

...a3crg Circuit Time Trial League 2023

(Promoted for and on behalf of Cycling Time Trials under their rules and Regulations)

Glorious Goodwood Circuit Races ~ Course P917/10

Wednesday 19th July ~ from 18:45hrs ~ 10-mile TT's

Featuring: The Army Cycling, 10-mile Circuit Championship

@ Goodwood Motor Racing Circuit ~ Chichester PO18 0PH

Timekeeping Crew:	Trevor Beauchamp, Maria Golden, Raymond Gregory, Kirsty McSeveney, Sarah Matthews
Start Line Stewards:	Peter Pickers, Graeme Stirzaker & Gareth Peters (Speaker)
Motorcycle Marshals:	Steve Humphrey, Colin Enticknap
Signing-On & Reception:	Angela Carpenter & Kathleen Collard-Berry
Photography by:	Sheena Booker

There are "Provisional Results" available on-line during the event via: <https://resultsheet.co.uk>

Event Secretary: David Collard-Berry, 59 Midhurst Road Fernhurst Haslemere GU27 3EN
Tel. : 01428 651843 ~ mobile : 07770 885428 ~ email dcb@a3crg.co.uk

Gates will open (for us) at 17:45 ~ Please don't arrive early as another event maybe taking place.

There will be time between 18:15 & 18:40 to warm up on the track (no riders going to warm -up on the track after 18:35). No unauthorised riders on the track. If you are "coaching a rider", please register at Reception (Jackie Stewart Suite) & wear Yellow Hi-Viz.

"Army riders" that are in Cavalry Regiments please note that wearing of spurs can create a safety hazard while cycling.

A Presentation will be held for the Army Cycling Circuit Championship at the close of the event, please stay (if possible) & join in their celebrations. We should be all finished & cleared away by 20:45-ish.

Bring your own Pen, you need this to write down your race number on one hand so you don't forget it, also useful to write on your other hand how many laps you are doing CTT Regs, even though it is a circuit you are still required to have working front & rear lights fixed to your bike & switched on during your event, spares at Signing-On at the "Jackie Stewart Suite".

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IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters require you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. It is also compulsory that WORKING FRONT & REAR LIGHTS, either flashing or constant, are fitted to the machine in a position visible to following road users and are active while the machine is in use at all times.

Procedure for the Event:

- ✓ If you are not feeling well or you have left your wallet at home, please do not attend.
- ✓ If you have road race pockets for your number, please use the left-hand pocket to aid the finish timekeepers.
- ✓ Do not walk across the airfield, it is an active aerodrome, it could get rather messy.
- ✓ Look where you are going even during warming-up, keep your head up,
- ✓ If caught, ease back; do not take pace on the wheel of the rider who caught you.
- ✓ If passing a rider, please make sure the effort is enough to pass completely.
- ✓ **Last Lap**, stay on the Left inside the black Cones on the Finish Section, and please shout your number out as you finish.

Course Length 10 miles (4 & bit Laps) except for Event 2 (7.6 miles)

The Start is at Pit Number 15. After leaving the Pit Lane proceed with care onto the circuit keeping to the right hand side, bear right following the circuit. After passing a “Radio Mast” on your right hand side you will pass the finishing area, you are now starting your first lap. Keep going right, then right, then a little wiggle at St Mary's, then bear right ready to go down the Lavant Straight (Big Gear). At Woodcote there are two rights then a left & you are now on the (Circuit) “Pit Straight”, make sure you are in the middle of the circuit.

After bearing right, you are approaching the finish area, you have completed your first lap. You are now starting your second lap, after completing your second lap at this point, you will of course be starting your third lap.

After completing your third lap you are starting your fourth & final full lap. When you come onto the (Circuit) “Pit Straight” this fourth time bear in mind you need to keep to the left, so that you are in-line to go through the coned finish lane **to finish** (10 miles). **ON THE LAST LAP DO NOT CUT ACROSS THE CIRCUIT AT THE END OF THE STRAIGHT AT THE FIRST BEND (INSIDE TO OUTSIDE).**

All Ten Mile times set during this Open Event (unlike club event times) are “Official” & can be used for updating any PB’s, used for qualifying for National Championships, Veteran Standards, Age Group Records & the “**NEW**” **BBAR conditions for both Men & Women.**

If you do not finish, please let us know, do not wander off home in a sulk & please put your number in the bin provided.

