

EMERGENCY

SERVICES

CHAMPIONSHIP

13 & 14TH JULY

2024



HOSTED BY

WEST MIDLANDS

POLICE CC

CTT REGULATIONS FOR EVENTS

CTT REGULATIONS 14(1), 14(3), 15: COMPULSORY LIGHTS & HELMETS NO COMPETITOR WILL BE ALLOWED TO START WITHOUT A WORKING WHITE FRONT LIGHT AND RED REAR LIGHT, EITHER FLASHING OR CONSTANT, AND FITTED TO THEIR MACHINE IN A POSITION CLEARLY VISIBLE TO OTHER ROAD USERS. ALL COMPETITORS MUST WEAR A PROPERLY AFFIXED HELMET WHICH MUST BE OF HARD/SOFT SHELL CONSTRUCTION. NO LIGHTS OR NO HELMET = NO RIDE. THIS IS NON-NEGOTIABLE

LIVERPOOL DISTRICT LOCAL REGULATION: RIDERS MUST NOT MAKE 'U' TURNS WITHIN SIGHT OF START AND FINISH. ANY RIDER OBSERVED MAKING A 'U' TURN IN CONTRAVENTION OF THIS REGULATION COULD BE DISQUALIFIED FROM THE EVENT. ANY RIDER WHO MAKES REPEATED 'U' TURNS MAY BE SUBJECT TO DISCIPLINARY ACTION.

COMPETITORS MUST NOT USE ANY AUDIO EQUIPMENT EXCEPT PRESCRIBED HEARING AIDS. A COMPETITOR IN BREACH OF THIS REGULATION WILL BE DISQUALIFIED. COMPETITORS MUST NOT USE A MOBILE PHONE WHILE MOUNTED ON THEIR MACHINE.

PLEASE ARRIVE AT THE START NO MORE THAN 5 MINUTES BEFORE YOUR START TIME AND KEEP AT LEAST ONE BIKE LENGTH AWAY FROM THE RIDER IN FRONT. THERE WILL BE NO PUSHER-OFF AT THE START SO ALL RIDERS MUST START WITH ONE FOOT ON THE GROUND. PLEASE CARRY A SPARE TYRE/TUBE/TUB AS YOU WILL HAVE TO MAKE YOUR OWN WAY BACK IN THE EVENT OF A MECHANICAL FAILURE.

RIDERS' TIMES WILL NOT BE AVAILABLE UNTIL AFTER THE EVENT BUT WILL BE PUBLISHED ONLINE VIA THE CTT WEBSITE AS SOON AS POSSIBLE. THE HQ WILL BE OPEN FOR SIGNING ON AND OFF AND COLLECTION OF RACE NUMBERS. TOILETS ARE AVAILABLE AT HQ'S BUT ONLY FOR ONE PERSON AT A TIME AND ARE NOT TO BE USED AS A CHANGING FACILITY.

ROAD BIKE CATEGORY

THE ROAD BIKE CATEGORY HAS A CONSISTENT AND SIMPLE SET OF RULES
NATIONWIDE:

THE ROAD BIKE CAN POSSESS DROP OR STRAIGHT HANDLEBARS

NO TRI-BARS, CLIP-ON BARS OR SPINACCI BARS ARE ALLOWED

NO DISC WHEELS

BOTH FRONT & REAR WHEELS MUST HAVE AT LEAST 12 SPOKES EACH

THE MAXIMUM RIM DEPTH ALLOWED IS 90MM

IF YOU ARE COMPETING FOR EMERGENCY SERVICES

CHAMPIONSHIP IN THE ROAD BIKE OR TT CATEGORY THEN

PLEASE BRING SERVICE ID FOR SIGN ON WHERE POSSIBLE TO

SHOW ELIGIBILITY.



SATURDAY 13TH JULY

2024

COURSE: D310/3 START TIME: 15:00

TIMEKEEPERS: EDWIN HARGREAVES, DAVE FLETCHER & RITA TAYLOR

EVENT SECRETARY: JAMES GIBNEY TEL 07969763345

HEADQUARTERS: SHAWBURY VILLAGE HALL, CHURCH STREET,
SHAWBURY, SHREWSBURY, SY4 4NZ

HQ OPEN FROM 14:00. COMPETITOR'S NOTES: EACH COMPETITOR MUST SIGN ON WHEN COLLECTING AND WHEN RETURNING THEIR RACE NUMBERS AT THE HQ. THIS IS A CTT REQUIREMENT. FAILURE TO SIGN OUT WILL RESULT IN A DNF BEING RECORDED AND NO FINISH TIME GIVEN. NUMBERS SHOULD BE PINNED TO THE LOWER BACK AREA AND BE CLEARLY VISIBLE TO ENSURE THAT YOUR FINISH TIME IS RECORDED CORRECTLY. THERE IS PARKING SPACE OUTSIDE THE HQ.

