

**2016
RTTC
100 Miles
National Championship
Sunday 10th July**



Promoted for and on behalf of
Cycling Time Trials

under their Rules, Regulations and National Championship Conditions

***By Stockton Whs CC
For Teesside District Council***

Cycling Time Trials Board Representative

Sue Bowler



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 OVER 100km. Regulation 22 (use of motor vehicles) allows for assistance with a competitor's reasonable feeding and other requirements. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Such vehicle should be driven at normal traffic speed.

Awards (Both Men & Women)

1st Gilt RTTC Medallion, Championship Trophy & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

Team Gilt RTTC Medallions & Championship Shield

Age awards to fastest

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

Awards will be presented subject to Championship Condition 2(h)





100 Miles National Championships

Sunday 10 July 2016

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by the Stockton Wheelers Cycling Club



Event Secretary

Doug Howes

104 Wimpole Road, Fairfield Park, Stockton on Tees. TS19 7LR

Tel : 07981 236175

Timekeepers

Colin Whitfield, Paul Kitson, Jim Conlin (Stockton Wheelers)

Dave Oliver (Middridge CRT)

Albert Harrison, Don Urwin, Gavin Russell (Cleveland Coureurs)

Sheree Binks (Cleveland Wheelers)

Marshalls

Members and Friends of the Stockton Wheelers Cycling Club

HQ (Open from 05:00)

Conyers School

Green Lane

Yarm

Stockton on Tees

TS15 9ET

Parking

Please park as directed in the School grounds



Welcome to Teesside

On behalf of Stockton Wheelers Cycling Club I would like to welcome you to Teesside to compete in the CTT National 100 mile time trial. This is our centenary year and we are proud to host this prestigious event.

I congratulate you on the physical and mental effort you will make to ride competitively over such a distance: you are among the country's elite athletes. We will do all we can to make your ride safe and I ask you to be particularly aware of the two right turns at the half way mark, where there may be a conflict with traffic.

This event could not take place without many people volunteering their time and expertise. On behalf the club, and all the competitors, I would like to thank Keith Lawton of the CTT for dealing with entries, seeding the field (and everything else he does to make it a success); Doug Howes, our event organiser, for shouldering the responsibility; Teesside District CTT Committee for approving the course; Paul Curran for presenting the prizes; our ladies for their hospitality and splendid home-made refreshments; and last but not least the timekeepers and marshals who will be out there in the best of the north east weather until the last rider finishes.

Colin Whitfield
Chairman



Course

T1002/2

Start at the national de-restriction sign at the entrance to the unclassified lane leading to HMP Kirklevington Grange Prison. Turn left and proceed to Kirklevington roundabout and turn left onto A67 and proceed south to turn right at east end of the bridge over the A19 onto unclassified road. Pass straight through Crathorne Village (with care) to join A19 south.

Continue south on A19, passing Cleveland Tontine hotel to the Thirsk by-pass where join A168 to Dishforth.

At Dishforth, bear left off A168 and proceed to round-about, where turn right, (26.4) crossing the A168 to turn right at round-about. Continue straight on at the next round-about, to join A168 northbound.

Continue North, retracing outward leg via A168/A19, to bear left off A19 at A67 junction and then turn right (50.8) and right again (with care) over A19 bridge.

At east end of bridge turn right onto unclassified road. Pass straight through Crathorne Village (with care) to join A19 southbound.

Retrace 1st circuit to Dishforth (75.1) and back, then take sliproad onto A67 northbound, to finish at the south end of the large layby on left, approx 250 yds past the Crown public house, Kirklevington.

Feeding

Please note that there is no official feed in this event.

Riders to be encouraged to take feeds and bottles when on unclassified Road local to Crathorne Village at North end of course or on slip road leading to Dishforth roundabout at south end of course.

There should be no feeding on either the A19 or A168 Dual Carriageways



Teesside District Notes

Warming Up – No warming up along the course by competitors once the event has started.

Turbo Trainers – the use of turbo trainers is **not allowed within 100yards of residential property**

NO U-Turns within sight of the timekeeper.

Championship Condition 2 (j)

Numbers – 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 OVER 100km

Regulation 22 (use of motor vehicles) **allows** for **assistance** with a competitor's reasonable feeding and other requirements. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Such vehicle should be driven at normal traffic speed.

The enclosed form should be handed in at signing on.

