

PROMOTED BY ECCA ON BEHALF OF LONDON EAST DISTRICT

PRESENT:

**2017 RTTC 12 HOUR TIME TRIAL**  
**NATIONAL CHAMPIONSHIP**  
**SUNDAY 13TH AUGUST 2017**

**START SHEET**



**12<sup>HR</sup>**

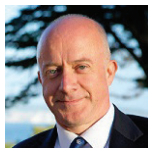
**12 HOUR TIME TRIAL**



PROMOTED FOR AND BEHALF OF CYCLING TIME TRIALS  
UNDER THEIR RULES, REGULATIONS AND CONDITIONS



# 2017 RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP



CYCLING TIME TRIALS REPRESENTATIVE  
**JULIAN GEE**



## CHAMPIONSHIP AWARDS

### MEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

### WOMEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

## TEAM CHAMPIONS

(MEN AND WOMEN)

GILT RTTC MEDALLIONS AND CHAMPIONSHIP SHIELD

## AGE AWARDS

(MEN AND WOMEN)

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.

# **2017 RTTC 12 HOUR NATIONAL TIME TRIAL CHAMPIONSHIP**

**Incorporating the VTTA National & East Anglia Group Championships**

**Promoted by Eastern Counties Cycling Association  
on behalf of CTT London East District**

**Sunday 13th August 2017 Course E2/12  
Start 05.00 hrs**

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Event Secretary: David Nock, 81 Woodhall Road, Chelmsford, Essex CM1 4AF  
Telephone: 07939 695523

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## **Event Officials**

Main Timekeepers: Trevor Pedley and Eric Angell

*50 mile timekeeper:* Eric Angell

*100 mile timekeeper:* Trevor Pedley

*Result board mileage (estimated and final):* Len Gordon

*Result board:* David Nock

*Traffic count:* Brian Martin

*Check card collection:* Lea Marshall (Lea will collect cards and advise all marshals on last rider)

*Handicapper:* Terry Anderson 1 Claypits Road, Boreham, Chelmsford, Essex CM3 3BZ  
(to whom all improvements must be sent)

Cut-outs: Circuit A (Fourwentways RAB): Peter Smith

Circuit B (A505 RAB junction with A1198): Matt Haigh

## ***Circuit Timekeepers:***

No.1 Trevor Pedley

No 2 Michael Keen

No 3 Frida Wezel

No 4 Ian Taylor

No 5 John Cottee

No 6 Peter Beresford

No 7 Peter Smith

No 8 Eric Angell

*Would all timekeepers please set their watches to the talking clock*

## **MORNING AND EVENT HEADQUARTERS**

Chesterfords Community Centre, Newmarket Road, Great Chesterford, Saffron Walden  
CB10 1NS

On B1383 north of Great Chesterford (OS grid ref TL505433).

Start is only 200 yards from the HQ.

Open 4.00 am for tea, coffee, drinking water and toilets. Signing-on, Brian Martin

*All day parking and showers after the event.*

*Catering by Nettare, return your number for a drink*

## **Event Awards**

### **National Championship Awards**

As listed inside cover

#### **ECCA Awards — All Riders**

1st; £60 ~ 2nd; £50 ~ 3rd; £40 ~ 4th; £30 ~ 5th; £25      1st Lady; £40 ~ 2nd; £30

Best rider from ECCA club; £50 plus the Dunlop Cup for one year

Best team of three from ECCA club; 12 hour Team Shield for one year

John Norris Cup for best ECCA rider under 21 years of age, if none then best ECCA  
Novice (first ever 12 hour)

Handicap Awards ~ 1st; £35 ~ 2nd; £30 ~ 3rd; £25

1st Lady on Handicap; £30 (Fred Fisher Memorial Fund)

Eddie Engel Memorial Award ~ To the rider with the distance nearest the average distance  
of all finishers £50

#### **VTTA National Awards**

Men: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> on Standard

Ladies: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> on Standard

Club Team on Standard

#### **VTTA East Anglia Group Awards**

1st on actual distance

1st on standard

1st team of three on standard

1st on actual distance in 5 year age bands ~ 40-44; 45-49; etc.

