



CYCLING TIME TRIALS WEST DISTRICT

Presents the

64th national championship

hill climb

on Sunday 28th October 2007
at Cheddar Gorge
on the UH30
Starting at 10:00 am

Promoted for and on behalf of Cycling Time Trials
under their Rules, Regulations and
National Championship Conditions.

CHEDDAR
CAVES & GORGE
SOMERSET

BIKE SOMERSET

Dedicated to
Ron Diplock
1921 to 2007

Former Chairman of the West DC

"His dedication and enthusiasm for cycling never waned"

Broadway House Holiday Touring Caravan & Camping Park

Axbridge Road, Cheddar, Somerset, BS27 3DB

Tel: 01934 742610 email: info@broadwayhouse.uk.com

will provide accommodation for the long distance travellers. Bed and Breakfast or Hotels are also available in the immediate area.

From the M5 take exit 22 and follow the A38 to Axbridge. At Lower Weare crossroads turn right onto A371 (Cheddar, Wells). After approx 2 miles, you will pass the 'Cheddar' sign. Broadway House is 300 yards further on the left. **Other areas** head for Shepton Mallet/Wells then take the A371 sign-posted Weston-Super-Mare. Continue through Cheddar, HQ is on the right just past the Shell Garage, 1 mile from the centre of the village.

headquarters

There is plenty of **car parking** at the HQ, it is in the field opposite the main HQ entrance. Please take

care when crossing the main road. You can leave your car at the HQ and ride to the start. Spectators can either leave their cars at the HQ or designated car parks in the Gorge.

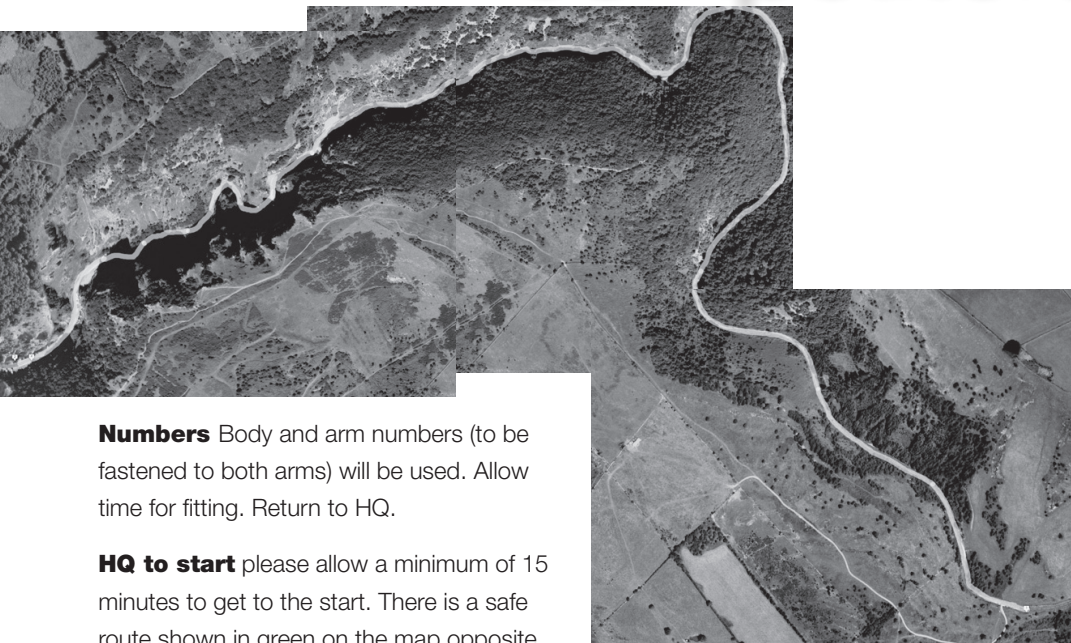
The main hall on the left of the forecourt is race HQ. Signing on and the prizегiving will take place here.

Refreshments will be available at the HQ and there are plenty of small cafes and pubs in the town.



