotr Zulawski	Cambridge CC	18:30	
5	Nicholas Trbovic	Elysium Kalas Race Team	18:41	
6	Ian Inglis	Vive Le Velo	18:43	
7	Will Lowden	Cambridge University CC	18:44	
8	Rob Francis	Team Bottrill	18:47	
9	Jake Sargent	Team Bottrill	18:51	
10	Chris Smart	GTR - Return To Life p/b Streamline	18:53	A (40-44)



10	Joshua Williams	Team Bottrill	18:53	
12	Jacob Storey	trainSharp	18:55	
12	James Jenkins	Hart Performance Coaching	18:55	
14	Joshua Knowles	TAAP Kalas	18:58	
14	Kevin Chant	Wightlink Wight Mountain Race Team	18:58	
16	Paul Pardoe	Peterborough CC	18:59	A (40-44)
17	Christopher Mcnamara	Sigma Sports Race Team	19:00	B (45-49)
18	Alex Pickering	Elysium Kalas Race Team	19:02	
19	Ollie Hucks	TAAP Kalas	19:03	
20	John Wingfield	Elysium Kalas Race Team	19:18	
20	Paul Burton	Paceline RT	19:18	A (40-44)
22	David Mead	Team Enable - M.I. Racing	19:21	B (45-49)
23	Sam Mcdonald	St Neots CC	19:25	
24	Max Belcher	Elysium Kalas Race Team	19:31	
25	Richard Oakes	Team Ohten Aveas	19:33	D (55-59)
26	Will Deely	George Fox Cycling Solutions	19:35	
27	Aaron Freeman	London Dynamo	19:37	
28	Rob Graham	GTR - Return To Life p/b Streamline	19:39	
29	James Richards	WardPerformanceUK.com	19:44	
30	Joseph Grey	Cheltenham & County Cycling Club	19:45	
30	Richard Santhouse	Banbury Star Cyclists' Club	19:45	
30	John Routledge	GTR - Return To Life p/b Streamline	19:45	A (40-44)
33	Benjamin Williams	Team Bottrill	19:48	
33	John Brearley	ADDFORM Vive Le Velo	19:48	
35	Colin McDermott	Festival Road Club	19:50	D (55-59)
36	Adam Baker	Royal Air Force Cycling Association	19:56	
36	Howard Bayley	...a3crg	19:56	C (50-54)
36	Ryan Witchell	Royal Leamington Spa Cycling Club	19:56	
39	James Percy	Mid Devon Cycling Club	20:00	
40	Sean O'Sullivan	Hart Performance Coaching	20:01	
41	Renzo Casale	University of Bath Cycling Club	20:02	
42	Nic Pillinger	St Neots CC	20:03	B (45-49)
43	Stuart Henderson	ADDFORM Vive Le Velo	20:04	B (45-49)
44	Samuel Thienel	Elysium Kalas Race Team	20:07	
45	Jack Rose	Elysium Kalas Race Team	20:11	
45	Simon Bowler	AS Test Team	20:11	D (55-59)
47	George Fox	George Fox Cycling Solutions	20:12	
48	Paul Jones	Primera-Teamjobs	20:13	C (50-54)
49	Mark Hamer	Legato Racing Team (LRT)	20:16	B (45-49)