*Only members of the VTTA are eligible for VTTA awards*

<b>COURSE E2/12hr</b>	<b>Marshal No.</b>	<b>Inter. mileage</b>	<b>Total mileage</b>
<b>START</b> at paint mark on B1383, 0·25m south of Stump Cross RAB, where broken line merges with carriageway			
Proceed north to Stump Cross RAB, Turn left A1301	M1		
Straight across next three RAB's to Sawston RAB	M2&C	2·827	2·827
Turn right A505 and follow to join A11, keep left up slip road to Four Went Ways RAB, A1307, straight over (second exit) to rejoin A11	M3,4&C	2·585	5·412
<b>START OF CIRCUIT A</b>			
Continue on A11 to join A14, follow for 7 miles, keeping left to rejoin A11, north of Newmarket.			
Follow A11 past Suffolk boundary to Freckenham sign (Note there are two exits to B1085, take second exit)	M5		
Slip left to T junction turn right (with care) Red Lodge	M6		
Continue to small RAB where right, third exit,	M7		
Cross over A11 to RAB, take third exit to rejoin A11 south	M8&C	18·522	23·934
Retrace via A11, A14, A11 to Four Went Ways RAB	M9		
Circle RAB to rejoin A11 north	M10,11&C	18·628	42·562
<b>END OF CIRCUIT A</b>			
<b>REPEAT CIRCUIT A FOR SECOND TIME</b>			
Red Lodge and Four Went Ways			
Continue straight over at Four Went Ways RAB to join A505 westbound		37·150	79·712
Continue, going straight over at all RABs to Royston RAB junction A505/A1198	M12, 13 & C	13.24	92.95
<b>START OF CIRCUIT B</b>			
Continue on A505 westbound to Baldock where exit at B656 junction to take 3 <sup>rd</sup> exit at RAB to cross over A505. Right at RAB to rejoin A505 eastbound.	M14,15,16 & C	7.46	100.41
Continue to Royston RAB at junction A505/A1198 where circle RAB to rejoin A505 westbound	M12,13 & C	7.46	107.87
<b>END OF CIRCUIT B</b>			
<b>COMPLETE CIRCUIT B FIVE MORE TIMES</b>		74.60	182.47
If cut out, deduct 14.92 miles per circuit			

Continue eastbound on A505 going straight over at all RABs to join A11 northbound. Stay in inside lane to take the slip road to Four Went Ways RAB	M17		
Straight over RAB to rejoin A11 northbound	M18, 19 & C	13.240	195.71
Continue on A11 to take slip road A1304 to Six Mile Bottom	M20		
Continue over level crossing to			
<b>START OF FINISHING CIRCUIT</b> at layby on A1304 0.65 miles NE of Six Mile Bottom crossroads		6.26	201.97
Continue on A1304 to Stetchworth RAB, take first exit to A1303	M21 & C		
Continue to Dunsley Corner. Turn left	M22 & C		
Follow lane under A11 to turn left onto A1304 at Six Mile Bottom crossroads.	M23 & C		
Continue to start of circuit			
<b>END OF FINISHING CIRCUIT</b>		12.76	214.73

#### FINISHING CIRCUIT – TIMEKEEPER POSITIONS

NO.	INTER	TOTAL	GR.	DESCRIPTION
1	-	-	584577	On A1304. SW end of layby, .65m NE of 6 Mile Bottom X roads.
2	1.72	1.72	602599	.25 m past road to Swaffham Bulbeck, and just past large gated 'Lordship House' entrance. On verge past 'fire hydrant' sign by fence.
3	1.55	3.27	611612	On A1303, immediately after entrance to Equine Hospital, at start of disused Police Layby. Opposite LP L34UCV. <b>NOTE, not</b> the larger layby further along!
4	1.52	4.79	585603	Start of layby (at 'P' sign) halfway between Swaffham X roads and A14/11 flyover.
5	1.68	6.47	563600	Minor standing 100 yds. E of Whitelands farmhouse.
6	1.43	7.90	538603	Hardstand just after Bell Rd. Bottisham, and before industrial units.
7	1.70	9.60	543589	On unclassified lane, hardstanding 100yd.NW of X roads Bottisham/Willbraham.
8	1.33	10.93	563580	Hardstanding at byway crossing, under power lines.
1	1.83	12.76	584577	Complete circuit.