Signing On will open at 09:00. When you sign on you will receive your numbers and a carrier bag. Please take the carrier with you to the start where any spare clothing can be placed in the bag and a motorcycle marshall will take it up to the finish area for you. There are changing rooms and showers at the HQ.

competitors



Numbers Body and arm numbers (to be fastened to both arms) will be used. Allow time for fitting. Return to HQ.

HQ to start please allow a minimum of 15 minutes to get to the start. There is a safe route shown in green on the map opposite.

The course is on the B3135, this section of the road will be closed from 09:30. Please keep to the lefthand side of the road at all times, descending riders – escorted by motorcycle marshals – will be using the same road to return to the HQ.

The Start. At the Cheddar Caves Parking Sign located in the Coach car park just above the Gough's Cave Entrance.

Enroute. Some of the bends are very tight as well as steep, these sections will be coned and taped to segregate ascending and descending traffic, keep to the left of the cones at all times.

At the finish there is a sheltered area where your carrier bag will be located. When you are ready to descend you must wait for a motorcycle marshal to escort you down the hill, these will be every five minutes. The marshals will stop descending traffic if needs be so be prepared to stop.

**Timekeepers**

Start: Bridget Boon and Ian Boon
Mid section: Len Ingram
Finish Paul Arayan and Dennis Davis

Event Secretary

Dave Keene, 205 Gloucester Road, Bishopston,
Bristol BS7 8NN. Tel: 0117 924 7456

Course Details

Start at the Cheddar Caves 'Parking Sign' in the coach car park just above the Gough's Cave Entrance. After 0.6 miles, the steepest section, there will be a timing point. The course is 2.1 miles long and the total ascent is approx. 1,100ft. In the first half mile the climb rises up to 600ft leaving 'just' 500ft to ascend in the remaining one and a half miles. Finish at the field gate marked Private.

official bits



Safety: Riders must stay in the lefthand lane at all times, failure to do so could lead to disqualification.

On completion of the course proceed to the marshalling area where you may collect your warm, dry clothing and wait for a motorcycle marshal to escort you back down the hill.

Riders must not stand in the road at the finish line.

Riders must not distract or interrupt the timekeepers.

Competitors will not be permitted onto the course once the road has been closed at 09:30. The minor road heading north from the HQ is a good area to warm up.

Protective Hardshell Helmets must be worn by Junior and Juvenile riders. Cycling Time Trials and the event promoters strongly advise that you wear a hard shell helmet that meets the internationally accepted safety standard.

Keep your head up and watch for hazards at all times. Head down riding could result on disqualification. Remember there will be riders and motorcycles descending the hill, and possibly a stray mountain goat!



Don't forget the **clocks go back** on Sunday morning, so you have an extra hour to prepare!

If you are unable to ride please notify the organiser in order that a reserve may take your place

Prizes In addition to the RTTC Championship medallions Lusso have kindly donated Champion jerseys for the **Fastest Overall, Fastest Lady**

and **Fastest Junior**. There is an additional prize of a bottle of Champagne for the fastest rider over the steepest section which is the first 0.6 miles, marked by the commentary position.

Awards

Champions: RTTC Championship Trophy and RTTC Silver Gilt Medallion & Championship Cap (donated by Keith & Brenda Robins)

Second: RTTC Championship Medallion

Third: RTTC Championship Medallion

Fastest Team of three riders: RTTC Championship Shield and RTTC Championship Medallion



prizes & awards

Age Category

Award winners will receive RTTC Medallions 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, over 70.

Fastest Boy and Girl aged 12, 13, 14, 15, 16, 17 and 18 years old.

Fastest Junior

Prize giving will take place at the HQ as soon after the event as possible where the winners will be awarded their prizes by David Duffield.



Cheddar Caves have generously given us **exclusive use of the car parks within the Gorge, up-gorge of the Coach Park**. There is enough parking for several hundred cars. The road will remain open until **09:30** to enable Spectators to gain access to the car parks.

The car parks will be taped off and marshalled and **will not reopen until the event has finished**. As soon as all the riders are off the course you will be free to return to the HQ where the presentations will take place.

Please do not use the car parks in the main area of the town as these are being kept for the normal visitors to Cheddar.

spectators

The Public Toilets in the Town will be open, there are no facilities on the course.

