Event Secretary: Ian Davies

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Time keepers: Richard Blackmore, Peter Delve, Roger Griffiths and Michael Irons

2016 RTTC 10 Miles National Championships

for Women & Juniors

Promoted by Kingston Phoenix Road Club for London South District Council

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

Saturday 20 August 2016: Course G10/42

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| **Course Details**START in Spook Hill, North Holmwood, at the Post Office telephone inspection cover, 30 yards from the junction with the A24 (TQ167469)Proceed to A24 where LEFT into acceleration lane to join A24Proceed SOUTH to Beare Green roundabout. Take second exit and follow Capel by pass to Clarke’s Green roundabout (4.91 miles) (TQ171397)Encircle roundabout (taking great care) and retrace on A24 via Beare Green roundabout (taking great care) to FINISH at drain at NORTH end of penultimate crash barrier 634 yards before North Holmwood roundabout (TQ166472) |

**London South District Regulations**

* No vehicles shall be parked on the carriageway within sight of the starting or finishing points
* No parking on the A24 or its verges. Spook Hill is a residential area – please be considerate to those who live there and park accordingly
* The Headquarters for this event is St Johns School, North Holmwood, which is also in a residential area: PLEASE PARK IN THE DESIGNATED AREAS OR PARK CONSIDERATELY
* After finishing all riders MUST continue to North Holmwood roundabout and take the appropriate exit
* There must be NO warming up on the course once the events are in progress and NO following vehicles

**AT NO TIME SHOULD THERE BE MORE THAN 5 RIDERS WAITING AT THE START TIMEKEEPER. PLEASE DO NOT ARRIVE MORE THAN 5 MINUTES BEFORE YOUR ALLOTTED START TIME, AND PLEASE FOLLOW THE DIRECTION OF MARSHALS AT ALL TIMES ON APPROACH TO THE START**

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| **Event Headquarters:** **St John’s C of E Primary School, Goodwyns Road, North Holmwood. RH42LR**Travelling South on the A24 along Deepdene Avenue, on arriving at North Holmwood roundabout, take the THIRD junction onto the A2003 and turn almost immediately first right into Goodwyns Road. The school is immediately on the right.Travelling North on the A24 along Horsham Road, on arriving at North Holmwood roundabout, take the FIRST exit onto the A2003, following the directions as above. The event HQ will be open from 1200 and signing on will be done and numbers will be collected from there. Numbers can be exchanged for tea and coffee at the finish.PLEASE NOTE THAT CTT REGULATIONS NOW REQUIRE RIDERS TO SIGN **IN** AND **OUT** OF THE EVENT |

**Kingston Phoenix Road Club have kindly donated the following prizes, alongside the CTT Awards**

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| For breaking the women’s competition record | £100 | For breaking the women’s team competition record | £50 per rider |
| For breaking the juniors’ competition record – male | £100 | For breaking the juveniles’ competition record - male | £100 |
| For breaking the juniors’ competition record - female | £100 | For breaking the juveniles’ competition record - female | £100 |
| Best improvement on entry time - women | £50 | Women’s champion | Ticket to Kingston Phoenix 80th annual Dinner |
| Best improvement on entry time – juniors (M or F) | £50 | Women’s team champions | 3 tickets to Kingston Phoenix 80th annual Dinner |
| Best improvement on entry time – juveniles (M or F) | £50 |  |  |