Please note that there is a Tricycle Event preceding the RTTC Championship

Presentations

Awards will be presented by former Commonwealth Games Team Time Trial and Road Race Gold medalist (along with many other National Road and Track titles) **Paul Curran** at approximately 13:30hrs



No	Name	Club	TOS		
11	Michael Cox	North Lancs RC	06:11		G
12	Greg Kershaw	Drighlington BC	06:12		
13	Thomas Hooper	GS Metro	06:13		
14	Harry Haseley	North Lancs RC	06:14		G
15	Stephen Moorhouse	Nelson Whs CC	06:15		D
16	Daniel Hogg	Darlington Cycling Club	06:16		
17	Noel Toone	Kettering CC	06:17		D
18	David Percival	Team Swift	06:18		
19	John Murphy	Gloucester City Cycling Club	06:19		H
20	Chris Goode	Yorkshire Coast Clarion CC	06:20		C
21	Martin Hedley	Witham Wheelers	06:21		C
22	Tony Kent	Harrogate Nova CC	06:22		F
23	Ian Lindsay	Royal Navy & Royal Marines CA	06:23		A
24	Martin Flanagan	Team Bottrill	06:24		A
25	Paul Heggie	Birdwell Wheelers	06:25		E
26	Edgar Reynolds	Congleton CC	06:26		F
27	Steven Woodrup	Yorkshire Road Club	06:27		F
28	Oliver Dammone	Gloucester City Cycling Club	06:28		
29	Robin Vessey	Mickey Cranks Cyling Club	06:29		C
30	Mick Black	Springfield Financial	06:30		F
31	Jacqueline Hobson	Born to Bike - Bridgtown Cycles	06:31	W	C
32	Mel Wasley	SSLL Racing Team	06:32	W	
33	Anna Dearing	Colchester Rovers CC	06:33	W	A
34	Clare Campbell-Smith	Born to Bike - Bridgtown Cycles	06:34	W	B
35	Jessica Bacon	York Cycleworks	06:35	W	
36	Alison Vessey	Mickey Cranks Cyling Club	06:36	W	E
37	Crystal Spearman	NOPINZ	06:37	W	
38	Corinne Mitchell	Harrogate Nova CC	06:38	W	A
39	Clarice Chung	SSLL Racing Team	06:39	W	
40	Lynne Biddulph	Born to Bike - Bridgtown Cycles	06:40	W	B
41	Gail Phillips	Sheffield Phoenix Cycling Club	06:41	W	B
42	Vicky Gill	DRAG2ZERO	06:42	W	
43	Karen Taylor	East Bradford CC	06:43	W	B
44	Vicky Jowett	Albarosa CC	06:44	W	
45	Bronwen Ewing	Rye & District Wheelers CC	06:45	W	C
46	Christina Murray	Glasgow Green CC	06:46	W	
47	Alice Lethbridge	Starley Racing	06:47	W	
48	Jackie Field	CC Ashwell	06:48	W	C
49	Susan Semple	Born to Bike - Bridgtown Cycles	06:49	W	C
50	Emily Cox	Bedfordshire Road RT	06:50	W	

No	Name	Club	TOS		
51	Kelly Stokes	Portsmouth Triathletes	06:51	W	
52	Rachael Mellor	Holmfirth C C	06:52	W	C
53	Katja Rietdorf	Born to Bike - Bridgtown Cycles	06:53	W	B
54	Kerry Gowland	Team Bottrill	06:54	W	
55	Angela Hibbs	Fusion RT Fierlan	06:55	W	
56	Theresa Taylor	Preston CC	06:56	W	D
57	Eleanor Haresign	Harrogate Nova CC	06:57	W	
58	Laura Bartlett	a3crg	06:58	W	
59	Alison Sarmiento	Harrogate Nova CC	06:59	W	B
60	Hayley Simmonds	AeroCoach	07:00	W	
61			07:01		
62	Michael Cross	Yorkshire Road Club	07:02		C
63	Russell Jelly	Team Bottrill	07:03		
64	Gareth Metcalfe	Otley CC	07:04		D
65	Jonathan Wears	SSLL Racing Team	07:05		
66	David Hargreaves	North Lancs RC	07:06		F
67	Colin Parkinson	South Western Road Club/Evans Cycles	07:07		C
68	Bill Seddon	Team Bottrill	07:08		B
69	Nick Calvert	Adept Precision RT	07:09		B
70	Alexander Colman	Arrow Cycles	07:10		
71	Chris Womack	VC Baracchi	07:11		F
72	Liam Maybank	Twickenham CC	07:12		A
73	Patrick Pennefather	Velo Club Cumbria	07:13		
74	Keith Dorling	Team Bottrill	07:14		D
75	Steve Ayres	VC Bradford	07:15		
76	Tony Foster	Mid Devon CC	07:16		B
77	Simon Beldon	SSLL Racing Team	07:17		B
78	Martin Winter	Twickenham CC	07:18		C
79	Peter Harridge	Icknield RC	07:19		E
80	Aaron Ward	Team Bottrill	07:20		
81	Randle Shenton	Team Swift	07:21		D
82	John Lacey	Hemel Hempstead CC	07:22		C
83	Kevin Dawson	Hambleton RC	07:23		A
84	Mark Reed	Tyneside Vagabonds CC	07:24		
85	Stephen Irwin	North Lancs RC	07:25		B
86	Ian Galbraith	Drighlington BC	07:26		A
87	Rob Pears	Bath Cycling Club	07:27		C
88	Tony Stott	VTTA (Yorkshire)	07:28		G
89	Lee Sanderson	Mid Devon CC	07:29		B
90	Philip Graves	Clifton CC York	07:30		