The road will be closed to normal traffic but both competitors ascending the hill and motorcycle marshals and riders descending will be on the move so please be vigilant and obey the marshals instructions. Enjoy your day but don't get in the way of the competitors.

There will be commentary positions on the hill to keep you informed, one at the end of the mountain goat section (0.6 miles) and at the finish.

Please leave the Gorge as you found it, take any litter home with you, and watch out for the mountain goats that roam free!

All the usual attractions in the town will be open, including the world-famous Cheddar Caves.

Got you Interested? Time Trialling has long been a popular way of entering competitive cycling and there are cycle clubs throughout the Somerset, Gloucestershire and Wiltshire area which hold time trials each week. For more information on these and how to get started visit the website for either the National Governing body of the sport Cycling Time Trials, **www.cyclingtimetrials.co.uk**, or the local district site **www.westdc.co.uk**.

No	Name	Club	Cat	Start	Time
1	Arthur Vince	Yeovil CC	V67	10.01	
2	Robbie White	Bristol Cycling Development Squad	J16	10.02	
3	Ann Burnett	Camel Valley CC	WV52	10.03	
4	Andrew Miles	Bristol Cycling Development Squad	J16	10.04	
5	Phillip Bennett	Sid Valley CC		10.05	
6	Luke Prescott	Bristol Cycling Development Squad	J15	10.06	
7	Anne Buckley	Yorkshire RC	WV40	10.07	
8	Raj Soni	Bristol Cycling Development Squad	J13	10.08	
9	John Kavanagh	LVR	V44	10.09	
10	Ruby Ellis	Bristol Cycling Development Squad	WJ14	10.10	
11	Joshua Teasdale	Stockton Wheelers	J14	10.11	
12	Jake Eddy	Bristol Cycling Development Squad	J16	10.12	
13	Chris Jones	Bynea CC		10.13	
14	Marc Cox	Ely & Dist. CC		10.14	
15	Geoffrey Southworth	Ashley Touring CC	V49	10.15	
16	James Chant	Gillingham & Dist. Wheelers		10.16	
17	Jonathan Poole	Ashley Touring CC	V44	10.17	
18	Steven Mcguigan	Severn RC		10.18	
19	Stephen Kaye	VC Lincoln		10.19	
20	Michael Gregg	Liverpool Century RC	J15	10.20	
21	Michael Ives	MI Racing	V68	10.21	
22	Graham Little	Dulwich Paragon		10.22	
23	James Ford	VC Walcot		10.23	
24	David Summers	Bath CC		10.24	
25	Richard Towse	Buxton CC		10.25	
26	Shaun Walsh	Yeovil CC	V57	10.26	
27	David Francis	Camel Valley CC	V60	10.27	
28	Alexandra Zebedee	MI Racing	WV40	10.28	
29	Ken Roberts	Preston Wheelers	V58	10.29	
30	Mitch Pope	Gillingham & Dist. Wheelers	V52	10.30	
31	Colin Bennett	Sid Valley CC	V57	10.31	
32	Christopher Green	Clwb Rasio Mona		10.32	
33	John Batchelor	St Ives CC	V41	10.33	
34	Simon Foster	North Notts Olympic RC		10.34	
35	Dean Ward	1st Chard Wheelers		10.35	
36	Mike Westmorland	Border City Wheelers CC	V62	10.36	
37	Trevor Pain	North Hampshire RC	V42	10.37	
38	Avril Swan	MI Racing	WV40	10.38	
39	Hugh Carthy	Science in Sport.com	J13	10.39	
40	Denise Shackleton	Yorkshire Velo	W	10.40	
41	Iain Hounsell	Somerset RC		10.41	
42	Jane Kilmartin	Rapha Condor	W	10.42	
43	Philip Curtis-Whitfield	VC Bristol		10.43	
44	Paul Brierley	Huddersfield RC	V41	10.44	
45	Lynn Hamel	The GreenRoomGroup.com	W	10.45	
46	Karl Austin	Congleton CC	V43	10.46	
47	Jamie Richardson-Paige	Chippenham & Dist. Wheelers	J15	10.47	
48	Jean-Paul Lambhorth	Ogmore Valley Wheelers	V43	10.48	
49	Kim Hurst	www.agiskoviner.com	W	10.49	
50	David Wilkinson	Exeter Wheelers CC	V44	10.50	
51	Barry Page	Hertfordshire Wheelers	V49	10.51	
52	Martin Fullard	Sid Valley CC	V42	10.52	
53	Dave Faulkner	Charlotteville CC		10.53	
54	James King	In Gear Development Squad		10.54	
55	Claire Thomas	Edinburgh Road Club	W	10.55	
56	Caroline Kloiber	Chirio Foron D'Asolo	W	10.56	
57	Ann Bowditch	Scienceinsport.com	W	10.57	

