



RTTC National Championship 2016

10 Mile

Promoted for and on behalf of Cycling Time Trials, under their Rules, Regulations
and National Championship Conditions
By South District Council

Start Sheet

Name:

Start Number:

Start Time:

Event Secretary: Paddy Brennan
Tewin Cottage, The Mount,
Warlingham, Surrey. CR6 9JF
Tel: 07967 223619
Email: paddy@a3crg.co.uk



Welcome to the 2016 RTTC Men's National Ten Championship promoted on behalf of the South District Council.

A National event is always special, it is where you go to compete against your peers. You are not looking for a PB (you're not going to get one here!). You are checking out how you rank on the day on the same course against the best in the country, who have also taken the challenge.

I hope you enjoy the event; one of my fondest memories is having David Miller as my minute man in a Junior 25 Champs a few years ago, I held him off for a while, well not long. He won that day, not sure what he is doing now, but me I have served you all up this treat, we hope you take home some interesting memories.

Paddy

Officials

| | | |
|----------------------------|------------------------|-------------------------|
| Start Timekeepers: | Paul Martin | Portsmouth North End CC |
| | Trevor Beauchamp | ...a3crg |
| Start Line Crew: | Alan Dawson | Northovers VT |
| | Peter Pickers | Northovers VT |
| | John Sadler | ...a3crg |
| | Nick Burton | ...a3crg |
| 5 Mile Timekeepers: | Mary Corbett | Sotonia CC |
| | Norman Harvey | Sotonia CC |
| Finish Line Crew: | Kathleen Collard-Berry | ...a3crg |
| | Lizzy Yates | Andover CC |
| | Chris Thomas | ...a3crg |
| | Maria Golden | ...a3crg |
| | Johanna Lovell | ...a3crg |

Headquarters

Sports Hall (Block D), Bohunt School, Longmoor Road, Liphook. GU30 7NY

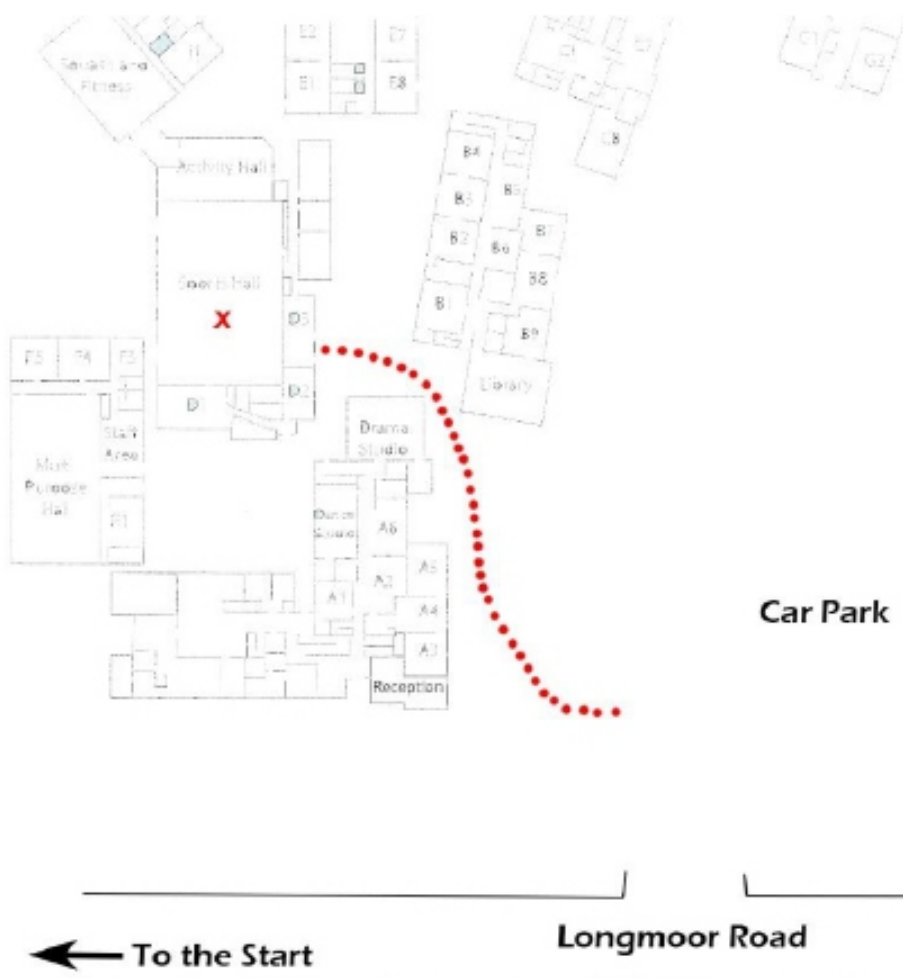
The hall will be open from 7am.