## Notes for Competitors

- **Use of Motor Vehicle** (CTT regulation 19). Details of the vehicle are registered on the enclosed form, and must be deposited at the morning HQ before the time of start for the rider. You must not be overtaken more frequently than once every ten miles. You must not be handed up food or drink from a moving vehicle.
- **Lights Off** time on the day is 05:39. All riders starting before that time must have appropriate front and rear lights otherwise they will not be allowed to start until after 05:39 and will incur a late start penalty.
- **Numbers.** Competitors must only use the numbers supplied by the event organizer. Body numbers should only be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arm facing forwards. **It is the rider's responsibility to ensure that their body and arm numbers are clearly visible at all times. This is especially important in the event of wet weather and riders deciding to wear rain jackets. If Checkers cannot see your number your final distance may be compromised.**
- There must be no organized feeding or obstruction of lay-bys on the A11. Individual feeding must be carried out in a safe manner.
- When your 12 hours is up you must continue to the next Circuit Timekeeper at racing speed otherwise your final distance will be reduced.
- Traffic lights on A505 at Duxford must be obeyed, an Observer will be present.

### CTT London East Local Regulations

**4.8.2** No 'U' TURNS are allowed within sight of either the start or finishing points, riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the District Committee.

**4.8.4** STATIC TRAINERS in respect of consideration for local residents the use of static trainers are banned from all morning events held in the London East District.

**4.8.5** Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the London East District Committee.

**In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. All juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. Cycling Time Trials and the Event Promoters recommend the use of a flashing rear light whilst competing.**

**Cut-outs:** In order to keep the field reasonably together cut-outs will operate at the following points:

- 42.562 miles at Four Went Ways RAB. Competitors reaching this point after 08.20am will be directed straight over the RAB to join A505 thereby avoiding 2nd leg to Red Lodge turn (deduct 36.979 miles) At the Organiser's discretion slower riders may be cut out before 08.20am. This is to ensure compliance with the restriction imposed by National Committee that riders are clear of the A14 by 09.30am.
- At the end of Circuit B riders may be directed off the circuit to continue straight on along the A505 eastbound before completing six circuits (deduct 14.76 miles for each missed circuit).
- Other cut-outs may be operated at the discretion of the Organiser.

<b>MARSHALLING SCHEDULE</b>			
<i>Marshals placed to direct competitors off the main carriageway must not stand at the apex between the carriageway and slip road, but should</i>			
Stump Cross left A1301	M1	Bishop's Stortford CC	5.00
Sawston RAB right A505	M2&C	Bishop's Stortford CC	5.05
Four Went Ways RAB straight over A11	M3-4&C	Ciclos Uno	5.10
<b>Start of circuit A</b>			
Slip road off A11 to Red Lodge	M5&C	Ely & Distric CC	5.50
T junction right to Red Lodge	M6	Ely & Distric CC	5.50
1st RAB turn right over A11 Red Lodge	M7	West Suffolk Whlrs	5.50
2nd RAB turn right rejoin A11	M8-9&C	West Suffolk Wheelers	5.50
Four Went Ways turn rejoin A11 north	M10-11&C	L.Finch, B.Lee	6.15
<b>Repeat circuit again, same marshal arrangements</b>			
Four Went Ways 3rd time straight over	M10-11&C	L.Finch & B.Lee	7.40
Observer at traffic lights Duxford A505		TBC	7:50
<b>Start of circuit B</b>			
Royston RAB junction A505/A1198	M12-13 & C	Lea Valley CC	8:20
Baldock B656 exit to rejoin A505	M14-15-16 & C	St Neots CC	8:45
Royston RAB junction A505/A1198	M12-13 & C	Lea Valley CC	
<b>Repeat circuit up to 5 more times</b>			
Observer at traffic lights Duxford A505		TBC	12:50
Slip road off A11 to Four Went Ways RAB	M17	TBC	13:00
Straight over RAB to rejoin A11 northbound	M18-19 & C	Shaftesbury CC	13:00
Exit slip A1304 to Six Mile Bottom	M20	Dave Nock	13:10
<b>Finishing Circuit</b>			
Stetchworth RAB	M21 & C	Cambridge CC	13:25
Dunsley Corner	M22 & C	Team Cambridge	13:40
Six Mile Bottom crossroads	M23 & C	Chelmer CC	13:50
<b>End of finishing circuit</b>			