No	Name	Club	Cat	Start	Time
58	Luke Dunbar	Bristol Cycling Development Squad	J17	10.58	
59	Robin Coomber	Johns Bikes		10.59	
60	Clive Wellings	Hertfordshire Wheelers		11.00	
61	Peter Maxwell	Severn RC		11.01	
62	Nathan Chamberlain	Redhill CC	V40	11.02	
63	John Cowley	Sodbury Cycle Sport		11.03	
64	Jeff Jones	Chippenham & Dist.Wheelers		11.04	
65	Hugo Baldacchino	Yeovil CC		11.05	
66	Ben Kellet	Holme Valley Wheelers	J14	11.06	
67	Jerry Rayner	Somer Valley CC		11.07	
68	Leigh Pinchen	Somerset RC		11.08	
69	Mark Plowright	Beeston RC		11.09	
70	Daniel Arblaster	Guernsey VC	J16	11.10	
71	Mark Kurpyta	Somerset RC	V45	11.11	
72	Jonathan Knox	Kent Valley RC	J14	11.12	
73	Richard Birkin	Ashfield RC		11.13	
74	David Curtis-Whitfield	VC Bristol	J18	11.14	
75	Chris Newman	Farnham RC	J18	11.15	
76	Dean Critchel	CC Weymouth		11.16	
77	Steve Chmiewliski	Weston Wheelers		11.17	
78	Simon Alexander	Wyre Forest CRC	V42	11.18	
79	Gary Wallbridge	Guernsey VC	V55	11.19	
80	George Unsworth	Gloucester City CC		11.20	
81	Calum Nicholson	Pro bike kit	J18	11.21	
82	Paul Murphy	Tyneside Vagabonds CC		11.22	
83	Geoffrey Beetham	Retrobike.co.uk		11.23	
84	Peter Murrieri	M&D Cycles	V48	11.24	
85	Robert Pollen	Ashley Touring Club		11.25	
86	Jeremy Ponting	Ride Venture Cycling Team		11.26	
87	Ben Carty	Stratford CC	J18	11.27	
88	Colin Parry	Royal Dean Forest CC		11.28	
89	Rex Facey	1st Chard Wheelers	V45	11.29	
90	Steve Manning	Bath CC	V42	11.30	
91	Steve Downs	Bristol South CC	V40	11.31	
92	Neil Blessitt	Severn RC	V49	11.32	
93	Dave Kiddell	Cavalier CC		11.33	
94	John Deeley	Ogmore Valley Wheelers	V43	11.34	
95	Rob Jackson	Cambridge CC	V42	11.35	
96	Neil Reynolds	Blackburn & Dist. CTC		11.36	
97	Matt Lelliot	Severn RC		11.37	
98	Dave Candy	North Road CC	V42	11.38	
99	Carlo Berton	Border City Wheelers CC	V43	11.39	
100	Daniel Stevens	Liverpool Century RC	J17	11.40	
101	Paul Moss	Coventry RC		11.41	
102	Marc Allen	Swindon RC	V41	11.42	
103	Rob Weare	Coventry RC	V47	11.43	
104	Graham Howell	Ogmore Valley Wheelers	J16	11.44	
105	Jason Streather	VC St Raphael		11.45	
106	Dave Collinge	Blackburn & Dist. CTC		11.46	
107	Liam Holohan	Merlin RT		11.47	
108	Ethan Conlin	Stockton Wheelers	J16	11.48	
109	Ben Pochee	Bike & Run London		11.49	
110	Stephen Nunn	Arctic Shorter Rochford RT	V44	11.50	
111	Derek Smetham	Dursley RC		11.51	
112	Alastair Kay	York Cycleworks		11.52	
113	Adrian Rodgers	Worthing Excelsior		11.53	
114	Mathew Dell	Weston Wheelers		11.54	