Shower and Changing Facilities will be available.

Please keep noise outside to a minimum to avoid disruption to locals.

There will be parking marshalls to assist parking, please follow their instructions. Unfortunately we weren't made aware of construction works that have taken a significant number of places, but we hope there will be sufficient parking.

Block D is well signposted, but below is an outline of how to get to it from the parking area.



Numbers and Signing On

Riders are to sign on in the HQ. Arm and body numbers will be issued, and are to be worn in conjunction with Regulation 16. DO NOT use any tape on your numbers, this ruins them and to replace a full set of arm numbers costs £500. Any further instructions or obstacles will be available at this point.

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
while the machine is in use.

Directions to Start

The HQ is a moderate paced 7 minutes to the start (2 miles). A video for reference is available on YouTube.

https://youtu.be/SDc7gbd_eBE

Turn right out of the HQ Car Park and proceed to a mini roundabout where take the 3rd exit (right). Take care through the zebra crossing and take the 2nd exit (right) at the next mini roundabout. Proceed along the B2070 for 1.7 miles until you reach a large layby just passed the Black Fox Inn.

Start Facilities

There will be a Gazebo with plastic boxes for putting warmup garments in. These will be returned to the HQ every 30 minutes, and competitors should return to HQ rather than collect them after finishing.

Spare pins will be available.

Track pump and tools will be available.

Some spare wheels will be available.

Course Details

10 Mile TT P886 ~ Rake / Petersfield / Rake B2070 (old A3)

OS Map 197 ~ Start: 827288 ~ **Finish:** 813280.

Start On the Layby (25 yards before the exit) on the London Road B2070 facing towards Petersfield (South) 100 yards from the "Black Fox" public house and the turning to (North) Milland Hill.

Proceed south along B2070 passing the junction opposite the "Flying Bull" PH (1.7 miles) and continue to Hill Brow (3.1 miles). Continue south on the B2070 and pass the junction (Care) with A272 (4.9 miles) until the Rams Hill roundabout at Sheet (5.17 miles).

Turn, take the third exit to retrace the outward route re-passing the A272 junction at 6.4 miles and Hill Brow at 8.1 miles. Continue along the B2070 passing the "Rake" sign at 9 miles to

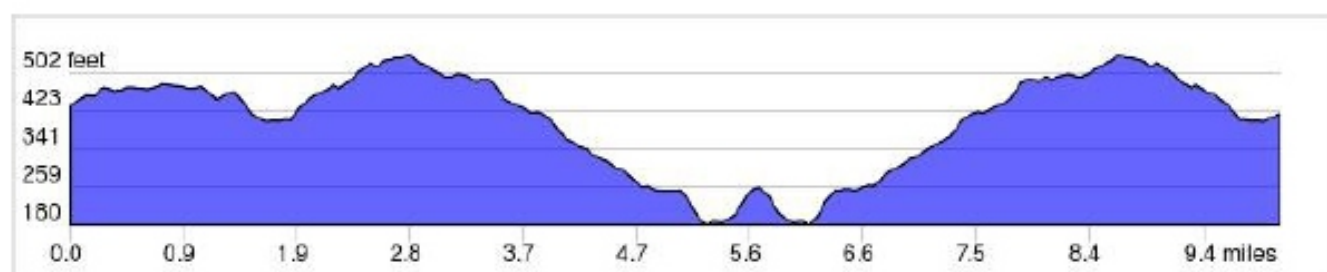
Finish at a point just before the turning of an unclassified road to Chapel Common opposite Coldharbour Wood approximately 100 yards from the start of the Dual Carriageway, 10 miles.