50	Michael Hutchinson	Arctic Aircon RT	20:17	C (50-54)
50	Justin Layne	AS Test Team	20:17	B (45-49)
52	Oliver Baylin	www.giant-helston.co.uk	20:19	
53	Jack Smy	Army Cycling	20:23	
54	Daniel Wyatt	Hereford & Dist Whs CC	20:25	B (45-49)
54	Alfie Salmon	Hart Performance Coaching	20:25	
56	Sam Harding	Rugby Velo	20:28	
57	Lewis Roberts	Blackspokes RT	20:30	
58	Shaun Jarvis	St Neots CC	20:31	
59	Neil Mackley	...a3crg	20:32	E (60-64)
60	Tom Quinlan	FTP (Fulfil The Potential) Race Team	20:33	
61	Simon Butteriss	Ely & District CC/B&T Motor Repairs	20:34	B (45-49)
61	Lee Watson	Army Cycling	20:34	
61	Daniel Chambers	Bicester Millennium CC	20:34	
64	Mat Iving	Buxton CC/Sett Valley Cycles	20:37	C (50-54)
64	Ed Moss	Beacon Roads CC	20:37	C (50-54)
66	Tom Wade	Cambridge University CC	20:40	
67	Frazer Wallis	Spalding CC	20:41	C (50-54)
67	Edward Anderson	Banbury Star Cyclists' Club	20:41	B (45-49)
69	Darran Bennett	Ely & District CC/B&T Motor Repairs	20:42	C (50-54)
70	Dan Whitehouse-Smith	Army Cycling	20:48	
71	David Waslin	City RC (Hull)	20:50	
72	Steven Cottington	Bath Cycling Club	20:51	E (60-64)
73	Tim Radley	Gloucester City Cycling Club	20:53	C (50-54)
74	Luke Marshall	Elysium Kalas Race Team	20:54	
75	Jonathan Whittaker	Army Cycling	20:56	
75	Antony Brown	George Fox Cycling Solutions	20:56	F (65-69)
77	Neil Cleminshaw	ADDFORM Vive Le Velo	20:57	C (50-54)
78	David Glossy	Elysium Kalas Race Team	20:58	C (50-54)
79	Dave Nolan	trainSharp	20:59	C (50-54)
79	Louis Tate-Harris	Bedfordshire Road RT	20:59	
79	Keith Dorling	Team Bottrill	20:59	F (65-69)
82	Nick James	Aerologic RT	21:01	C (50-54)
83	Simon Hall	Stourbridge CC	21:02	A (40-44)
83	Neal Beauchamp	Kingston Wheelers CC	21:02	
85	Jacob Leigh	trainSharp	21:04	
85	Ian Short	CC Sudbury	21:04	C (50-54)
87	David Clark	Eastbourne Rovers CC	21:08	D (55-59)
88	Simon Law	Team Enable - M.I. Racing	21:10	D (55-59)



88	Harry Nolan	trainSharp	21:10	
90	Graham Heaton	City RC (Hull)	21:12	D (55-59)
91	Matthew Rowe	Hitchin Nomads CC	21:13	
92	Liam Davison	ADDFORM Vive Le Velo	21:14	
92	Adam Wells	Rockingham Forest Wheelers	21:14	
94	Martin Reynolds	Cambridge CC	21:18	E (60-64)
95	Vincent Douglas	Gloucester City Cycling Club	21:21	C (50-54)
95	Matthew Reader	Verulam CC	21:21	C (50-54)
97	Joseph Shaw	Ipswich BC	21:25	
98	Mark Woolford	ZeroBC Race Team	21:26	D (55-59)
99	Kevin Weymouth	Mid Devon Cycling Club	21:31	C (50-54)
99	Ian Cardy	Chelmer CC	21:31	E (60-64)
99	John Jones	Verulam Really Moving	21:31	D (55-59)
102	Mark Wise	Team Enable - M.I. Racing	21:32	E (60-64)
103	John Lacey	Hemel Hempstead CC	21:33	E (60-64)
104	Matthew Peck	Ipswich BC	21:38	A (40-44)
105	Jordan Black	West Suffolk Wheelers	21:39	
106	Karl Robertson	Worthing Excelsior CC	21:40	B (45-49)
107	Paul Smith	VeloRefined Rule 5	21:41	C (50-54)
108	William Sawyer	Velo Club St Raphael	21:44	E (60-64)
109	Thomas Carroll	CC Breckland	21:46	A (40-44)
109	Max Sahota	Team Bottrill	21:46	
111	Simon Higgs	Essex Roads CC	21:49	C (50-54)
111	Abid Hussain	Icknield RC	21:49	B (45-49)
113	Joseph Costello	Legato Racing Team (LRT)	21:52	F (65-69)
114	Matt Donovan	Bedfordshire Road RT	21:54	A (40-44)
115	Dan Jenkins	Hart Performance Coaching	21:58	D (55-59)
116	Issy Zimmerman	Regents Park Rouleurs	22:04	D (55-59)
117	Lee Turner	VeloRefined Rule 5	22:06	D (55-59)
118	Mark Connelly	Essex Roads CC	22:08	
119	Andy Kennedy	Ipswich BC	22:13	D (55-59)
120	Ian Swinscoe	Royal Air Force Cycling Association	22:23	D (55-59)
121	Richard Mellor	Team Bottrill	22:25	D (55-59)
122	Michael Weaver	Rockingham Forest Wheelers	22:28	D (55-59)
123	Grant Orsborn	Bedfordshire Road RT	22:32	E (60-64)
124	Michael Wills	Team Enable - M.I. Racing	22:36	F (65-69)
125	Andrew Halliday	Westerley Cycling Club	22:38	C (50-54)
126	Andrew Jackson	Team Enable - M.I. Racing	22:40	D (55-59)
127	Stewart Harrison	Team Bottrill	22:46	D (55-59)