COURSE DETAILS D310/3

START EAST END OF DRAIN AND END OF WHITE LINE OPPOSITE NO. 10
EDGBOLTON 0.00 MILES

NORTH EAST TO ESLEY ROUNDABOUT 4.78 MILES 3. ENCIRCLE AND
RETURN SOUTH WEST TO FINISH IN LINE WITH ROAD CENTRE CATS-
EYE IMMEDIATELY BEFORE LARGE TREE ON A53 WESTBOUND
BETWEEN EDGBOLTON AND SHAWBURY, JUST BEFORE LEFT-HAND
JUNCTION SIGN MARKING TURNING INTO MYTTON ROAD (10 MILES)

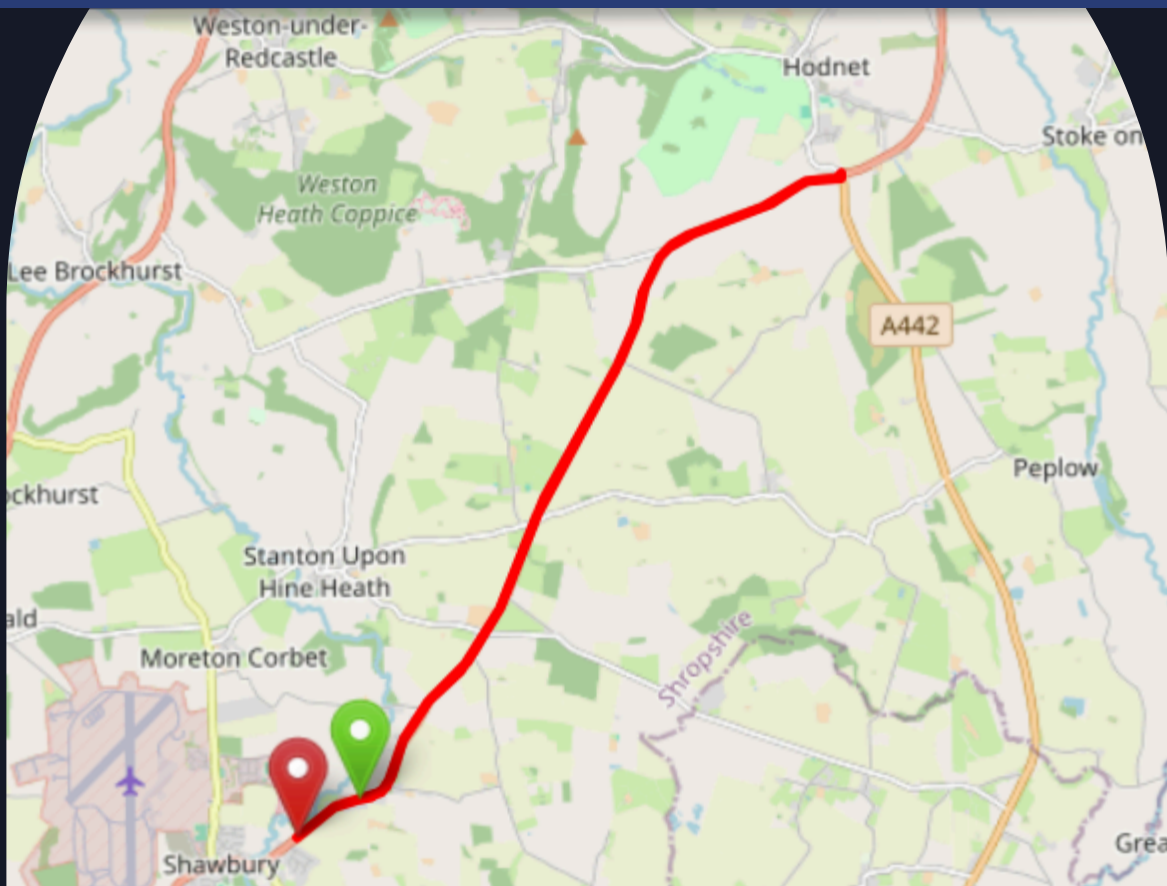
AWARDS: WHERE THERE IS A TROPHY PROVIDED BY EACH SERVICE THE
OVERALL NATIONAL CHAMPION FROM EACH EMERGENCY SERVICE
WILL BE AWARDED FOR THE FASTEST 10 & 25 MILE COMBINED
TIMES.