Course Record: Ashley Cox - 00:21:33 – 31/07/2016

Course video: <https://youtu.be/GMksoKW-PbE>

Course map: <http://www.southdc.org.uk/courses/p886.htm>

Course elevation:



| Start No. | Start Time | First Name | Surname | Club / Team | Cat. | Age |
|-----------|------------|-------------|------------|-------------------------------------|---------|-----|
| 6 | 09:06 | Thomas | Piloni | Zoom Tri Club | Senior | 29 |
| 7 | 09:07 | Nicholas | Buck | New Forest CC | Espoir | 18 |
| 8 | 09:08 | Adam | Evans | Newbury RC | Veteran | 44 |
| 9 | 09:09 | Paul | French | Bedfordshire Road RT | Veteran | 41 |
| 10 | 09:10 | Stephen | Williamson | ...a3crg | Veteran | 45 |
| 11 | 09:11 | Ben | Briffett | Southdown Velo | Espoir | 19 |
| 12 | 09:12 | Den | Tapping | Hampshire RC | Veteran | 59 |
| 13 | 09:13 | Jonathan | Gates | Royal Air Force Cycling Association | Senior | 39 |
| 14 | 09:14 | Andrew | Thomas | Dulwich Paragon CC | Senior | 36 |
| 15 | 09:15 | Martin | Beale | Velo Club St Raphael | Veteran | 43 |
| 16 | 09:16 | Andy | Kennedy | Ipswich BC | Veteran | 51 |
| 17 | 09:17 | Rich | Heath | Oxted Cycle Club | Senior | 35 |
| 18 | 09:18 | Matt | Meek | Cambridge University CC | Senior | 24 |
| 19 | 09:19 | Mark | Brambleby | Northover VT / Rudy Project | Veteran | 50 |
| 20 | 09:20 | Steffen | Verbist | London Phoenix CC | Senior | 37 |
| 21 | 09:21 | Richard | Moore | Wyndymilla | Veteran | 44 |
| 22 | 09:22 | David | Churchill | Bigfoot CC | Veteran | 57 |
| 23 | 09:23 | Phillip | Chinn | Fareham Wheelers CC | Veteran | 52 |
| 24 | 09:24 | John | Glaysheer | ...a3crg | Senior | 38 |
| 25 | 09:25 | Joseph | Dobson | Manchester Bicycle Club | Senior | 25 |
| 26 | 09:26 | Nicholas | Fennell | Thanet RC | Espoir | 23 |
| 27 | 09:27 | Ayrton | Pope | Paceline RT | Espoir | 21 |
| 28 | 09:28 | Matthew | Saunders | Gateway Cycling | Senior | 38 |
| 29 | 09:29 | Gawie | Nienaber | Farnham RC | Veteran | 58 |
| 30 | 09:30 | Chris | Myhill | Peak Road Club | Veteran | 49 |
| 31 | 09:31 | Nick | Jones | Bournemouth Jubilee Whs | Veteran | 41 |
| 32 | 09:32 | Jonathan | Williams | Amersham Road Cycling Club | Veteran | 40 |
| 33 | 09:33 | Christopher | Fletcher | Portsmouth North End CC | Senior | 30 |
| 34 | 09:34 | Jack | Rebours | Caesarean CC (Jersey) | Espoir | 20 |
| 35 | 09:35 | Phil | Wilks | Sotonia CC | Senior | 34 |
| 36 | 09:36 | Shaun | Smart | Southdown Velo | Veteran | 52 |
| 37 | 09:37 | James | Garrett | CASP Racing Club | Veteran | 41 |