128	Daniel Ramsbottom	Royal Air Force Cycling Association	22:59	
129	Richard Tully	Elite Cycling	23:15	B (45-49)
130	Stan Nwaka	Verulam Really Moving	23:32	E (60-64)
131	Roger Whittle	Gloucester City Cycling Club	23:35	D (55-59)
132	Nicholas Senechal	Hitchin Nomads CC	23:51	E (60-64)
133	David Prom	Abellio - SFA Racing Team	23:53	C (50-54)
134	Peter Noble	Ely & District CC/B&T Motor Repairs	23:59	D (55-59)
135	Jamie Fox	Hitchin Nomads CC	24:01	
136	Richard Hutt	Harp RC	24:14	F (65-69)
137	Andrew Vaughan	City RC (Hull)	24:16	D (55-59)
138	Cliff Voller	VTTA West Group	25:27	G (70-74)
139	Patrick Miles	Verulam CC	25:49	G (70-74)
	Stu Wright	API/Anglia Sport	DNF	D (55-59)
	David Halliday	Team Bottrill	DNF	A (40-44)
	William Taylor	Go Fast Turn Left	DNF	
	Ethan Fowler	Elysium Kalas Race Team	DNS	
	Hans Nilsson	London Phoenix CC	DNS	F (65-69)
	Andrew Miller	ADDFORM Vive Le Velo	DNS	B (45-49)
	Jozsef Owen	ADDFORM Vive Le Velo	DNS	
	Piers Mahn	Mid Devon Cycling Club	DNS	
	Anthony Turner	Mickey Cranks Cycling Club	DNS	C (50-54)
	Jez Willows	Sherwood CC	DNS A	D (55-59)
	John Manlow	Ely & District CC/B&T Motor Repairs	DNS A	D (55-59)
	Kevin Wood	Sherwood CC	DNS A	E (60-64)
	Glenn Taylor	Shorter Rochford RT	DNS A	D (55-59)
	Philip Wilkinson	Rockingham Forest Wheelers	DNS A	C (50-54)
	Matt Hill	Zurbaran Racing	DNS A	E (60-64)
	Joe Shillabeer	Clifton CC York	DNS A	
	Richard Harrison	DRAG2ZERO	DNS A	B (45-49)
	Paul Jay	DRAG2ZERO	DNS A	B (45-49)
	Joe Laverick	Ribble Cycles	DNS A	
	Timothy Torrie	trainSharp	DNS A	
	Steve Lampier	Kernow Racing Team	DNS A	A (40-44)
	Jonny Allen	Elysium Kalas Race Team	DNS A	
	Liam Maybank	Twickenham CC	DNS A	C (50-54)
	Tom Ward	WardPerformanceUK.com	DNS A	
	George Peden	Team PB Performance	DNS A	
	Simon Hunt	VéloElite RC	DNS A	C (50-54)