**Please do not use tape on numbers – this damages them and incurs a cost of £500 to CTT for replacements**

**Junior 10 Mile National Championship**

| **Number** | **Start Time** | **Name** | **Club** | **Gender** | **Category** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| 28 | 14:28:00 | Alfie Salmon | Lee Valley Youth CC | Male | Juvenile |
| 29 | 14:29:00 | Adele Jeffrey | Essex Roads CC | Female | Junior |
| 30 | 14:30:00 | Jemma Doyle | Lee Valley Youth CC | Female | Juvenile |
| 31 | 14:31:00 | Kate Wootton | Lee Valley Youth CC | Female | Juvenile |
| 32 | 14:32:00 | Savannah Hewson | Hillingdon Slipstreamers | Female | Junior |
| 33 | 14:33:00 | Lydia Watts | Zappi's Ladies Race Team | Female | Junior |
| 34 | 14:34:00 | Isabella Torrie | Chelmer CC | Female | Junior |
| 35 | 14:35:00 | Anna Henderson | Lovelo Cinelli RT | Female | Junior |
| 36 | 14:36:00 | Caitlin Peters | i-Team CC | Female | Juvenile |
| 37 | 14:37:00 | Dexter Mansel-Thomas | Lee Valley Youth CC | Male | Juvenile |
| 38 | 14:38:00 | Max Sillifant | Welland Valley CC | Male | Junior |
| 39 | 14:39:00 | Isabella Stone | Team ASL360 | Female | Junior |
| 40 | 14:40:00 | Marshall Taylor | Zappi's Ladies Race Team | Male | Junior |
| 41 | 14:41:00 | Peter Hewson | Hillingdon Slipstreamers | Male | Juvenile |
| 42 | 14:42:00 | Euan Backus | Zappi's Ladies Race Team | Male | Juvenile |
| 43 | 14:43:00 | Fabien Large | Hastings & St. Leonards CC | Male | Juvenile |
| 44 | 14:44:00 | Callum Mackie-Reynolds | Lee Valley Youth CC | Male | Junior |
| 45 | 14:45:00 | Tom Portsmouth | Hillingdon Slipstreamers | Male | Juvenile |
| 46 | 14:46:00 | James Morris | NFTO Race Club | Male | Junior |
| 47 | 14:47:00 | Amy Smith | Team ASL360 | Female | Junior |
| 48 | 14:48:00 | Isla Aimée Rush | Wyndymilla | Female | Junior |
| 49 | 14:49:00 | Jonathan Melville | Epsom CC | Male | Junior |
| 50 | 14:50:00 | Christopher Filewood | Oxted Cycle Club | Male | Junior |
| 51 | 14:51:00 | Sam Allen | Essex Roads CC | Male | Junior |
| 52 | 14:52:00 | Vaughan Marris | Fareham Wheelers CC | Male | Juvenile |
| 53 | 14:53:00 | Nick Martin | East Grinstead CC | Male | Junior |
| 54 | 14:54:00 | Theo Tadros | In-Gear Quickvit Trainsharp RT | Male | Juvenile |
| 55 | 14:55:00 | Sam Iddon | Identity Race Team | Male | Junior |
| 56 | 14:56:00 | Kieran Morris | Mid Shropshire Wheelers | Male | Juvenile |
| 57 | 14:57:00 | Ben McKie | VC de Londres | Male | Junior |
| 58 | 14:58:00 | Pfeiffer Georgi | Liv CC - Epic Coaching | Female | Juvenile |
| 59 | 14:59:00 | Josh Van Nierop | Welland Valley CC | Male | Junior |
| 60 | 15:00:00 | Callum Hibbert | Worcester St. Johns CC | Male | Junior |
| 61 | 15:01:00 | George Bazley | Bristol Cycling Development Squad | Male | Junior |
| 62 | 15:02:00 | Chris Dunstan | Brighton Excelsior CC | Male | Junior |
| 63 | 15:03:00 | Elliot Lassiter | Cotswold Veldrijden | Male | Junior |
| 64 | 15:04:00 | Sam Morris | Revolutions Racing | Male | Junior |
| 65 | 15:05:00 | Lewis Winfield | VC de Londres | Male | Junior |
| 66 | 15:06:00 | Ewan Grivell - Mellor | Mid Shropshire Wheelers | Male | Junior |
| 67 | 15:07:00 | Gabriel Chinn | Ride 24/7 | Male | Junior |
| 68 | 15:08:00 | Max McMurdo | SSLL Racing Team | Male | Junior |
| 69 | 15:09:00 | Harry Paine | Champion System/VCUK | Male | Junior |
| 70 | 15:10:00 | Timothy Torrie | DFL In-Gear | Male | Junior |
| 71 | 15:11:00 | Hetty Niblett | Footon Velosport | Female | Junior |
| 72 | 15:12:00 | Dan Martin | Thanet RC | Male | Junior |
| 73 | 15:13:00 | Elliot Reed | Identity Race Team | Male | Junior |
| 74 | 15:14:00 | Henrietta Colborne | Team Ford Ecoboost | Female | Junior |
| 75 | 15:15:00 | Harry Buxton | Broomwagon RT | Male | Juvenile |
| 76 | 15:16:00 | Ieuan Woods | Charlotteville Cycling Club | Male | Juvenile |
| 77 | 15:17:00 | Myles Foskett | Welland Valley CC | Male | Junior |
| 78 | 15:18:00 | Marcus Burnett | Team Corley Cycles | Male | Junior |
| 79 | 15:19:00 | Jamie Holmes | Mid Shropshire Wheelers | Male | Junior |
| 80 | 15:20:00 | James Jenkins | Southend Wheelers | Male | Junior |
| 81 | 15:21:00 | Samuel Wadsley | Poole Whs | Male | Junior |
| 82 | 15:22:00 | Sam Walsham | Team Bikebox Alan  | Male | Junior |
| 84 | 15:24:00 | Devon Round | Mid Shropshire Wheelers | Male | Junior |
| 86 | 15:26:00 | Max Williamson | HMT Academy with JLT Condor | Male | Junior |
| 88 | 15:28:00 | Jake Wright | Identity Race Team | Male | Junior |
| 90 | 15:30:00 | Ollie Jones | Ipswich BC | Male | Junior |
| 92 | 15:32:00 | Adam Hartley | PH-MAS Cycling | Male | Junior |
| 94 | 15:34:00 | Henry Johnson | MTS Cycle Sport | Male | Junior |
| 96 | 15:36:00 | Nathan Allatt | Royal Navy & Royal Marines CA | Male | Junior |
| 98 | 15:38:00 | Eugene Cross | SSLL Racing Team | Male | Junior |
| 100 | 15:40:00 | Sam Henning | HMT Academy with JLT Condor | Male | Junior |