No	Name	Club	TOS	
91	Richard Yates	Sleaford Wheelers CC	07:31	C
92	Mark Smith	Crawley Wheelers	07:32	A
93	Steven Fullerton	Darlington Cycling Club	07:33	B
94	Pierre Guern	Leamington C & AC	07:34	A
95	Daniel Bloy	Team Velovelocit	07:35	
96	Elliot Gowland	Team Bottrill	07:36	A
97	Chris Herbert	Redhill CC	07:37	
98	Simon Tarrant	Cheltenham & County Cycling Club	07:38	A
99	Ray Retter	North Devon Wheelers	07:39	G
100	Peter Harrison	G.S. Henley	07:40	
101	James Scott	Royal Navy & Royal Marines CA	07:41	C
102	David Woodhouse	G.S. Henley	07:42	
103	Greg Melia	Clifton CC York	07:43	
104	Paul Jackson	Team Bottrill	07:44	C
105	David Crawley	Velotik Racing Team	07:45	A
106	Alan Corish	Doncaster Wheelers C.C.	07:46	C
107	Simon Barbour	G.S. Henley	07:47	
108	Graeme Carter	Stockton Wheelers CC	07:48	A
109	Derek Mcmillan	SVTTA	07:49	D
110	Andy Jackson	SSL Racing Team	07:50	A
111	Ben Lane	GS Metro	07:51	B
112	Stephen Whitewick	VeloRefined.com Aerosmiths	07:52	D
113	Gregory Woodford	Reading CC	07:53	D
114	Richard Newey	Paceline RT	07:54	C
115	Simon Wilson	Secret-training CC	07:55	
116	Howard Heighton	Ferryhill Whs	07:56	A
117	Paul Fleming	Preston Whs	07:57	C
118	Joe Le Sage	Rutland Cycling Club	07:58	A
119	Ian Peacock	Leek Cyclists' Club	07:59	E
120	James Hayden	Bishop's Stortford CC	08:00	
121	Paul Deen	Epsom CC	08:01	B
122	Luke Danckert	Army Cycling Union	08:02	
123	Andrew Askwith	Bridlington CC	08:03	C
124	Gary Hunt	Stockton Wheelers CC	08:04	C
125	Tejvan Pettinger	Sri Chinmoy Cycling Team	08:05	
126	Tom Cox	Northover VT / Rudy Project	08:06	E
127	Rich Hunt	Army Cycling Union	08:07	A
128	Stewart Pickard	Vive Le Velo	08:08	B
129	Neil Allonby	Icknield RC	08:09	B
130	Joel Wainman	SSL Racing Team	08:10	A

No	Name	Club	TOS		
131	Paul Elcock	G.S. Henley	08:11		
132	Colin Ward	Essex Roads CC	08:12		
133	Thomas Denwood	Harrogate Nova CC	08:13		
134	Stuart Hewlins	Hounslow & District Whs	08:14		B
135	Ian Holbrook	Stone Wheelers CC	08:15		B
136	Nicholas Smale	Cheltenham & County Cycling Club	08:16		
137	Paul Kirk	Albarosa CC	08:17		A
138	David Triska	Farnborough & Camberley CC	08:18		
139	Trevor Mayne	Birdwell Wheelers	08:19		C
140	Mark Arnold	CC Desiragear	08:20		A
141	Chris Tye	Team Skipper	08:21		B
142	Dave Lazenby	Baines Racing Silverstone Cycle	08:22		C
143	Mark Sanders	Mid Devon CC	08:23		D
144	Carl Donaldson	GS Metro	08:24		
145	John Dewey	Team Bottrill	08:25		
146	Rupert Robinson	Evans Cycles Race Team	08:26		A
147	Lewis Keightley	Bournemouth Jubilee Whs	08:27		
148	Scott Davidson	Team Velovelocity	08:28		
149	Gavin Shirley	Dooleys RT	08:29		
150	Kieron Davies	DRAG2ZERO	08:30		
151	Gary Rhodes	Drighlington BC	08:31		B
152	Jonathan Parker	Team Bottrill	08:32		A
153	Chris Goodfellow	DRAG2ZERO	08:33		
154	James Falconer	Ferryhill Whs	08:34		
155	Richard Bideau	Pendle Forest CC	08:35		B
156	Lawrence Burrows	Team Swift	08:36		
157	Charles Mitchell	a3crg	08:37		
158	Edward Nicholson	Team Bottrill	08:38		B
159	Danny Grieves	GS Metro	08:39		
160	Ryan Perry	Langdale Lightweight's R T	08:40		
161	Eric Grill	AeroCoach	08:41		
162	Harry Walton	Cheltenham & County Cycling Club	08:42		
163	David Watson	Ride Coventry	08:43		B
164	Doug Hart	Ilkley CC	08:44		A
165	Adam Topham	High Wycombe CC	08:45		B
166	John Warrington	Tyneside Vagabonds CC	08:46		A
167	Keith Murray	DRAG2ZERO	08:47		A
168	Jim Trevor	Hull Thursday RC	08:48		A
169	Peter Rowland	Ferryhill Whs	08:49		
170	Charles Taylor	Team Bottrill	08:50		

2015 Champions



Charles Taylor



Hayley Simmonds

Notes to competitors

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

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