T2B = Time to beat from the events up to the 1st July to achieve Bonus Points in the League

This is a 30 second Start Time Event, check your start time, late starts may not be an option.

Event 1: ~ Youths Road Bikes 10yrs - 14yrs ~ 3 & bit Laps = 7.60 miles

Event Record (Male) Lucas Lovell 00:20:31

Num	Rider	Squadra/Team/Club	Cat/Grp	Mach	T2B	Départ
2	Freddie Gay	Chichester Triathlon Club	Youth-12	RB	00:24:08	18:46:00

Event 2: ~ “Any Bike”, Youth 13 yrs. - 15yrs ~ 4 & bit Laps = 10-miles

Event Records (Male) Oliver Gill 00:21:05 ~ (Femme) Grace Upshall 00:25:30

Num	Rider	Squadra/Team/Club	Cat	Mach	T2B	Départ
3	Rhys Baker	Chichester Triathlon Club	Youth-14	RB		18:46:30
4	Isaac Hodgson	Chichester Triathlon Club	Youth-14	RB		18:47:00
5	Benjamin Jenkinson	Chichester Triathlon Club	Youth-15	RB		18:47:30
6	James Mitchell	...a3crg	Youth-13	TT	00:34:09	18:48:00
7	Louie Arnold	Chichester Triathlon Club	Youth-15	RB	00:30:08	18:48:30

8	Micah Williams	Chichester Triathlon Club	Youth-15	RB		18:49:00
9	Ewan Cook	Wightlink Wight Mountain RT	Youth-15	TT	00:22:08	18:49:30

Event 3: Men's Road Bikes, 4 & bit Laps = 10-miles

Road Bike Record Cris Coxon 00:21:17

National Road Bike Regs: No Aero Bars & No Disc Wheel, (Max wheel Depth 90mm)

Num	Rider	Squadra/Team/Club	Cat	T2B	Départ
10	Nigel Bicknell	Farnham RC	M-H	00:38:32	18:50:00
11	Alan Tilbury	Brighton Mitre CC	M-F	00:32:03	18:50:30
12	Nigel Hughes	Fareham Wheelers CC	M-F	00:29:54	18:51:00
13	Mark Rawlins	Portsmouth Triathletes	M-A		18:51:30
14	David Robbins	Petersfield Triathlon Club	M-E	00:25:30	18:52:00
15	Geoff Smailes	Hampshire Road Club	M-D	00:29:45	18:52:30
16	Vernon Schutte	Farnborough & Camberley CC	M-F	00:27:33	18:53:00
17	Jeremy Tucker	Fareham Wheelers CC	M-D	00:26:33	18:53:30
18	Graham Winstanley	Sussex Revolution Velo Club	M-B		18:54:00
19	Robin Kamiya	Farnborough & Camberley CC	M-C	00:26:16	18:54:30
20	James Gowan	BPC Race Team	Sen-34	00:25:27	18:55:00
21	Steve Coombs	Sussex Revolution Velo Club	M-A		18:55:30
22	David Beams	3C Cycle Club	M-B		18:56:00
23	Neil Kelsall	Dorking Cycling Club	M-C		18:56:30
24	Richard Miles	Inspire-Chichester	M-F		18:57:00
25	Aaron Sparks-Carolan	Sussex Revolution Velo Club	Sen-39		18:57:30
26	Fraser Hughes	Audax UK	Sen-30		18:58:00
27	Bob Richardson	Bournemouth Jubilee Whs	M-D		18:58:30
28	Mark Shepherd	Stafford RC	M-C		18:59:00
29	Jan Grosicki	Sussex Revolution Velo Club	M-A		18:59:30
30	David Patten	Southdown Velo	M-G		19:00:00
31	Chris Barker	Sussex Revolution Velo Club	M-B		19:00:30
32	Simon Gregory	...a3crg	Sen-37		19:01:00
33	Will Du Sautoy	Woking Cycling Club	Jun-17		19:01:30
34	Kevin Newlyn	Sussex Revolution Velo Club	M-A		19:02:00
35	Cris Coxon	Brighton Mitre CC	M-B	00:21:17	19:02:30