No.	Name	Club			ECCA	ECCA Novice	Age	VTTA_Group	Hcap	VTTA Std	Start Time
3	Ian Mackenzie (T)	Southend Wheelers		V	Y		71		126		05:03
4	Malcolm Strickland	Thornton Road Club		V			62		119		05:04
5	Kate McPherson	Hitchin Nomads CC	W	V	Y		48		114		05:05
6	Gary Boyd	Hub Velo		V	Y		49	East Anglia	113	200.87	05:06
7	Suzanne Shaw	Kingston Phoenix RC	W	V			50		110		05:07
8	Sarah Bentley	Spalding CC	W	V			59		108		05:08
9	Catriona Archer	Born to Bike - Bridgtown Cycles	W	V			51	Midlands	105	180.44	05:09
10	John Witchell	Hanault RC		V	Y	Y	62		101		05:10
11	jacqueline Hobson	Born to Bike - Bridgtown Cycles	W	V			52	Midlands	98	179.32	05:11
12	Alec Mayes	Ashford Whs		V	Y		72		103		05:12
13	Gary Lane	Hanault RC		V	Y	Y	54		92		05:13
14	Trevor Halstead	Gainsborough Aegir Cycling Club		V			59		103		05:14
15	Chris Dines	GS Avanti		V			54		83		05:15
16	Nigel Hurst	Sleaford Wheelers Cycling Club		V			55		101		05:16
17	Graham Mann	Hanault RC		V	Y		68		69		05:17
18	Pippa MacDougall	Tavistock Whs CC	W	V			48		83		05:18
19	Edgar Reynolds	Born to Bike - Bridgtown Cycles		V			69	M & NW	82	169.11	05:19
20	Martin Arundel	Verulam CC		V	Y	Y	52		67		05:20
21	Richard Claxton	VC Elan - Harry Perry Cycles		V			73		81		05:21
22	David Greenwood	Rye & District Wheelers CC		V			52		79		05:22
23	Virginia McGee	Charlottesville Cycling Club	W	V			54	Wessex	66	177.04	05:23
24	Sandy Wallace	Fife Century Road Club		V			71		79		05:24
25	Chris Close	Sleaford Wheelers Cycling Club		V			62	Notts & E.Mids	78	182.91	05:25
26	Adrian Watkins	Tornado Road Cycling Club		V			49	Wessex	66	200.87	05:26
27	Simon Gent	Hub Velo		V	Y		44		78		05:27
28	Theresa Taylor	Preston CC	W	V			57		74		05:28
29	Daren Austin	Twickenham CC		V	Y	Y	49		65		05:29
30	Janet Fairclough	St Helens CRC	W	V			57		73		05:30
31	Bob Awcock	Born to Bike - Bridgtown Cyoles		V			73	Midlands	72	159.18	05:31
32	Emily Middleditch	Deeside Thistle CC	W						65		05:32
33	Dan Pullen	Crawley Wheelers		V			42		83		05:33