| Start No. | Start Time | First Name | Surname | Club / Team | Cat. | Age |
|-----------|------------|------------|------------------|--------------------------------------|---------|-----|
| 38 | 09:38 | Nathan | Gosling | Guernsey Velo Club | Senior | 35 |
| 39 | 09:39 | James | Flahey | Coalville Whs | Espoir | 23 |
| 40 | 09:40 | Tim | Butt | Banbury Star CC | Veteran | 50 |
| 41 | 09:41 | Tom | Chandler | Champion System/VCUK | Junior | 18 |
| 42 | 09:42 | Courtney | Blockley-Campton | Lutterworth Cycle Centre Racing Team | Senior | 25 |
| 43 | 09:43 | Harry | Loader | Mid Devon CC | Espoir | 20 |
| 44 | 09:44 | Philip | Watts | North Hampshire RC | Veteran | 56 |
| 45 | 09:45 | Leon | Fielding | ...a3crg | Veteran | 41 |
| 46 | 09:46 | Mark | Stafford | Portsmouth North End CC | Veteran | 40 |
| 47 | 09:47 | Phil | Barnes | Team Swift | Veteran | 61 |
| 48 | 09:48 | Stuart | Auckland | Team Bottrill | Veteran | 41 |
| 49 | 09:49 | Mark | Sanders | Mid Devon CC | Veteran | 57 |
| 50 | 09:50 | Andrew | Cooper | Bournemouth Jubilee Whs | Senior | 38 |
| 51 | 09:51 | Dave | Dawkins | Portsmouth North End CC | Veteran | 47 |
| 52 | 09:52 | David | Dalton | Fareham Wheelers CC | Veteran | 50 |
| 53 | 09:53 | Mark | Perry | Look Mum No Hands! | Veteran | 40 |
| 54 | 09:54 | Steven | Pink | Poole Whs | Senior | 38 |
| 55 | 09:55 | Jeremy | Ponting | Velo Club St Raphael | Veteran | 44 |
| 56 | 09:56 | Richard | Newey | Paceline RT | Veteran | 51 |
| 57 | 09:57 | Scott | Michaels | Southampton University Road Club | Senior | 27 |
| 58 | 09:58 | Jon | Pridham | IOW Cycling Club | Veteran | 43 |
| 59 | 09:59 | Andrew | Morris | CC London | Senior | 33 |
| 60 | 10:00 | Graeme | Stirzaker | ...a3crg | Veteran | 49 |
| 61 | 10:01 | Tom | Pritchard | Hampshire RC | Senior | 35 |
| 62 | 10:02 | Lloyd | Chapman | Pedal Heaven | Senior | 26 |
| 63 | 10:03 | Richard | Gifford | In-Gear Quickvit Trainsharp RT | Veteran | 53 |
| 64 | 10:04 | Max | Sahota | St Ives CC | Espoir | 21 |
| 65 | 10:05 | Jack | Donaldson | Neon Velo | Espoir | 23 |
| 66 | 10:06 | Matthew | Parfitt | Charlottesville Cycling Club | Senior | 34 |
| 67 | 10:07 | Matt | Peel | Redhill CC | Senior | 31 |
| 68 | 10:08 | Jason | Hales | Royal Leamington Spa Cycling Club | Espoir | 23 |