No	Name	Club	Cat	Start	Time
115	David Boughton	Coventry RC		11.55	
116	Stewart House	Arctic Shorter Rochford RT		11.56	
117	John Ealing	Rossendale RC		11.57	
118	Philip Hersey	Eagle RC		11.58	
119	Owain Lovell	Ashfield RC		11.59	
120	Mark Perry	Bournemouth Arrow CC		12.00	
121	Rob Powell	Ogmore Valley Wheelers		12.01	
122	Tim Bayley	Arctic Shorter Rochford RT		12.02	
123	Matthew Woods	Stockton Wheelers	J15	12.03	
124	Max Bienkowski	Oxford University CC		12.04	
125	Chris Edmondson	Blackburn & Dist. CTC		12.05	
126	Jon Wood	Coventry RC	V42	12.06	
127	Dave Gilbert	Camel Valley CTC		12.07	
128	Adam Pinder	Blackburn & Dist. CTC	J17	12.08	
129	Ishmael Burdeau	www.agiskoviner.com		12.09	
130	Sam Clark	Buxton CC		12.10	
131	James McLaughlin	Guernsey VC	J17	12.11	
132	James Ward	Cambridge CC		12.12	
133	Matthew Jones	Merlin RT	J17	12.13	
134	Scott Walker	Hinckley CRC		12.14	
135	William Moore	Wyre Forest CRC		12.15	
136	Chris Myhill	API-Metrow	V41	12.16	
137	Daniel Soltys	Wrekinsport CC		12.17	
138	Robert Gough	Johns Bikes		12.18	
139	Mark Solley	Mildenhall CC		12.19	
140	Carl Helliwell	Blackburn & Dist. CTC		12.20	
141	Danny Axford	Arctic Shorter Rochford RT		12.21	
142	Carl Saint	Yorkshire RC	V42	12.22	
143	David McGaw	Oxford University CC		12.23	
144	Ian Stott	Blackburn & Dist. CTC		12.24	
145	Peter Bissell	Arctic Shorter Rochford RT		12.25	
146	Tejvan Pettinger	Sri Chinmoy CT		12.26	
147	Matt Clinton	mikevaughan.co.uk		12.27	
148	Jim Henderson	Southport CC		12.28	
149	David Clarke	Blue Sky Cycles		12.29	
150	James Dobbin	Arctic Shorter Rochford RT		12.30	
Reserve Riders					
151	Leigh Harvey	North Rd CC	W		
152	Paul Godfrey	Hainault RC			
153	Paul Glanville	Hardly Athletic CC	V41		
154	Robert Edgell	Somer Valley CC			
155	Marianne Britten	Severn RC	W		
156	Stephen Clarke	Bristol South CC	V44		
157	Brian Wilson	Clevedon & Dist RC	34		
158	Aidan Searle	Severn RC	V43		
159	Daniel Gee	Ashfield RC			
160	Jill Postlethwaite	Welland Valley CC	WV42		

Sponsored clubs: MI Racing, EAS-Thule-Double Dutch Pancake Bar-Crowhurst Gale-Shimano-Vittoria-Fibrax-Gripgrab-Sunvile-Ozone Elite-Townsend Vehicle Hire-Weldtite-ELO-SKS. **Stratford CC**, Spiuk API-Metrow, Silverhook Chemicals. **VC Bristol**, Webbs of Warmley Cycles. **Gloucester City CC**, Rudy Project. **Gillingham & Dist. Wheelers**, Wheels Cycles. **VC St Raphael**, Waite Contracts-Paul Hewitt. **St Ives CC**, Plastribution Ltd-Richardsons Cycle's-Watts Heating & Plumbing. **Swindon RC**, Total Bike. **Bournemouth Arrow**, Hotel Collingwood. **Huddersfield RC**, Salamander Fabrications. **M&D Cycles**, Specialized. **1st Chard Wheelers**, McKinlays Estate Agents. **Buxton CC**, Sett Valley Cycles. **VC Lincoln**, Impsport. **Arctic Shorter Rochford RT**, Tacx-Look-MET-Maxim

Thanks to **Cheddar Caves** and to all the Clubs from the West DC that have helped to marshal and promote the event.

thanks

And a special mention for...

