

North East DC

Present:

RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 4TH OCTOBER 2020

START SHEET



50 MILE TIME TRIAL

 **KALAS**



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



RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS

OVERALL

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

WOMEN

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

TEAM CHAMPIONS

(Men & Women)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

(Men & 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.



Due to the Covid-19 restrictions, no presentation will take place after the event,
all awards will be posted out as soon as possible.

2020 RTTC National 50 Mile Championships Race Manual

Promoted for and on behalf of Cycling Time Trials under their
Rules and Regulations



Sunday 4th October 2020
07:15am Start

Course: M50

First Rider: 07:15 am

Time Keepers: Peter & Frances Schultz, Sharon Dyson & Ewa Johnson

CTT REPS – Gavin Russell & Ray Lockett

Event Secretary: Martin Kitching, 18 Frances Ville, Scotland Gate,
Choppington, Northumberland, NE62 5ST
Tel: 01670 827465/07908 119535

HQ Location: Cramlington Town Football, East Hartford Pavilion,
Cramlington, Northumberland, NE23 3BE.

Distance from HQ to start location: 1.9 miles. This will involve riding on the actual course via the shortest distance – please be mindful that others will have already started their race when you are riding to the start for yours.

IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.

NOTE: THIS IS NOT A PUBLIC DOCUMENT. YOU HAVE BEEN SENT THIS BECAUSE YOU HAVE ENTERED THIS EVENT. PLEASE DO NOT SHARE THIS DOCUMENT

This event will be run under CTT's current Covid-19 Risk Assessment. Please take time to read it <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>. Whilst there are a few extra procedures outlined below, changes may be made based on events leading up to and on the day. These will be communicated fully where appropriate. You are expected to heed the Event Organisers and marshals.

This event is run under CTT Rules and Regulations which can be found in full here:

<https://www.cyclingtimetrials.org.uk/articles/view/11>

The cover sheet, start list and other documents will only be available online on the CTT website.

1. Event HQ

Event HQ is a local amateur football club with toilets which you may use but the changing facilities are not available, and please don't inconvenience others by changing in the toilets. **FACE MASKS TO BE WORN INSIDE**. You will be required to maintain social distancing and observe hand-washing signs and heed all guidance and information notices displayed by the Event HQ and CTT Officials.

Your earliest arrival time is one and one quarter hours before your start. Please endeavour not to arrive at HQ before this. That might not be easy to organise, however, with the distance some of you will travel, we appreciate. If you arrive too early, you will be asked to stay in your vehicle. There will be no gatherings permitted in the carpark at less than the social distance. Turbo/trainer/roller warm-up is permitted provided social distance is maintained. Everyone must follow guidelines and instructions from officials, or they will not be permitted to race and will be reported to CTT.

2. Local Lockdown

Anyone who resides in or has an address within an affected area should not come to the event. The onus is on the rider to inform the organiser.

3. Sign-On and Sign-off

Sign-on for events is currently quite different to what we are used to. No handshakes, no hugging, no kissing and maintain social distance. There are some other restrictions in place. You will be expected to follow them. Remember: no working rear light = no ride!

If you will not be starting, then please let us know by messaging Martin Kitching on 07908 119535 or email martin.kitching@btopenworld.com as much in advance as possible. This helps the timekeepers

No pens will be provided at sign-on so bring your own. We need a 'wet' signature. **Remember: no pen = no ride!**

The numbers are new, have never been used and the person putting them out will have taken necessary sanitizing steps before and after laying them out. Regulation 16 shows where to place the body number so you can be readily identified (and safe!). With this being a National Championship, competitors will also be required to wear arm numbers, visible from the front/side. NB Tops must have at least quarter sleeves (i.e. no tri-suits).). The numbers are yours to keep after the event – we do not require them back, however, you **MUST SIGN OUT** after you have completed your race.

No safety pins will be provided, so if you need them, you will need to bring your own. **Remember: no safety pins (if you need them) = no ride!**

Riders who fail to sign out within a reasonable time will be recorded as DNF, as per Regulation 17. Again, we need a 'wet' signature.