Event 4: Femmes Road, 4 & bit Laps = 10-miles

Womens Road Bike Record: Emily Proud 00:23:50

Num	Rider	Squadra/Team/Club	Cat	T2B	Départ
36	Kathryn Pillar	Petersfield Triathlon Club	W-D		19:03:00
37	Vivienne Inglis	Anerley BC	W-A		19:03:30
38	Jo Wilkins	Portsmouth Triathletes	WS-29		19:04:00
39	Rose Beddington	Petersfield Triathlon Club	W-G		19:04:30
40	Philippa Winstanley	Sussex Revolution Velo Club	W-A		19:05:00
41	Deborah Smith	Southdown Velo	W-B	00:26:10	19:05:30
42	Linda Robbins	Petersfield Triathlon Club	W-F		19:06:00
43	Marianne Durell	Velo Club Venta	W-A		19:06:30
44	Lucy Mitchell	...a3crg	W-B		19:07:00
45	Jen Simpson	Sussex Revolution Velo Club	WS-39		19:07:30
46	Emily Warner	3C Cycle Club	W-A		19:08:00

47	Sien Van der Plank	New Forest CC	WS-28		19:08:30
48	Ruth Whiddett	Woking Cycling Club	W-C	00:24:40	19:09:00

Event 5: Femmes TT Bike Champs ~ 4 & bit Laps = 10-miles

Femmes Course & Event Record, Sarah Storey 00:21:04 ~ Junior Record, Isabel Sharp 00:21:17

Num	Rider	Squadra/Team/Club	Cat/Grp	T2B	Départ
49	Christina Dove	...a3crg	W-D	00:27:51	19:09:30
50	Kendra Hall	Farnborough & Camberley CC	W-C	00:28:39	19:10:00
51	Pippa O'Brien	RT PODA	W-E	00:30:02	19:10:30
52	Sheena Keates	GS Mossa	W-B	00:25:51	19:11:00
53	Anne Loh	NAUT Cycling	W-D		19:11:30
54	Ruth Jones	Farnborough & Camberley CC	W-A	00:27:34	19:12:00
55	Virginia McGee	...a3crg	W-D	00:25:32	19:12:30
56	Rebecca Fellows	Tri Training Harder	WS-31	00:24:05	19:13:00
57	Josie Smailes	Velo Club Venta	WS-23	00:26:02	19:13:30
58	Alex Morrice	Canyon/Sram Racing	WS-23		19:14:00
59	Rebecca Seal	FTP (Fulfil The Potential) RT	WS-39	00:24:05	19:14:30
60	Kate Stillwell	Petersfield Triathlon Club	WS-31	00:24:41	19:15:00
61	Izzy Sharp	DRAG2ZERO	Jun-18	00:21:17	19:15:30

Event 6: Army Cycling Closed Circuit Championship, 4 & bit Laps = 10-miles

Num	Rider	Squadra/Team/Club	Cat/Grp	Mach	Départ
62	Caroline Nottage	Army Cycling	WSen-33	TT	19:16:00
63	Chanel Mason	Army Cycling	W-A	TT	19:16:30
64	Sue McFarlane	Army Cycling	W-A	TT	19:17:00
65	Luke Brimble	Army Cycling	Sen-38	RB	19:17:30
66	Nigel Foskett	Brighton Mitre CC	M-B	RB	19:18:00
67	Richard Smith	Army Cycling	M-D	RB	19:18:30
68	James Greig	Army Cycling	Sen-37	RB	19:19:00
69	Paul Wright	Army Cycling	M-D	TT	19:19:30
70	Steven Barham	Westbury Wheelers	M-B	TT	19:20:00
71	Jonathan Whittaker	Army Cycling	Sen-29	TT	19:20:30
72	Colin Paton	Army Cycling	M-C	TT	19:21:00
73	Jack Smy	Army Cycling	Sen-24	TT	19:21:30
74	Adam Colvin	Army Cycling	Sen-38	TT	19:22:00
75	Alexander Fortune	Army Cycling	M-B	TT	19:22:30
76	Daniel Farnsworth	Melton Olympic CC	Sen-25	TT	19:23:00
77	Jeremy Redford	Army Cycling	M-C	TT	19:23:30
78	Mark Vowles	Army Cycling	Sen-38	TT	19:24:00
79	Edd Charlton-Weedy	Army Cycling	Sen-38	TT	19:24:30
80	Chris Booth	Army Cycling	Sen-37	TT	19:25:00
81	Dan Whitehouse-Smith	VØRANJE	Sen-33	TT	19:25:30
82	Mark Greenwood	Lungs 2 Legs	M-B	TT	19:26:00
105	Dawn Haynes Sewell	Army Cycling	W-C	RB	19:37:30