Saturday 13th July 2024

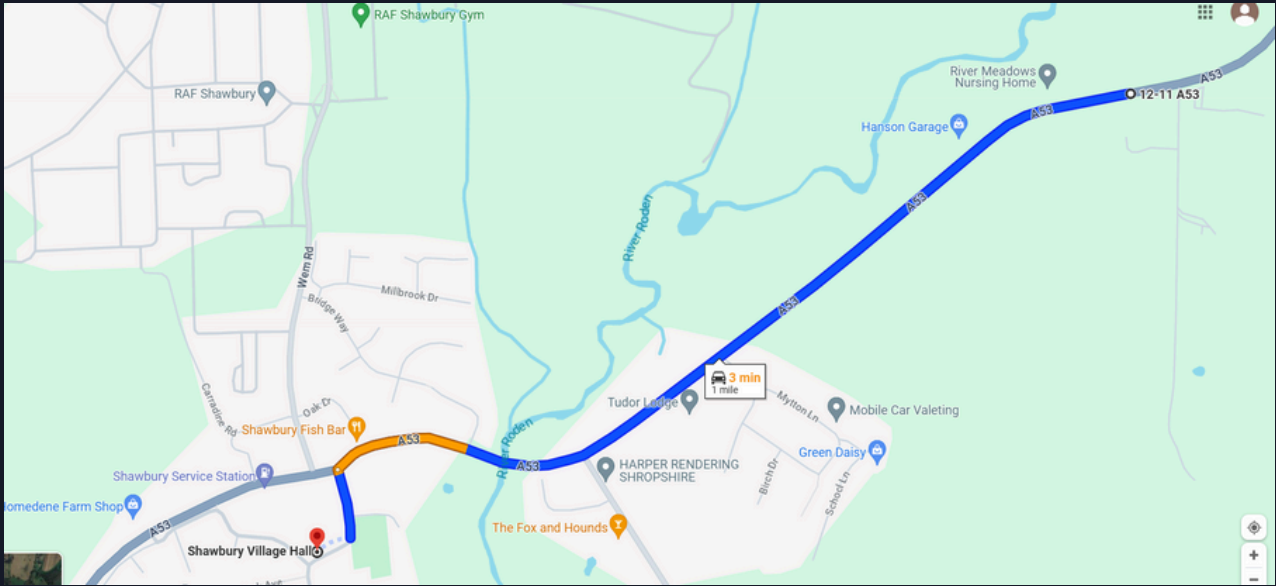
10 Mile ; Course D310/3

**HQ ; Shawbury Village Hall, Church Street, Shawbury,
Shrewsbury, SY4 4NZ**

Sign on from 1400hrs / first riders off at 1500hrs
Parking and toilet facilities available at HQ