4. Course Details

These are included in the start sheet which you will all receive. Please read them and be aware the onus of keeping to the course is on the rider. There will, however, be marshals and checkers at critical points. Please take the time to make yourself familiar with the course, the Risk Assessment and the on-the-day Risk Assessment.

5. Race Protocol

Participants must maintain social distancing. No gatherings in groups, no turbo trainer warm-up in the start area. There are 4 waiting spaces marked out plus the rider waiting to race at the start line; please only arrive at the start line a maximum of 5 minutes before your time. You will not be permitted to wait if you arrive earlier. Please note that no official at the start can take responsibility for any clothing left there. The distance from HQ to the start is only 1.9 miles so please leave any personal belongings in your vehicle. You are required to not answer the call of nature in the start area or change in sight of any residents and are not to leave a vehicle in the start layby.

Minors can be accompanied by a guardian from within their own household or "social bubble". They are, however, not permitted to enter the start area. Spectators are not permitted.

Riders are not permitted to warm up anywhere on the course other than riding from the HQ to the start area – note that this is around 1.9 miles so allow sufficient time. There are other roads where it is possible to warm up. Please be mindful of riders when arriving at the HQ as the road to the turn into the HQ is part of the first section of the course.

The timekeepers and officials will be checking that riders a) have their numbers attached correctly, b) have a working rear light. If any of these are not complied with, you will not be permitted to ride. There will be no "pusher offer" and you will have to do a standing start on your own with one foot on the ground. Rolling starts, track stands and "jumping the gun" will not be permitted. Offenders will be disqualified.

DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point even if you wish to report you are DNF.

Once you have finished you should return to the event HQ, sign out and then leave without congregating. There will be no catering. We realise this is not the norm and the social aspect of racing is a big part of the fun.

6. Race Results and Prize Presentation

Race results will not be available at the event, so please do not ask. We will collate the results and post them online ASAP on the CTT website and media channels. We will then email the participants using the address supplied in the usual manner. Neither will there be a prize presentation and award ceremony; prizes etc. will be posted. This is to encourage prompt dispersal.

7. Refreshments

To ensure we comply with the government regulations, the CTT guidance and Covid-19 Risk Assessment, there will be no catering on offer by us.

8. Under 18s

Those under 18 on the day of the event will require **to bring a completed**, hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented.

Remember: no number = no ride, unfortunately.

The appropriate form is available on the CTT website
<https://www.cyclingtimetrials.org.uk/documents/index/guardians>

9. Mechanical problems

Please be aware that the organisation will not be in a position to rescue you in the event of a mechanical problem. We recommend you make your own back-up arrangements: take a mobile phone with you but do not use it while on the move (see Regulation 19). Please be advised to take with you a spare inner-tube/tubular, pump and tyre levers if required. The regulations specify you must ride a road-worthy machine!

10. Dope Control

This being a National Championship, it is entirely possible that we will be visited by UK Anti-Doping (UKAD). If you are required for testing, you will be informed by them. I do not know if they will appear. I may not know until the very last minute and I certainly could not divulge that information so please do not ask. Failure to take a test if selected is an automatic 4-year ban. CTT and BC have a reciprocal agreement of recognition.

11. Disciplinary matters

As this is a National Championship, anyone sanctioned (other than being recorded DNF for failure to sign out) will be dealt with by the Board as laid out in the Rules.

12. Acknowledgements

This event is being organised on behalf of Cycling Time Trials under their Rules and Regulations by North East CTT and **North Tyneside Riders CC (NTR)**

This document is based on one from Newbury Velo (written by Glen Knight).

13. Summary

In these unusual circumstances we find ourselves having to change the way we run events. The team has put a lot of work into making sure we are able to follow the government guidelines, the CTT guidance so that the risks to you, us and the general public of transmitting or catching Covid-19 are kept to an absolute minimum.

These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to demonstrate that we can run these events within Government guidelines and legislation.