Event 7: Men's TT Bikes ~ 4 & bit Laps = 10-miles

Course & Event Record: Sam Clark 00:18:48 ~ **Jun Event Record:** Jamie Whitcher, 00:19:21

Num	Rider	Squadra/Team/Club	Cat/Grp	T2B	Départ
83	Robert Jolliffe	New Forest CC	M-G		19:26:30
84	Martin Whitty	...a3crg	M-D	00:30:20	19:27:00
85	Graham White	Fareham Wheelers CC	M-E	00:26:15	19:27:30
86	Martin Balk	3C Cycle Club	M-E	00:27:13	19:28:00
87	Robert Watson	Hampshire Road Club	M-E	00:26:27	19:28:30
88	Philip Wise	Southdown Velo	M-D	00:25:58	19:29:00
89	Michael Valks	Lewes Wanderers CC	M-C		19:29:30
90	Mike Cooper	Chichester Triathlon Club	M-D	00:24:09	19:30:00
91	Nigel Greenfield	...a3crg	M-E	00:25:51	19:30:30
92	Marius Kwint	Velo Club Venta	M-D	00:23:23	19:31:00
93	Paul Jones	Portsmouth North End CC	M-D		19:31:30
94	Ross Partridge	Portsmouth Triathletes	Sen-35		19:32:00
95	Mike Boyce	...a3crg	M-F	00:25:34	19:32:30
96	Jeremy Hall	Farnborough & Camberley CC	M-D	00:23:16	19:33:00
97	David Donald	Fareham Wheelers CC	M-B	00:28:41	19:33:30
98	Mike Garner	...a3crg	M-F	00:26:12	19:34:00
99	Steve Skinner	Southdown Velo	M-F	00:25:15	19:34:30
100	Ryan Lilleywhite	...a3crg	Sen-30	00:28:44	19:35:00
101	Richard Keevil	GS Stella	M-C	00:22:58	19:35:30
102	Ian Sherin	3C Cycle Club	M-E	00:24:39	19:36:00
103	Simon Hogg	Minehead Cycling Club	M-C		19:36:30
104	Steve Wilkinson	Regents Park Rouleurs	M-B		19:37:00
106	Toby Clay	Petersfield Triathlon Club	M-B	00:24:44	19:38:00
107	Alexander Paul	NAUT Cycling	M-A		19:38:30
108	Jason Richardson	Dorking Cycling Club	Sen-28		19:39:00
109	Timothy Hodgson	North Road CC	M-B		19:39:30
110	Mike Anderson	Velo Club St Raphael	M-F	00:23:40	19:40:00
111	Callum Brownlie	Velo Club Venta	Sen-31	00:22:56	19:40:30
112	Richard Burchett	Crawley Wheelers	M-C	00:22:08	19:41:00
113	Matt Doe	...a3crg	M-C	00:24:57	19:41:30
114	Darren Anderson	Fareham Wheelers CC	M-B	00:22:24	19:42:00
115	David Pollard	VTTA (Surrey/ Sussex)	M-F	00:22:28	19:42:30
116	Ian Gay	Chichester Triathlon Club	M-A		19:43:00
117	Andy Smith	Velo Club St Raphael	M-B	00:22:07	19:43:30
118	Sam Dix	trainSharp	M-C		19:44:00
119	Graham Harman	Sotonia CC	M-C	00:23:09	19:44:30
120	Simon Berogna	Velo Club St Raphael	M-B	00:21:55	19:45:00
121	Kallie Hughes	Farnborough & Camberley CC	Sen-26	00:23:47	19:45:30
122	Richard Bradley	3C Cycle Club	M-B	00:23:29	19:46:00
123	Sam Riley	Total Tri Training	Sen-29		19:46:30
124	Billy Williams	NAUT Cycling	Jun-18		19:47:00
125	Alexander Murphy	Velo Club Venta	Jun-16	00:20:43	19:47:30
126	Josh Newbould	DRAG2ZERO	Sen-32		19:48:00
127	Jonathan Besly	Dorking Cycling Club	Sen-39	00:21:39	19:48:30