Route from HQ to start line Saturday 13th July



START LIST

SATURDAY 13TH JULY

pos	Rider						
1	15:01:00	Shaun Hickinbottom	Vet	Open	Club:West Midlands Police CC	10 miles PB: 00:24:00 (estimate)	Any comments:
2	15:02:00	Stuart Baker	Vet	Open	Club:Royal Navy Cycling (RNC)	10 miles PB: 00:25:00 (estimate)	Any comments:
3	15:03:00	Dom Roe	Senior	Open	Club:Cleveleys Road Club	10 miles PB:	Any comments:
4	15:04:00	Mark Fenn	Vet	Open	Club:Shropshire CCA	10 miles PB:	Any comments:
5	15:05:00	Douglas Brown	Vet	Open	Club:Paramount CRT	10 miles PB: 00:31:15	Any comments:
6	15:06:00	Emma Brown	Senior	Female	Club:Paramount CRT	10 miles PB: 00:30:00	Any comments:
7	15:07:00	Phil Guy	Vet	Open	Club:North Shropshire Wheelers	10 miles PB: 00:29:08	Any comments:
8	15:08:00	David Cannell	Vet	Open	Club:Paramount CRT	10 miles PB: 00:28:41	Any comments:
9	15:09:00	Sarah Inwood	Vet	Female	Club:Poole Wheelers Cycling Club	10 miles PB: 00:28:11	Any comments:
10	15:10:00	Jayne Powell	Vet	Female	Club:Paramount CRT	10 miles PB: 00:27:17	Any comments:
11	15:11:00	Phillip Rawlinson	Vet	Open	Club:Croston Velo	10 miles PB: 00:27:00	Any comments:
12	15:12:00	Robert Garbett	Vet	Open	Club:Wrekinsport CC	10 miles PB: 00:26:16	Any comments:
13	15:13:00	Colin Wells	Vet	Open	Club:Paramount CRT	10 miles PB: 00:26:16	Any comments:
14	15:14:00	Ian Townsend	Vet	Open	Club:Paramount CRT	10 miles PB: 00:26:05	Any comments:
15	15:15:00	Thea Osmund-Smith	Senior	Female	Club:Paramount CRT	10 miles PB: 00:25:29	Any comments:
16	15:16:00	Jan Kardasz	Vet	Open	Club:Fibrax Fenwicks Wrexham Cycling Club	10 miles PB: 00:25:17	Any comments:
17	15:17:00	Les Boughey	Vet	Open	Club:North Shropshire Wheelers	10 miles PB: 00:24:56	Any comments:
18	15:18:00	Chris Bowers	Vet	Open	Club:Mid Wirral Wheelers Cycling Club	10 miles PB: 00:24:51	Any comments:
19	15:19:00	Peter Jackson	Vet	Open	Club:Macclesfield Wheelers	10 miles PB: 00:24:50	Any comments:
20	15:20:00	James Darkin	Vet	Open	Club:Southport CC	10 miles PB: 00:24:37	Any comments:
21	15:21:00	Andy Delaney	Vet	Open	Club:Northumbria Police C.C.	10 miles PB: 00:24:13	Any comments:
22	15:22:00	Robin Nickless	Senior	Open	Club:High Wycombe CC	10 miles PB: 00:24:07	Any comments:
23	15:23:00	Tom Walker	Senior	Open	Club:West Midlands Police CC	10 miles PB: 00:23:58	Any comments:
24	15:24:00	Cara Rawlinson	Senior	Female	Club:Tactic UK WRT	10 miles PB: 00:23:57	Any comments:
25	15:25:00	Andrew Reid	Vet	Open	Club:Wolverhampton Wheelers Cycling Club	10 miles PB: 00:23:36	Any comments:
26	15:26:00	Ben Wood	Senior	Open	Club:Wrekinsport CC	10 miles PB: 00:23:31	Any comments:
27	15:27:00	Ian Connolly	Vet	Open	Club:Ludlow CC	10 miles PB: 00:23:15	Any comments: I will be representing...
28	15:28:00	Adam Mumford	Senior	Open	Club:Wrekinsport CC	10 miles PB: 00:22:53	Any comments:
29	15:29:00	Dominic Hill	Vet	Open	Club:Bec CC	10 miles PB: 00:22:47	Any comments:
30	15:30:00	Richard Elmitt	Vet	Open	Club:Fibrax Fenwicks Wrexham Cycling Club	10 miles PB: 00:22:42	Any comments:
31	15:31:00	Oli Freeman	Senior	Open	Club:Wrekinsport CC	10 miles PB: 00:22:38	Any comments:
32	15:32:00	Robert McGregor	Senior	Open	Club:Paramount CRT	10 miles PB: 00:22:37	Any comments:
33	15:33:00	Deb Hutson-Lumb	Vet	Female	Club:Wrekinsport CC	10 miles PB: 00:22:26	Any comments:
34	15:34:00	Ben Southgate	Junior	Open	Club:Wrekinsport CC	10 miles PB: 00:22:26	Any comments:
35	15:35:00	Paul Duncan	Vet	Open	Club:Paramount CRT	10 miles PB: 00:22:24	Any comments:
36	15:36:00	Hayley Wells	Senior	Female	Club:Wrekinsport CC	10 miles PB: 00:22:18	Any comments:
37	15:37:00	Christopher Riley	Vet	Open	Club:Paramount CRT	10 miles PB: 00:22:15	Any comments:
38	15:38:00	Slan Marsh	Senior	Female	Club:Team Boompods	10 miles PB: 00:21:55	Any comments:
39	15:39:00	Bryn Davies	Vet	Open	Club:Hafren CC	10 miles PB: 00:21:46	Any comments:
40	15:40:00	James Gibney	Senior	Open	Club:West Midlands Police CC	10 miles PB: 00:21:40	Any comments:
41	15:41:00	Simon Romel	Vet	Open	Club:Paramount CRT	10 miles PB: 00:21:35	Any comments:
42	15:42:00	Duncan Park	Vet	Open	Club:North Lancashire Road Club	10 miles PB: 00:21:01	Any comments:
43	15:43:00	Gregory Speakman	Senior	Open	Club:Thames Valley Police	10 miles PB: 00:20:49	Any comments:
44	15:44:00	Paul Shallicker	Vet	Open	Club:Coveyourcar.co.uk RT - Fitted and Tailored Car Covers	10 miles PB: 00:20:37	Any comments:
45	15:45:00	Anthony Snow	Vet	Open	Club:City RC (Hull)	10 miles PB: 00:20:30	Any comments:
46	15:46:00	Robin Hennessy	Senior	Open	Club:Velotik Racing Team	10 miles PB: 00:20:02	Any comments:
47	15:47:00	Tomos Hales	Senior	Open	Club:Wrekinsport CC	10 miles PB: 00:19:46	Any comments:
48	15:48:00	Terry Wilkinson	Senior	Open	Club:GTR - Return To Life p/b Streamline	10 miles PB: 00:19:37	Any comments:
49	15:49:00	Tom Clements	Vet	Open	Club:Poole Wheelers Cycling Club	10 miles PB: 00:19:23	Any comments:

35	15:35:00	Paul Duncan	Vet	Open	Club:Paramount CRT	10 miles PB: 00:22:24	Any comments:
36	15:36:00	Hayley Wells	Senior	Female	Club:Wrekinsport CC	10 miles PB: 00:22:18	Any comments:
37	15:37:00	Christopher Riley	Vet	Open	Club:Paramount CRT	10 miles PB: 00:22:15	Any comments:
38	15:38:00	Sian Marsh	Senior	Female	Club:Team BoomPods	10 miles PB: 00:21:55	Any comments:
39	15:39:00	Bryn Davies	Vet	Open	Club:Hafren CC	10 miles PB: 00:21:46	Any comments:
40	15:40:00	James Gibney	Senior	Open	Club:West Midlands Police CC	10 miles PB: 00:21:40	Any comments:
41	15:41:00	Simon Romei	Vet	Open	Club:Paramount CRT	10 miles PB: 00:21:35	Any comments:
42	15:42:00	Duncan Park	Vet	Open	Club:North Lancashire Road Club	10 miles PB: 00:21:01	Any comments:
43	15:43:00	Gregory Speakman	Senior	Open	Club:Thames Valley Police	10 miles PB: 00:20:49	Any comments:
44	15:44:00	Paul Shallicker	Vet	Open	Club:Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	10 miles PB: 00:20:37	Any comments:
45	15:45:00	Anthony Snow	Vet	Open	Club:City RC (Hull)	10 miles PB: 00:20:30	Any comments:
46	15:46:00	Robin Hennessy	Senior	Open	Club:Velotik Racing Team	10 miles PB: 00:20:02	Any comments:
47	15:47:00	Tomos Hales	Senior	Open	Club:Wrekinsport CC	10 miles PB: 00:19:46	Any comments:
48	15:48:00	Terry Wilkinson	Senior	Open	Club:GTR - Return To Life p/b Streamline	10 miles PB: 00:19:37	Any comments:
49	15:49:00	Tom Clements	Vet	Open	Club:Poole Wheelers Cycling Club	10 miles PB: 00:19:23	Any comments:



SUNDAY 14TH JULY

2024

Course: D25/20 Start Time: 08:00

Timekeepers: Dom McGinness & Katherine Wooder

Event secretary: James Gibney Tel; 07969763345

Headquarters: Higher Heath Village Hall, Twemlows Avenue, Prees, Whitchurch, SY13 2HE

Open from 07:00. Competitor's Notes: Each competitor must sign on when collecting their race numbers at the HQ and after the event, this is a CTT Requirement. Failure to sign out will result in a DNF being recorded and no finish time given. Numbers should be pinned to the lower back area and be clearly visible to ensure that your finish time is recorded correctly. There is very limited parking space outside the HQ.