**Women’s 10 Mile National Championship**

| **Number** | **Start Time** | **Name** | **Club** | **Category** |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| 1 | 16:01:00 | Hayley Fletcher | Dulwich Paragon CC | Senior |
| 2 | 16:02:00 | Gail Summerlin | South Pennine RC | Veteran |
| 3 | 16:03:00 | Angela Launder | Kingston Phoenix RC | Veteran |
| 4 | 16:04:00 | Wendy Dorling | Bishop's Stortford CC | Veteran |
| 5 | 16:05:00 | Deborah Hurst | Kingston Phoenix RC | Veteran |
| 6 | 16:06:00 | Caroline Beirne  | Epsom CC | Veteran |
| 7 | 16:07:00 | Deena Blacking | CC London | Senior |
| 8 | 16:08:00 | Helen Stacey | VC de Londres | Senior |
| 9 | 16:09:00 | Alison Torode | Born to Bike - Bridgtown Cycles | Senior |
| 10 | 16:10:00 | Gemma Hayes | East Grinstead CC | Senior |
| 11 | 16:11:00 | Denise Burrows | Wyre Forest CRC | Senior |
| 12 | 16:12:00 | Emily Nelson | Team Breeze | Espoir |
| 13 | 16:13:00 | Fiona Inskip | Boot Out Breast Cancer CC | Veteran |
| 14 | 16:14:00 | Sarah Phelps | Brighton Mitre CC | Senior |
| 15 | 16:15:00 | Megan Barker | Team Breeze | Espoir |
| 16 | 16:16:00 | Kathryn Morris | Dulwich Paragon CC | Senior |
| 17 | 16:17:00 | Jackie Dodd | Kingston Phoenix RC | Veteran |
| 18 | 16:18:00 | Lydia Gurley | AeroCoach | Senior |
| 19 | 16:19:00 | Louise Georgi | Giant CC - Halo Films | Veteran |
| 20 | 16:20:00 | Sarah Croucher | Eagle Road Club | Senior |
| 21 | 16:21:00 | Alison Vessey | Mickey Cranks Cyling Club | Veteran |
| 22 | 16:22:00 | Annasley Park | Team Breeze | Espoir |
| 23 | 16:23:00 | Deborah Sheridan | Warwickshire Road Club | Veteran |
| 24 | 16:24:00 | Melissa Brand | Team Ford Ecoboost | Senior |
| 25 | 16:25:00 | Florence Cox | Equipe Flamme Rouge | Senior |
| 26 | 16:26:00 | Emily Kay | Team Breeze | Espoir |
| 27 | 16:27:00 | Hayley Jones | Team Breeze | Espoir |
| 28 | 16:28:00 | Clover Murray | Team Ford Ecoboost | Espoir |
| 29 | 16:29:00 | Robyn Yates | Addiscombe CC | Veteran |
| 30 | 16:30:00 | Delia Beddis | Les Filles Racing Team | Senior |
| 31 | 16:31:00 | Julie Chasin | Twickenham CC | Veteran |
| 32 | 16:32:00 | Eva Nyirenda | a3crg | Senior |
| 33 | 16:33:00 | Karina Bowie | Team Bottrill | Veteran |
| 34 | 16:34:00 | Rebecca Mason | Coventry Road Club | Senior |
| 35 | 16:35:00 | Elanor Cadzow | Welwyn Whs | Senior |
| 36 | 16:36:00 | Pip Jenkins | Southborough & Dist. Whs | Senior |
| 37 | 16:37:00 | Katie Crowe | Dulwich Paragon CC | Veteran |
| 38 | 16:38:00 | Jennifer Smart | VC Norwich | Veteran |
| 39 | 16:39:00 | Abigail Dentus | Team Breeze | Espoir |
| 40 | 16:40:00 | Melissa Lowther | Team Breeze | Espoir |
| 41 | 16:41:00 | Sarah Short | Bonito Squadra Corse | Veteran |
| 42 | 16:42:00 | Zoe Whiteside | Team Bottrill | Veteran |
| 43 | 16:43:00 | Manon Lloyd | Breeze Bikes RT | Espoir |
| 44 | 16:44:00 | Monica Dew | Boot Out Breast Cancer CC | Junior |
| 45 | 16:45:00 | Adel Tyson-Bloor | Andover Wheelers | Senior |