Please remember this is a National Championship but no working rear light = no ride.

Have a safe ride.

Thank you for your support and understanding!

No	Start time	Name	Club	Cat
		Women		
15	7:15:00	Claire Cook	South Shields Velo Cycling Club	
16	7:16:00	Seanin Gilmore	Banbury Star Cyclists' Club	B
17	7:17:00	Claire Harlow	Blaydon CC	
18	7:18:00	Alexandra Noonan	Sun City Tri	
19	7:19:00	Lindsay Turnbull	Vector Racing	B
20	7:20:00	Joanna Patterson	Pro Endurance Coaching	
21	7:21:00	Miriam Jessett	Team Kirkley Cycles	
22	7:22:00	Chelsea McCloskey-Lambert	Manchester Wheelers	
23	7:23:00	Justine Norman	Velo Culture	B
24	7:24:00	Angela McGurk	Blaydon CC	
25	7:25:00	Louise Hamilton	Mountain Goat Performance Cycle Coaching	C
26	7:26:00	Sonya Drummond	Dundee Thistle	B
27	7:27:00	Sandra Burrows	VTTA (Yorkshire)	C
28	7:28:00	Joanne Rea	Blaydon CC	
29	7:29:00	Louise Scupham	Liv AWOL	
30	7:30:00	Gemma Hutchins	Blaydon CC	A
31	7:31:00	Virginia McGee	...a3crg	D
32	7:32:00	Claire Weller	Tri Harder	
33	7:33:00	Laura Paine	Thames Valley Triathletes	
34	7:34:00	Erica Booth	Lancashire RC	A
35	7:35:00	Tina Reid	ROTOR Race Team	D
36	7:36:00	Rebecca Rimmington	Team Merlin	
37	7:37:00	Lizi Duncombe	Full Gas Racing Team	
38	7:38:00	Kimberley Morrison	DRAG2ZERO	
39	7:39:00	Alex Clay	The Independent Pedaler - Nopinz	
40	7:40:00	Joss Lowden	Drops Cycling	
41	7:41:00	Emily Meakin	The Independent Pedaler - Nopinz	
42	7:42:00	Hayley Simmonds	AeroCoach	
43	7:43:00	Emma Lewis	The Independent Pedaler - Nopinz	
		Men		
44	7:44:00	Guillaume Zoppi	North Tyneside Riders CC	A
45	7:45:00	Gareth Davies	Barnesbury CC	D
46	7:46:00	Simon Reynolds	Sun City Tri	D
47	7:47:00	Jon Moss	Vector Racing	
48	7:48:00	Nathan Beard	Gala CC	B