No.	Name	Club			ECCA	ECCA Novice	Age	VTTA Group	Hcap	VTTA Std	Start Time
34	Simon Keen	Crest CC			Y	Y			65		05:34
35	Rob Grunfeld	GS Avanti		V			46		60		05:35
36	Chris Scawn	Plymouth Corinthian CC		V			66	West	45	175.52	05:36
37	John Parkin	Hillingdon CC		V			44		47		05:37
38	Nic Stevenson	Westerley Cycling Club							53		05:38
39	Richard Yates	Sleaford Wheelers Cycling Club		V			51	Notts & E.Mids	58	198.44	05:39
40	Ray Retter	North Devon Wheelers		V			71		43		05:40
41	Tim McEvoy	Camel Valley C & TC							45		05:41
42	Luke Allen	Sheffrec CC							47		05:42
43	Christina Murray	Army Cycling Union	W	V			40		48		05:43
44	Lisa Davis	Lewes Wanderers CC	W	V			42		55		05:44
45	Jobe Usher	North Road CC							43		05:45
46	Michelle Lee	Bicester Millennium CC	W	V			44		58		05:46
47	Mel Wasley	SSLR Racing Team	W						46		05:47
48	Nick Hickman	Hitchin Nomads CC		V	Y		50	East Anglia	47	199.66	05:48
49	Paul Tunnell	Addiscombe CC		V			56		54		05:49
50	Henrik Persson	Kingston Wheelers CC							17		05:50
51	Ben Lane	GS Metro		V			46		23		05:51
52	Robert Royston	Sydenham Whs		V			62	Kent	43	182.91	05:52
53	Jasmin Muller	Born to Bike - Bridgtown Cycles	W						39		05:53
54	Nick Clarke	Lovelo Cinelli RT							27		05:54
55	Conrad Moss	Mid Devon CC		V			42		16		05:55
56	Mark Smith	Crawley Wheelers		V			43		21		05:56
57	Daniel Ryan	North Road CC							42		05:57
58	Peter Hooper	Eastbourne Rovers CC							34		05:58
59	Neil Allonby	Icknield RC		V	Y		47		40		05:59
60	Charles Mitchell	...a3crg							12		06:00
61	Rich Hunt	Army Cycling Union		V			45		22		06:01
62	John Golder	Chelmer CC		V	Y		64	East Anglia	41	179.37	06:02
63	Rupert Robinson	Crawley Wheelers		V			45		37		06:03
64	Lynne Biddulph	Born to Bike - Bridgtown Cycles	W	V			48		42		06:04









# 2016 12 HOUR TIME TRIAL CHAMPIONS



KATJA RIETHDORF



DANNY GRIEVES



[WWW.CYCLINGTIMETRIALS.ORG.UK](http://WWW.CYCLINGTIMETRIALS.ORG.UK)



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# NOTES TO COMPETITORS

## NUMBERS: CHAMPIONSHIP CONDITION 2(C)

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.

**THE NUMBERS PROVIDED ARE EVENT SPECIFIC AND ARE TO KEEP AS A SOUVENIR.**

## USE OF MOTOR VEHICLES

THE EVENT IS OVER 100KM. REGULATION 22 (USE OF MOTOR VEHICLES) ALLOWS FOR ASSISTANCE WITH A COMPETITORS REASONABLE FEEDING AND OTHER REQUIREMENTS. A COMPETITOR SHALL NOT BE OVERTAKEN BY HIS/HER'S SUPPORT VEHICLE MORE FREQUENTLY THAN ONCE EVERY 10 MILES. SUCH VEHICLE SHOULD BE DRIVEN AT NORMAL TRAFFIC SPEED.

## 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.

## IN THE INTERESTS OF YOUR OWN SAFETY.

CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IN ACCORDANCE WITH REGULATION 15 ALL JUNIOR COMPETITORS MUST WEAR PROTECTIVE HARD SHELL HELMETS.

IT IS RECOMMENDED THAT A WORKING REAR LIGHT, EITHER FLASHING OR CONSTANT, IS FITTED TO THE MACHINE IN A POSITION VISIBLE TO FOLLOWING ROAD USERS AND IS ACTIVE WHILST THE MACHINE IS IN USE.

## 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

CYCLING TIME TRIALS IS A COMPANY LIMITED BY GUARANTEE. REGISTERED IN ENGLAND NO. 4413282