Do not park and leave vehicles whilst participating along the road outside HQ as this has resulted in complaints from residents. There is lots of space at the car park beside Prees Heath truckstop (post code SY13 3JT), just 0.9 miles from HQ and en route to the start. Distance from HQ to start is 3.8 miles so allow adequate time – see the map below.

D25/20 COURSE DESCRIPTION Start on A49, 5.5 miles south of Whitchurch, Shropshire, at the southern end of the bridge on Prees Bypass. Proceed south along the A49 to turn at Battlefield Church Island (first island) - 11.3 miles. Encircle Island with care and retrace along the A49, past the start, to Finish approx 400 yards short of Prees Island, at telegraph pole 50 yards past Shamrock Lodge and 12 yards before the "Slippery Road Surface" sign. Start fortunate.belief.recording Finish lunch.eagle.masterful.

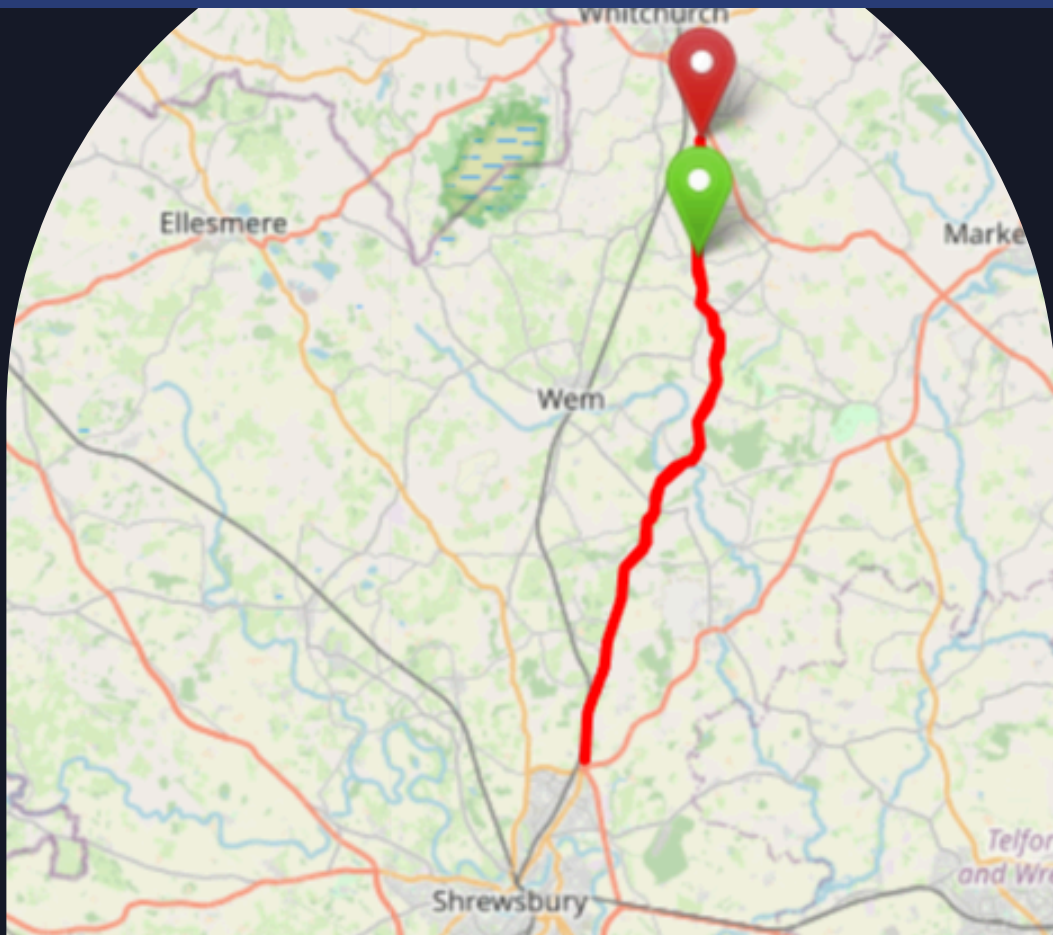
AWARDS; where there is a trophy provided by each service the overall National Champion from each Emergency Service will be awarded for the fastest 10 & 25 mile combined times after the 25 mile TT at HQ on Sunday 14th July.