49	7:49:00	Terry Parvin	Ferryhill Whs	E
50	7:50:00	Neil McLoughlin	DRAG2ZERO	D
51	7:51:00	Daniel Anderson	South Shields Velo Cycling Club	
52	7:52:00	Christopher Beaty	Allen Valley Velo	
53	7:53:00	Darren Williamson	Muckle Cycle Club	C
54	7:54:00	Richard Todd	Onyx RT	B
55	7:55:00	Rory Downie	Edinburgh Road Club	
56	7:56:00	Franco Pardini	Valley Striders Cycling Club	
57	7:57:00	Darren McBain	Team Swift	B
58	7:58:00	Elliot Sharp	Vector Racing	
59	7:59:00	Vanrisch McLean	Addiscombe CC	
60	8:00:00	Adam Smith	Team Kirkley Cycles	
61	8:01:00	Martin Lloyd	Vector Racing	C
62	8:02:00	David Linsley	Tyne & Wear Fire & Rescue Service CC	D
63	8:03:00	Jack Smith	Durham University Cycling Club	
64	8:04:00	Gavin Shirley	Studio Velo	
65	8:05:00	Alan Davidson	Dundee Thistle	D
66	8:06:00	Ian-James Elder	Vector Racing	
67	8:07:00	Garry Latimer	Moriarty Bikes-Project GO	C
68	8:08:00	Timothy Brown	North Tyneside Riders CC	
69	8:09:00	Ole Henrik Bang-Andreasen	Onyx RT	
70	8:10:00	Joe Reilly	Studio Velo	
71	8:11:00	Stuart Rae	North Tyneside Riders CC	B
72	8:12:00	Hedley Fletcher	Blaydon CC	B
73	8:13:00	Christopher Nicholas	Sun City Tri	A
74	8:14:00	Mark Douglas	Tri Northumberland (Tri North)	A
75	8:15:00	Ian Gallon	North Tyneside Riders CC	C
76	8:16:00	Allan Duncan	Fullarton Wheelers	D
77	8:17:00	Jeff Belt	Stockton Wheelers CC	C
78	8:18:00	Dan Venner	North Shields Polytechnic Club	B
79	8:19:00	David Nichol	Ferryhill Whs	F
80	8:20:00	Sam Leng	AIMS Cycling	
81	8:21:00	David Swainson	Derwentside CC	B
82	8:22:00	Martin Rasmussen	Tyneside Vagabonds CC	C
83	8:23:00	Steve Gibson	Peak Road Club	C
84	8:24:00	Michael Lynch	Derwentside CC	B
85	8:25:00	Craig MacWilliam	Road Club Cumbernauld & Kilsyth	C
86	8:26:00	Stuart Raw	Bishop Auckland CC	
87	8:27:00	Neil Parkin	Rapha Cycling Club	B
88	8:28:00	Adrian Stott	Yorkshire Road Club	B
89	8:29:00	Lee Statham	Houghton CC	B
90	8:30:00	Joe Leiserach	Blaydon CC	
91	8:31:00	Kris Whitelaw	Team Swift	
92	8:32:00	Marc Preece	Peaks Sports Racing	B

93	8:33:00	Nev Martin	Velo Culture	E
94	8:34:00	Derek McMillan	SVTTA	E
95	8:35:00	Peter Stokoe	Reifen Racing	
96	8:36:00	Simon Horsley	Kendal Cycle Club	D
97	8:37:00	Vincent Pickering	St Christopher's CC	B
98	8:38:00	Dan Small	Mountain Goat Performance Cycle Coaching	
99	8:39:00	Randle Shenton	Team Swift	E
100	8:40:00	Gavin Richardson	Sunderland Clarion	B
101	8:41:00	Thomas Fletcher	Reifen Racing	
102	8:42:00	Leahn Theedam Parry	Kelso Wheelers Cycling Club	A
103	8:43:00	Chris Mather	Derwentside CC	A
104	8:44:00	Shaun Brannan	Muckle Cycle Club	
105	8:45:00	Phil Hall	Velo Culture	B
106	8:46:00	Mat Stephenson	Congleton CC	C
107	8:47:00	Gareth Dixon	Fogartys Insurance Tri Team	
108	8:48:00	James Hadfield	Blaydon CC	
109	8:49:00	Jymmy Trevor	Jem Hadar Racing	B
110	8:50:00	Ben Lane	GS Metro	B
111	8:51:00	Simon Dighton	Beacon Roads CC	D
112	8:52:00	David Robinson	Tyneside Vagabonds CC	D
113	8:53:00	Jay Pitt	Derwentside CC	
114	8:54:00	Steven Forrest	Fogartys Insurance Tri Team	B
115	8:55:00	David Brearley	Squadra RT	
116	8:56:00	Mark Rowland	Selby CC	D
117	8:57:00	Steve Burrows	VTTA (Yorkshire)	E
118	8:58:00	Julian MacBride	Team Kirkley Cycles	
119	8:59:00	Alex Raynard	Team Lifting Gear Products/Cycles In Motion	
120	9:00:00	Colin Stevenson	Hawick Cycling Club	
121	9:01:00	Angus Wilson	Dundee Thistle	C
122	9:02:00	Gavin McCloskey-Lambert	Manchester Wheelers	
123	9:03:00	Thomas Clough	Springfield Financial Racing Team	
124	9:04:00	Tristan Pilling	Team SB Hub	
125	9:05:00	David Gleave	Velo Club Cumbria	
126	9:06:00	Marcel Schubert	Darlington Cycling Club	
127	9:07:00	Michael Sloanes	Blumilk.com	
128	9:08:00	Kris Atkin	Team Kirkley Cycles	
129	9:09:00	Michael Cross	Yorkshire Road Club	D
130	9:10:00	Ollie Hucks	AeroLab Ward WheelZ	
131	9:11:00	Lewis Wake	Team Kirkley Cycles	
132	9:12:00	Simon Smith	JRC Shutt Ridley RT	B
133	9:13:00	Tom Van Rossum	Jackpot Racing	
134	9:14:00	Richard Jennings	Army Cycling	
135	9:15:00	Toby Williams	Velotik Racing Team	
136	9:16:00	Andrew Hicklin	Peak Road Club	C