David Duffield for presenting the Prizes.

Hugh and **Bob** from Cheddar Caves & Gorge

Dave and Che at **Broadway House** for all their help

Alan Tebbutt for the countdown sign

Lusso Clothing for the winners jerseys.

Haynes Publishing for printing the start sheets

The **time keepers**, that dedicated band of volunteers that so readily give up their free time to allow us to compete.

Astrid, Keith and Barbara, and **John** for the use of their motorcaravans

The **motorcycle marshals** and couriers

and to all the members of the West DC committee, past and present, that have put in a lot of hours to promote this event.

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BROADWAY HOUSE



Holiday Touring Caravan & Camping Park

Axbridge Road, Cheddar, Somerset, BS27 3DB

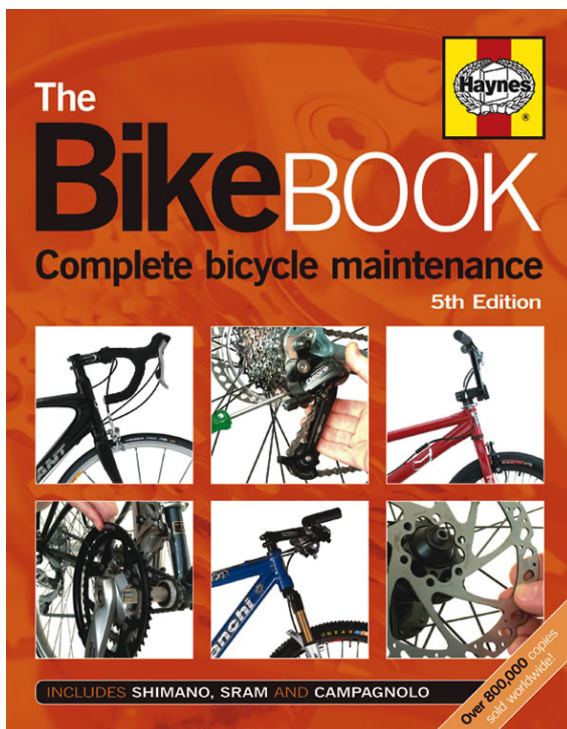
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With the pace of bicycle developments moving ever more quickly, this new fifth edition introduces significant changes, including substantial new sections on hub gears and the various types of bottom bracket/chainset combinations now available. Beautifully presented in colour throughout and packed as before with practical information and handy tips, this book – the undisputed market-leader – gives any rider the confidence and knowledge required to tackle regular maintenance, repairs and even major overhauls.

'everything you need to know about bikes but are afraid to ask' THE INDEPENDENT



Available from all good book shops, cycle stores or online at
www.haynes.co.uk

Bike Somerset aims to promote, coordinate and develop cycling in all its forms in Somerset, with the ultimate objective of making Somerset the UK's number one county for cycling.

Somerset is a fantastic county for cycling, the disparate terrain, from the open roads of the 'levels' to the challenging climbs of the Quantocks, provides every type of riding condition. The hundreds of miles of quiet back roads and cycle paths provide safe and scenic cycling for every rider, with plenty of convenient cafes and pubs for a welcome break.

Bike Somerset targets all residents of Somerset, or visitors to the county, who would like to get more from their cycling. This

BIKE SOMERSET

includes everyone from the absolute beginner to the advanced sportive rider, irrespective of

age and ability. From the casual rider to the ardent enthusiast this initiative is for you.

The aim of Bike Somerset is to co-ordinate, promote and improve the facilities and information available to cyclists in Somerset, bringing together groups and interests that are spread across the county. For more information on all our activities visit the Bike Somerset website, **www.bikesomerset.co.uk**.

Bike Somerset is driven by today's leading cycling organisations, including Somerset County Council, British Cycling, Sustrans, CTC, Somerset Cycle Clubs and the Somerset Cycle Trust.