128	Darren Cole	Vectis Academy	Sen-34		19:49:00
129	Neil Mackley	...a3crg	M-D	00:20:45	19:49:30
130	Howard Bayley	Blazing Saddles	M-B	00:20:22	19:50:00
131	Adrian Talley	Velo Club St Raphael	M-C	00:21:23	19:50:30
132	Peter Younghusband	Petersfield Triathlon Club	M-D	00:21:14	19:51:00
133	Andy Langdown	...a3crg	M-C	00:20:19	19:51:30
134	Bobby Buenfeld	Boost Bike Hub RC	Jun-16	00:20:07	19:52:00
135	Jamie Whitcher	Bournemouth Cycleworks	Esp-19		19:52:30
136	Paul Willcox	North Road CC	M-B		19:53:00

COURSE CONDITIONS & PROTOCOL

We will be calling riders to the start area in batches of ten, please listen out for your number & be ready to go to the start area, it is YOUR responsibility to be in the undercover area in time to race (5min), bearing in mind you are going off at **30 second intervals**.

The start is approximately halfway along the pit (Number15) lane wall where you will do either a standing or push start. When entering the track please check for other riders, count your laps from the finish point) ignoring the chicane (This is a wall on the track, you must stay to the left of this wall while racing).

Whilst racing we request that you favour the right-hand side of the track & only overtake to the left of a rider in front. All riders need to check it is clear to overtake. There are two left-hand corners (St Marys & down the Lavant Straight) where this could be an issue.

We have two marshals on motor bikes driving around the track, looking for lost riders.

At the end of your fourth lap (10 miles it's a good idea to have distance on your device) you will need to finish in the finish area, this is on the left-hand side of the track & you will have seen the black coned off area on previous laps. Ride to the left & into this coned area to finish on the finish line, remembering to call out your race number. Finishing outside the coned area will not give you a finish time.

Once you have finished, please cool down, riding tight to the left-hand side of the track respecting the racing line. Now the complicated bit! At some stage we need you to go to the right-hand side in order to come off the track, **but PLEASE do this on the Lavant Straight before the Woodcote corner so you do not affect any other riders, remembering to look before you change sides.** At the chicane you must stay to the right of the wall & exit the track. (No extra laps please)

There are two Toilet blocks in the Paddock to your left & right when facing the Pit area. The HQ is the Paddock area there is no Village Hut or mugs of tea.

AT THE END OF THE EVENT (Time Trial)

As you exit the track through the gate there will be a box to return your race number, PLEASE. Don't forget to Sign out.

Turbo warm-ups are allowed but please respect other riders' car parking. **There will be access to the track prior to racing. Please do not leave the inner circuit through the arrival tunnel, if you wish to warm up on the road, then please use the access tunnel to the right of the sign on area.**

Spectators are requested to watch from the viewing area above the Pit Lane (Not in the Pit Lane). Coffee, Tea & Cake may be Purchased from the "HORSEBOX" on site (we have been assured it will be open).

Lastly, Enjoy your evening & thank you for your support this Season.

The Next Two ...a3crg Goodwood Circuit Events

Wednesday 26th July 18:30: Events for all Categories + Tandems & League Points

Wednesday 9th August 18:30: Final Night of 2023 Circuit League Series, again Events for all Categories, unfortunately no Bouncy Castle or Donkey rides this year.