Sunday 14th July 2024

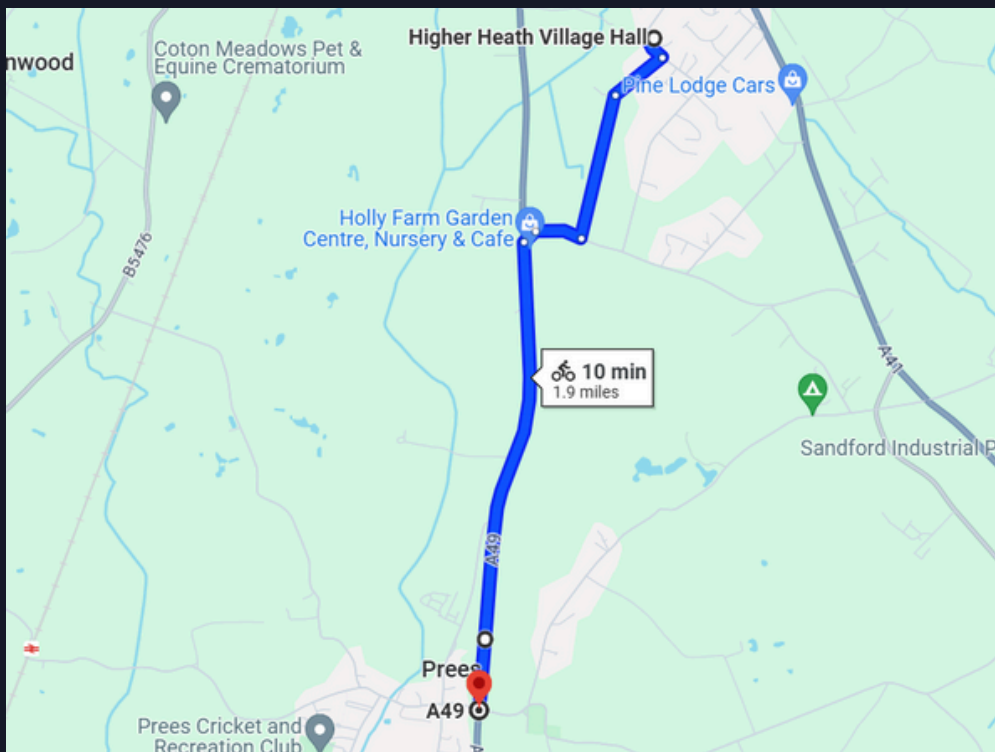
25 Mile ; Course D25/20

**HQ ; Higher Heath Village Hall, Twemlows Avenue, Prees,
Whitchurch, SY13 2HE**

Sign on from 0700hrs / first riders off at 0800hrs
Limited Parking and toilet facilities available at HQ
further parking at SY13 3JT



