

# **FTP Racing - Hill climb 2022**

**You must have a working FRONT AND REAR LIGHT and a  
HELMET that meets the CTT regs , ALL under 18 rider  
must fill in and and bring a consent form signed by their  
Adult as attached below**

**<https://www.cyclingtimetrials.org.uk/documents/index/guardians>**

**22/10/2022 09:00**

**UH16**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## Headquarters

Long Ashton Village Hall

Keedwell Hill

BS41 9DP

## Route from HQ to start

[HQ to start - Hill climb | 1.3 mi Cycling Route on Strava](#)

this is the best route to the start, as you approach the start you will be held back on the corner leading up to the start so we don't have too many people on the main road leading up to the startline.

## Course details

[FTP racing Hill climb -23rd oct -2021 | 1.4 mi Cycling Route on Strava](#)

the estimated time on here is generous the course record is Ben Millar with a 5 min 5 second but i think we will see some 4 min rides this year. Women's CR Lizzie Brooke with a 06:06 but again we might see that toppled this year

hardest part is the middle section then its trying to save something for the long drag to the line.

below is the quickest route to the HQ from the finish , we really don't want people turning around and riding back down the hill after the finish

[Finish to HQ - Hill climb | 3.2 mi Cycling Route on Strava](#)

## **Local regulations**

## **Organiser contact details**

Billy Oliver  
231 New Cheltenham Road Bristol  
07487584188

ftpcyclecoaching@gmail.com

## **Time keepers/officials**

Andy Greatwood and Dennis Davies - TimeKeepers

marshalls on course to be confirmed on the day

HQ - Billy Oliver and Greg Lancaster

## **Course records**

### **Solo Male**

05:05.4

Ben Millar

23-Oct-21 | FTP Racing

### **Solo Female**

06:06.3

Lizi Brooke

23-Oct-21 | FTP Racing

## **Awards/prizes**

To be confirmed but we have some good prizes coming in from our sponsors

## **NOTES TO COMPETITORS:**

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.

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.

# Startsheet

## FTP Racing - Hill climb 2022

Start Number	Start Time	Rider	Club	Gender	Category
1	09:01:00	Cameron Graley	Bristol South Cycling Club		
2	09:02:00	Naomi Aylwin	Bristol South Cycling Club		
3	09:03:00	Simon Davis	VTTA (Midlands)		
4	09:04:00	Finlay Mowat	Avid Sport		
5	09:05:00	Sam Miller	Cheddar Cycle Club		
6	09:06:00	Gordon Markus	Plymouth Corinthian CC		
7	09:07:00	Toby Wilson	Team Tor 2000   KALAS		
8	09:08:00	Ollie Read	Bradford-on-Avon Cycling Club		
9	09:09:00	Sheldon White	Bristol South Cycling Club		
10	09:10:00	Megan Powell	Team Catenary		
11	09:11:00	Katherine Brand	Bristol South Cycling Club		
12	09:12:00	Josie Harcourt	Avid Sport		
13	09:13:00	Celia Brown	Beacon Roads CC		
14	09:14:00	Madeleine Heywood	FTP ( Fulfil The Potential ) Race Team		
15	09:15:00	Richard Emery	Severn Road Club		
16	09:16:00	Freddie Willson	Avid Sport		
17	09:17:00	Bob Symons	PDQ Cycle Coaching		
18	09:18:00	Angus Collard	Audax UK		
19	09:19:00	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt		
20	09:20:00	Guy Bridgewood	Bath Cycling Club		
21	09:21:00	Harry Chamberlain	Bynea Cycling Club		
22	09:22:00	Adam Baker	Royal Air Force Cycling Association		
23	09:23:00	Oliver Bridgewood	Bath Cycling Club		
24	09:24:00	Dan Letherbarrow	Cheltenham & County Cycling Club		
25	09:25:00	Ryan Oldam	Reading CC		
26	09:26:00	Karl Norris	360VRT		
27	09:27:00	Matthew Skeats	University of Bristol Cycling Club (UOBCC)		
28	09:28:00	Jake Sargent	FTP ( Fulfil The Potential ) Race Team		

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
29	09:29:00	Steve Thomas	Bristol Road Club		
30	09:30:00	Archie Cross	Bristol Road Club		
31	09:31:00	Ben Millar	Primera-Teamjobs		
32	09:32:00	Andrew Feather	HuntBikeWheels.com		