	Sunday 1st September			
	AGE AWARDS			
	JUNIOR FEMALE			
14 year old	Rosie Wingate	Liv CC Halo Films	30:06	
15 year old	Maia Howell	Matlock CC	22:24	
16 year old	Freya Johnson	Gosforth RC	24:37	
17 year old	Sophie Heighton	Ferryhill Whs	27:18	
	JUNIOR OPEN			
13 year old	Asher Gray	Welwyn Whs	21:14	
14 year old	Elijah Storti	Welwyn Whs	22:14	
15 year old	Charles Langford	Southend Wheelers	19:57	
16 year old	Matthew Kent	Tofauti Everyone Active	19:09	
17 year old	Luca Bednarek	Team Bottrill	18:57	
18 year old	Joe Cosgrove	Team Bottrill	18:31	
	FEMALES			
A (40-44)	Hazel Smyth	Vive Le Velo	22:11	
B (45-49)	Louise Robinson	Shaftesbury CC	21:07	
C (50-54)	Claire Hall	Parenesis-TougHuman Cycling	22:56	
D (55-59)	Denise Hurren	Sole Bay Cycle Sport	22:40	
G (70-74)	Jen Clegg	Team Bottrill	25:03	
	OVERALL			
	AWARDS			
	JUNIOR TEAM			
1	Elijah Storti	Welwyn Whs	1:06:32	
1	Iris Gray	Welwyn Whs		
1	Asher Gray	Welwyn Whs		
	FEMALE TEAM			
1	Alex Clay	Team Bottrill	1:00:45	
1	Emily Martin	Team Bottrill		
1	Kate Allan	Team Bottrill		
	JUNIOR FEMALE			
1	Maia Howell	Matlock CC	22:24	
2	Iris Gray	Welwyn Whs	23:04	
3	Freya Johnson	Gosforth RC	24:37	
	JUNIOR OPEN			
1	Joe Cosgrove	Team Bottrill	18:31	
2	Luca Bednarek	Team Bottrill	18:57	
3	Matthew Kent	Tofauti Everyone Active	19:09	



	FEMALES			
1	Kate Allan	Team Bottrill	19:56	
2	Emily Martin	Team Bottrill	20:13	
3	Alex Clay	Team Bottrill	20:36	
	FULL RESULTS			
Pos	Name	Club	Finish Time	Cat
	Junior Female			
1	Maia Howell	Matlock CC	22:24	F 15
2	Iris Gray	Welwyn Whs	23:04	F 15
3	Freya Johnson	Gosforth RC	24:37	F 16
4	Charlotte Hall	Team Milton Keynes INC 0:10 L/S	26:00	F 16
5	Nina Reid	Thanet RC	27:06	F 15
6	Sophie Heighton	Ferryhill Whs	27:18	F 17
7	Iggy Campbell	Solihull CC	28:22	F 17
8	Rosie Wingate	Liv CC Halo Films	30:06	F 14
	Poppy Kisley	Banbury Star Cyclists' Club	DNS	F 18
	Evelyn Field	Solas Race Team	DNS A	F 17
Pos	Name	Club	Finish Time	Cat
	Junior Open			
1	Joe Cosgrove	Team Bottrill	18:31	18
2	Luca Bednarek	Team Bottrill	18:57	17
3	Matthew Kent	Tofauti Everyone Active	19:09	16
4	Matthew Thompson	Rugby Racing Cycling Club	19:27	17
5	Charles Langford	Southend Wheelers	19:57	15
6	Nathan Levitt	Hillingdon Slipstreamers	20:43	17
7	Toby Barnes	D A P Cycling Club	20:44	16
8	Noah Wheller	Preston Park Youth Cycling Club	20:55	16
9	Roch Morgan	Derby Mercury R C	21:10	15
10	Asher Gray	Welwyn Whs	21:14	13
11	Thomas Percival	Velo Club Cumbria	21:29	15
12	Douglas Tulett	Thanet RC	21:44	15
13	Toby Mannall	St Ives CC	21:52	18
14	Ewan Cook	Wightlink Wight Mountain Race Team	22:02	17
15	Elijah Storti	Welwyn Whs	22:14	14
16	Charlie Upton	CC Sudbury	22:39	15
17	Beau Jeffery	St Ives CC	30:44	13