Route from HQ to start line Sunday 14th July



START LIST

SUNDAY 14TH JULY

pos	Rider									
1	08:01:00	Tom Smyth	Vet	Open	Club:West Midlands Police CC	25 miles PB:	Any comments:			
2	08:02:00	James Darkin	Vet	Open	Club:Southport CC	25 miles PB: 1:08:55 (estimate)	Any comments:			
3	08:03:00	Shaun Hickinbottom	Vet	Open	Club:West Midlands Police CC	25 miles PB: 1:00:00 (estimate)	Any comments:			
4	08:04:00	Michael Brennen	Vet	Open	Club:West Midlands Police CC	25 miles PB: 1:17:22	Any comments:			
5	08:05:00	Ashley Kirkham	Vet	Open	Club:Wrekinsport CC	25 miles PB: 1:11:56	Any comments:			
6	08:06:00	Gregory Speakman	Senior	Open	Club:Thames Valley Police	25 miles PB: 1:10:51	Any comments:			
7	08:07:00	Olly George	Senior	Open	Club:West Midlands Police CC	25 miles PB: 1:10:00	Any comments:			
8	08:08:00	Robert Garbett	Vet	Open	Club:Wrekinsport CC	25 miles PB: 1:07:41	Any comments:			
9	08:09:00	Colin Wells	Vet	Open	Club:Paramount CRT	25 miles PB: 1:07:17	Any comments:			
10	08:10:00	Sarah Inwood	Vet	Female	Club:Poole Wheelers Cycling Club	25 miles PB: 1:07:00	Any comments:			
11	08:11:00	Helen Tudor	Vet	Female	Club:Oswestry Paragon CC	25 miles PB: 1:06:38	Any comments:			
12	08:12:00	Les Boughey	Vet	Open	Club:North Shropshire Wheelers	25 miles PB: 1:04:58	Any comments:			
13	08:13:00	Simon Jones	Vet	Open	Club:Hafren CC	25 miles PB: 1:04:52	Any comments:			
14	08:14:00	Ben Wood	Senior	Open	Club:Wrekinsport CC	25 miles PB: 1:04:00	Any comments:			
15	08:15:00	Ian Townsend	Vet	Open	Club:Paramount CRT	25 miles PB: 1:03:22	Any comments:			
16	08:16:00	Tom Walker	Senior	Open	Club:West Midlands Police CC	25 miles PB: 1:02:27	Any comments:			
17	08:17:00	Cara Rawlinson	Senior	Female	Club:Tactic UK WRT	25 miles PB: 1:01:54	Any comments:			
18	08:18:00	Mark Fenn	Vet	Open	Club:Shropshire CCA	25 miles PB: 1:01:03	Any comments:			
19	08:19:00	Ian Connolly	Vet	Open	Club:Ludlow CC	25 miles PB: 1:00:38	Any comments: I will be representing...			
20	08:20:00	Jon Hart	Vet	Open	Club:West Midlands Police CC	25 miles PB: 00:59:54	Any comments: 7			
21	08:21:00	Deb Hutson-Lumb	Vet	Female	Club:Wrekinsport CC	25 miles PB: 00:59:49	Any comments:			
22	08:22:00	Chris Rainford	Vet	Open	Club:Chorley Cycling Club	25 miles PB: 00:59:07	Any comments: I am a retired...			
23	08:23:00	Hayley Wells	Senior	Female	Club:Wrekinsport CC	25 miles PB: 00:58:57	Any comments:			
24	08:24:00	Jonathan Goh	Vet	Open	Club:Paramount CRT	25 miles PB: 00:58:53	Any comments:			
25	08:25:00	Peter Jackson	Vet	Open	Club:Macclesfield Wheelers	25 miles PB: 00:58:47	Any comments:			
26	08:26:00	Craig Chapman	Vet	Open	Club:Manchester Triathlon Club	25 miles PB: 00:58:39	Any comments: Although it states...			
27	08:27:00	Bryn Davies	Vet	Open	Club:Hafren CC	25 miles PB: 00:55:45	Any comments:			
28	08:28:00	Duncan Park	Vet	Open	Club:North Lancashire Road Club	25 miles PB: 00:55:36	Any comments:			
29	08:29:00	James Gibney	Senior	Open	Club:West Midlands Police CC	25 miles PB: 00:55:16	Any comments:			
30	08:30:00	Robert McGregor	Senior	Open	Club:Paramount CRT	25 miles PB: 00:54:51	Any comments:			
31	08:31:00	Paul Shallicker	Vet	Open	Club:Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	25 miles PB: 00:54:21	Any comments:			
32	08:32:00	Simon Romei	Vet	Open	Club:Paramount CRT	25 miles PB: 00:54:15	Any comments:			
33	08:33:00	Mark Lovatt	Vet	Open	Club:Congleton CC - MyWindsock	25 miles PB: 00:53:43	Any comments:			
34	08:34:00	Christopher Riley	Vet	Open	Club:Paramount CRT	25 miles PB: 00:52:49	Any comments:			
35	08:35:00	Tomos Hales	Senior	Open	Club:Wrekinsport CC	25 miles PB: 00:51:13	Any comments:			
36	08:36:00	Tom Clements	Vet	Open	Club:Poole Wheelers Cycling Club	25 miles PB: 00:50:59	Any comments: /			
37	08:37:00	Anthony Snow	Vet	Open	Club:City RC (Hull)	25 miles PB: 00:50:55	Any comments:			
38	08:38:00	Terry Wilkinson	Senior	Open	Club:GTR - Return To Life p/b Streamline	25 miles PB: 00:50:49	Any comments:			