| Start No. | Start Time | First Name | Surname | Club / Team | Cat. | Age |
|-----------|------------|------------|-----------|-------------------------------------|---------|-----|
| 69 | 10:09 | Samuel | Wadsley | Poole Whs | Junior | 18 |
| 70 | 10:10 | Matthew | Woods | Performance Cycles CC | Espoir | 21 |
| 71 | 10:11 | James | Peckham | Sotonia CC | Senior | 28 |
| 72 | 10:12 | Mark | Emsley | Team ASL360 | Senior | 27 |
| 73 | 10:13 | Simon | Berogna | Velo Club St Raphael | Veteran | 42 |
| 74 | 10:14 | Pat | Wright | Paceline RT | Senior | 31 |
| 75 | 10:15 | Jon | Hughes | Velo Club Godalming & Haslemere | Veteran | 44 |
| 76 | 10:16 | Andrew | Meilak | VeloRefined.com Aerosmiths | Veteran | 50 |
| 77 | 10:17 | Andy | Smith | Fareham Wheelers CC | Veteran | 42 |
| 78 | 10:18 | Jamie | Pine | Nuun-Sigma Sport-London RT | Senior | 39 |
| 79 | 10:19 | John | Mulvey | Cambridge University CC | Espoir | 23 |
| 80 | 10:20 | Richard | Gildea | Didcot Phoenix CC | Senior | 30 |
| 81 | 10:21 | Matthew | Rowley | Oxonian CC | Veteran | 48 |
| 82 | 10:22 | Paul | Jones | Severn Valley Cycles | Veteran | 40 |
| 83 | 10:23 | Michael | Stafford | Portsmouth North End CC | Senior | 39 |
| 84 | 10:24 | Simon | Barbour | G.S. Henley | Senior | 29 |
| 85 | 10:25 | Neil | Grunshaw | Kingston Wheelers CC | Senior | 36 |
| 86 | 10:26 | John | Samways | Bournemouth Jubilee Whs | Veteran | 42 |
| 87 | 10:27 | David | Watson | Ride Coventry | Veteran | 47 |
| 88 | 10:28 | Daniel | Alanine | Oxford University CC | Senior | 26 |
| 89 | 10:29 | Angus | MacInnes | Royal Air Force Cycling Association | Veteran | 51 |
| 90 | 10:30 | Robert | Moore | Nuun-Sigma Sport-London RT | Senior | 34 |
| 91 | 10:31 | Matthew | Davies | Rhino Velo Race Team | Senior | 33 |
| 92 | 10:32 | Luke | Danckert | Army Cycling Union | Senior | 31 |
| 93 | 10:33 | Matt | Slater | Revo Racing | Veteran | 41 |
| 94 | 10:34 | Tom | Trimble | CC Ashwell | Senior | 24 |
| 95 | 10:35 | Stephen | Whitewick | VeloRefined.com Aerosmiths | Veteran | 56 |
| 96 | 10:36 | Chris | Nicholls | Regents Park Rouleurs | Senior | 30 |
| 97 | 10:37 | Ben | Anstie | 73 Degrees Bicycles | Senior | 39 |
| 98 | 10:38 | Danny | Axford | Arctic Tacx RT | Veteran | 41 |
| 99 | 10:39 | Robert | Willcocks | Royal Air Force Cycling Association | Senior | 35 |

| Start No. | Start Time | First Name | Surname | Club / Team | Cat. | Age |
|-----------|------------|-------------|------------|----------------------------------|---------|-----|
| 100 | 10:40 | Daniel | Halksworth | Velo Sport Jersey | Senior | 30 |
| 101 | 10:41 | Elliot | Maynard | Team Bottrill | Senior | 27 |
| 102 | 10:42 | Ryan | Davies | G.S. Henley | Senior | 31 |
| 103 | 10:43 | Alan | Murchison | DRAG2ZERO | Veteran | 45 |
| 104 | 10:44 | Peter | Tadros | In-Gear Quickvit Trainsharp RT | Veteran | 46 |
| 105 | 10:45 | Charles | Mitchell | ...a3crg | Senior | 37 |
| 106 | 10:46 | Geoff | Comley | Derby Mercury R C | Senior | 26 |
| 107 | 10:47 | Jonathan | Robinson | Army Cycling Union | Veteran | 46 |
| 108 | 10:48 | Sebastian | Ader | ...a3crg | Veteran | 45 |
| 109 | 10:49 | B Xavier | Disley | AeroCoach | Senior | 31 |
| 110 | 10:50 | James | Gelsthorpe | Peterborough CC | Senior | 29 |
| 111 | 10:51 | Thomas | Key | Southampton University Road Club | Espoir | 23 |
| 112 | 10:52 | Joseph | Fry | Pedal Heaven | Espoir | 19 |
| 113 | 10:53 | Andrew | Perkins | Mid Devon CC | Veteran | 45 |
| 114 | 10:54 | Simon | McNamara | South Downs Bikes / Casco Europe | Veteran | 41 |
| 115 | 10:55 | George | Evans | Team Bottrill | Espoir | 18 |
| 116 | 10:56 | Robert | West | AeroCoach | Veteran | 41 |
| 117 | 10:57 | Liam | Maybank | Twickenham CC | Veteran | 44 |
| 118 | 10:58 | James | Rix | Crawley Wheelers | Veteran | 40 |
| 119 | 10:59 | Matt | Langworthy | Mid Devon CC | Espoir | 19 |
| 120 | 11:00 | Nicholas | Cooper | DFL In-Gear | Espoir | 19 |
| 121 | 11:01 | Dean | Robson | NOPINZ | Senior | 29 |
| 122 | 11:02 | James | Mapley | Blazing Saddles | Espoir | 20 |
| 123 | 11:03 | Simon | Norman | Bedfordshire Road RT | Veteran | 45 |
| 124 | 11:04 | John | Dewey | Team Bottrill | Senior | 35 |
| 125 | 11:05 | Tom | Ward | Team Echelon - Rotor | Espoir | 22 |
| 126 | 11:06 | Christopher | Fennell | Thanet RC | Espoir | 20 |
| 127 | 11:07 | Kevin | Tye | VeloRefined.com Aerosmiths | Veteran | 54 |
| 128 | 11:08 | Christopher | McNamara | Nuun-Sigma Sport-London RT | Veteran | 41 |
| 129 | 11:09 | George | Fox | Wellingborough Cycles RT | Espoir | 22 |
| 130 | 11:10 | James | Copeland | Fareham Wheelers CC | Senior | 32 |