	Rhys Edwards	trainSharp	DNF	18
	Aidan Worden	360cycling	DNS	18
	Emil Howell	Harrogate Nova Race Team	DNS A	17
	Ollie Boarer	Tofauti Everyone Active	DNS A	18
Pos	Name	Club	Finish Time	Cat
	Females			
1	Kate Allan	Team Bottrill	19:56	
2	Emily Martin	Team Bottrill	20:13	
3	Alex Clay	Team Bottrill	20:36	
4	Laura Davies	Jadan Vive Le Velo	21:03	
5	Louise Robinson	Shaftesbury CC	21:07	B (45-49)
6	Lauren Creamer	Velo Fixers	21:22	
7	Laura Pittard	FTP (Fulfil The Potential) Race Team	21:38	
8	Keri Parton	Team Bottrill	21:43	
9	Anastasia Bowler	Saint Piran	21:56	
10	Hazel Smyth	Vive Le Velo	22:11	A (40-44)
11	Deborah Beare	Icknield RC	22:18	A (40-44)
12	Peggy Simpkins	Banbury Star Cyclists' Club	22:31	
13	Denise Hurren	Sole Bay Cycle Sport	22:40	D (55-59)
14	Vanessa Barker	Hull Thursday RC	22:47	B (45-49)
14	Diana Egerton-Warburton	Team Enable - M.I. Racing	22:47	B (45-49)
16	Claire Emons	...a3crg	22:49	D (55-59)
17	Lucy Griffin	Cambridge CC	22:50	
18	Emily Varley	Hitchin Nomads CC	22:51	
19	Claire Hall	Parenesis-TougHuman Cycling	22:56	C (50-54)
20	Emma Wyatt	Hereford & Dist Whs CC	23:03	B (45-49)
21	Beth Grogan	Selby CC	23:06	
22	Harriet Orridge	Bicester Millennium CC	23:09	C (50-54)
23	Hebe Picking	Jadan Vive Le Velo	23:40	
24	Kirsty Mcseveney	...a3crg	23:49	A (40-44)
25	Lisa Davies	VMCC powered by Y Beic	24:17	
26	Amy Sole	Full Moo Cycling	24:25	C (50-54)
27	Maria Weymouth	Mid Devon Cycling Club	24:51	C (50-54)
28	Ann Shuttleworth	Cambridge CC	25:00	D (55-59)
29	Jen Clegg	Team Bottrill	25:03	G (70-74)
30	Caroline Harding	Velo Club St Raphael	25:12	B (45-49)
31	Abigail Bremner	Beccles Tri Club	25:25	
32	Elizabeth McKie	Verulam Really Moving	25:33	D (55-59)



33	Maria Cayford	Kettering CC	25:57	
34	Mona Chammas	PDQ Cycle Coaching	27:25	A (40-44)
35	Kirsty Cook	Wightlink Wight Mountain Race Team	30:01	C (50-54)
	Dea Ditchfield	Total Tri Training	DNS	D (55-59)
	Gillian Reynolds	Willesden CC	DNS	H (75-79)
	Sophie Holmes	Saint Piran	DNS	
	Victoria Smith	Alba `development Road Team	DNS	
	Lorna Rowland	Twickenham CC	DNS A	C (50-54)
	Lynne Scofield	Rockingham Forest Wheelers	DNS A	A (40-44)
	Alice Connor	London Academy Racing	DNS A	
	Kim Barfoot-Brace	Team Bottrill	DNS A	A (40-44)



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