| 46 | 16:46:00 | Clare Campbell-Smith | Born to Bike - Bridgtown Cycles | Veteran |
| 47 | 16:47:00 | Dena Ford | High Wycombe CC | Veteran |
| 48 | 16:48:00 | Joscelin Lowden | Lewes Wanderers CC | Senior |
| 49 | 16:49:00 | Anna Dearing | Colchester Rovers CC | Veteran |
| 50 | 16:50:00 | Victoria Smith | AeroCoach | Senior |
| 51 | 16:51:00 | Sophie Household | SSLL Racing Team | Senior |
| 52 | 16:52:00 | Claire Kitching | Newbury RC | Veteran |
| 53 | 16:53:00 | Nicki Carr | VC Equipe - Flix Oral Hygiene | Senior |
| 54 | 16:54:00 | Kimberley Ashton | CASP Racing Club | Senior |
| 55 | 16:55:00 | Vanessa Whitfield | The Racing Chance Foundation | Senior |
| 56 | 16:56:00 | Tamar Vanderhaas | Lewes Wanderers CC | Veteran |
| 57 | 16:57:00 | Sharon Clifford | WCS Racing Team | Veteran |
| 58 | 16:58:00 | Sophie Herbert | Southampton University Road Club | Senior |
| 59 | 16:59:00 | Tina Reid | In-Gear Quickvit Trainsharp RT | Veteran |
| 60 | 17:00:00 | Nicola Juniper | Team Ford Ecoboost | Senior |
| 61 | 17:01:00 | Zoe Betteridge | North Devon Wheelers | Senior |
| 62 | 17:02:00 | Emma Lewis | Adalta Cycling Club | Senior |
| 63 | 17:03:00 | Faye Faber | IOW Cycling Club | Senior |
| 64 | 17:04:00 | Vicky Gill | DRAG2ZERO | Senior |
| 65 | 17:05:00 | Elise Sherwell | Blazing Saddles | Veteran |
| 66 | 17:06:00 | Laura Bartlett | a3crg | Senior |
| 67 | 17:07:00 | Sarah Matthews | a3crg | Veteran |
| 68 | 17:08:00 | Jessica Rhodes-Jones | Beacon Roads CC | Senior |
| 69 | 17:09:00 | Helen McKay | Les Filles Racing Team | Senior |
| 70 | 17:10:00 | Molly Patch | University of Birmingham CC | Espoir |
| 71 | 17:11:00 | Kate Allan | DRAG2ZERO | Senior |
| 72 | 17:12:00 | Maryka Sennema | Paceline RT | Veteran |
| 73 | 17:13:00 | Lindsey Ackland | Royal Leamington Spa Cycling Club | Senior |
| 74 | 17:14:00 | Natalie Grinczer | Team WNT |  |
| 75 | 17:15:00 | Crystal Spearman | NOPINZ | Senior |
| 76 | 17:16:00 | Sophie Lankford | Cambridge Triathlon Club | Espoir |
| 77 | 17:17:00 | Liz Powell | Mike Vaughan Cycles | Veteran |
| 78 | 17:18:00 | Alice Lethbridge  | Starley Racing | Senior |
| 79 | 17:19:00 | Clarice Chung  | SSLL Racing Team | Senior |
| 80 | 17:20:00 | Gina Riley | Chester RC | Senior |
| 81 | 17:21:00 | Sophie Coleman | Drops Cycling Team | Senior |
| 82 | 17:22:00 | Melanie Sneddon | TORQ Performance | Veteran |
| 84 | 17:24:00 | Susan Semple | Born to Bike - Bridgtown Cycles | Veteran |
| 86 | 17:26:00 | Fiona Prew | Pro Vision Cycle Clothing  | Senior |
| 88 | 17:28:00 | Emily Cox | Bedfordshire Road RT | Senior |
| 90 | 17:30:00 | Anna Turvey | Tyneside Vagabonds CC | Senior |
| 92 | 17:32:00 | Julia Shaw | DRAG2ZERO | Veteran |
| 94 | 17:34:00 | Bronwen Ewing | Rye & District Wheelers CC | Veteran |
| 96 | 17:36:00 | Rachael Elliott | Newbury RC | Senior |
| 98 | 17:38:00 | Angela Hibbs | Fusion RT Fierlan | Senior |
| 100 | 17:40:00 | Hayley Simmonds | AeroCoach | Senior |