| Start No. | Start Time | First Name | Surname | Club / Team | Cat. | Age |
|-----------|------------|------------|----------|---------------------------|---------|-----|
| 131 | 11:11 | Ashley | Cox | CC Luton | Senior | 33 |
| 132 | 11:12 | Nick | English | AeroCoach | Senior | 37 |
| 133 | 11:13 | Rob | Sharland | Paceline RT | Senior | 28 |
| 134 | 11:14 | Scott | Burns | DRAG2ZERO | Senior | 34 |
| 135 | 11:15 | Brett | Harwood | Terry Wright Cycles RC | Veteran | 40 |
| 136 | 11:16 | Daniel | Barnett | Team Bottrill | Veteran | 42 |
| 137 | 11:17 | Jonathan | Wears | SSLL Racing Team | Espoir | 23 |
| 138 | 11:18 | Peter | Harrison | G.S. Henley | Senior | 34 |
| 139 | 11:19 | Alastair | Wareham | SSLL Racing Team | Senior | 32 |
| 140 | 11:20 | Matthew | Smith | Team Bottrill | Senior | 38 |
| 142 | 11:22 | James | Boyman | Farnham RC | Senior | 28 |
| 144 | 11:24 | Dan | Bigham | DRAG2ZERO | Senior | 24 |
| 146 | 11:26 | Simon | Beldon | SSLL Racing Team | Veteran | 47 |
| 148 | 11:28 | David | Crawley | Velotik Racing Team | Veteran | 40 |
| 150 | 11:30 | Mark | Jones | DRAG2ZERO | Veteran | 44 |
| 152 | 11:32 | Andy | Jackson | SSLL Racing Team | Veteran | 40 |
| 154 | 11:34 | Ryan | Perry | Langdale Lightweights R T | Senior | 29 |
| 156 | 11:36 | James | Gullen | Pedal Heaven | Senior | 26 |
| 158 | 11:38 | Matt | Clinton | Mike Vaughan Cycles | Senior | 31 |
| 160 | 11:40 | Richard | Bussell | AeroCoach | Senior | 27 |

HEADS UP AND HAVE A SAFE RIDE

Return to HQ

On finishing, please continue along the dual carriageway, past the start to the mini roundabout in Liphook. Take the first exit, over the zebra crossing (abiding the Highway Code) and take the first exit at the second mini roundabout to return to the HQ on the left.

Please return your number to the signing on desk. Check you are not required for a Dope Control. Collect any items you left at the start from the designated area in the Sports Hall.

Refreshments

Refreshments will be available free of charge. Donations are willingly accepted.

Prize Presentation

We plan to present all prizes promptly at 12:30pm (subject to timekeeper checks), so please be in the Sports Hall to applaud the victors.

In addition to the Championship awards, we have additional prizes kindly donated by i-ride.co.uk in conjunction with Liphook Cycles, and Secret Training.



Presentation Flowers donated by:



**NO
PINZ™**

Join the Revolution

FDJ

NO PINZ

LOTTO JUMBO

NO PINZ

Cycling AUSTRALIA

**NO FLAPPING
NO HOLES
= NO TAPE
NO MESS
NO FUSS.**