137	9:17:00	David Beattie	Hawick Cycling Club	A
138	9:18:00	Andrew Hall	GS Metro	
139	9:19:00	Robbie Mitchell	Auchencrow Thistle CC	
140	9:20:00	Philip Kennell	GS Metro	C
141	9:21:00	John Brearley	Squadra RT	
142	9:22:00	Joseph Costello	Walsall Roads Cycling Club	E
143	9:23:00	Andrew Scorey	GS Metro	
144	9:24:00	Keith Murray	DRAG2ZERO	B
145	9:25:00	Rich Whitfield	Team Bottrill	
146	9:26:00	Rob Walker	Cambridge University CC	
147	9:27:00	Jack Levick	Rose Race Team	
148	9:28:00	Tommy Murray	GS Metro	
149	9:29:00	Ashley Cox	Team Bottrill	
150	9:30:00	Brian Fogarty	Fogartys Insurance Tri Team	
151	9:31:00	Richard Smith	Army Cycling	
152	9:32:00	Michael Nagi	Wokingham Cycling Club	
153	9:33:00	Jack Brown	ActiveEdge Race Team P/B Cooper/BMW Inchcape	
154	9:34:00	Nick Badcock	Team Kirkley Cycles	
155	9:35:00	Matthew Brooke	Full Gas Racing Team	
156	9:36:00	Lewis Timmins	Team Swift	
157	9:37:00	Douglas Watson	GTR - Return To Life	B
158	9:38:00	Ross Holland	Saint Piran	
159	9:39:00	Matthew Bottrill	Team Bottrill	A
160	9:40:00	Darren Yarwood	Almerico Vive Le Velo	B
161	9:41:00	Michael Gill	AeroLab Ward WheelZ	
162	9:42:00	Paul Hart	Hart Performance Coaching	A
163	9:43:00	Simon Wilson	Ribble Weldtite Pro Cycling	A
164	9:44:00	Thomas Hutchinson	Team Bottrill	
165	9:45:00	Carl Donaldson	GS Metro	A
166	9:46:00	Phil Williams	Team Bottrill	
167	9:47:00	Adam Duggleby	Almerico Vive Le Velo	
168	9:48:00	Alexander Royle	Manchester Bicycle Club	
169	9:49:00	Dan Bigham	Ribble Weldtite Pro Cycling	
170	9:50:00	Kyle Gordon	RT 23	
171	9:51:00	Christopher Fennell	The Independent Pedaler - Nopinz	
172	9:52:00	Jason Bouttell	Team Vision Racing - Silverhook	
173	9:53:00	Adam Wild	GS Metro	
174	9:54:00	John Archibald	Ribble Weldtite Pro Cycling	

2019 50 MILE TIME TRIAL CHAMPIONS



Marcin Bialoblocki



Emma Lewis



www.cyclingtimetrials.org.uk



@Cycling_T_T



/cyclingtimetrials



/cyclingtimetrials

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 under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(i)

(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 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.

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 competitors under the age of 18 and/or juniors must wear protective hard shell helmets.

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.



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Cycling Time Trials

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