

EAST DISTRICT LOCAL REGULATIONS:

“U” TURNS will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the district committee.

A “U” turn is defined as a 180-degree turn completed within the width of the carriageway whilst astride the machine (It is recommended that riders should dismount, check the road is clear in both directions then, with machine, walk across the road.).

WARMING UP - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited

IN THE INTERESTS of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A READ L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS

PLEASE NOTE THAT FOR 2017 ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER (SEE CTT HANDBOOK, RULE 17B, PAGE 343).

FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F.

Awards (one rider-one prize, except team)

Scratch	1 st - £40	2 nd - £30	3 rd - £25
	4 th - £20	5 th - £15	
Vet on Std	1 st - £25	2 nd - £20	3 rd - £15
Ladies (Jane Travers Memorial)	1 st - £25	2 nd - £20	3 rd - £15
Fastest Team	£10 each		

Velo Club Baracchi

Open 10 mile (Mayday) Time trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Monday 1st May 2017 - Course B10/43A
Start Time 8:01am

Event Secretary: Mark Richards, 64 Rotterdam Road, Lowestoft, Suffolk, NR322HA
richards_mb@yahoo.co.uk 07980742327

Timekeepers: Pete & Pam Millner & Mike Johnson

Pusher Off: Barry Debenham

Marshalls & Helpers: Members and friends of Velo Club Baracchi
Many thanks to **Nick Esser** for assistance with the Startsheet

Course Details: B10/43A (Redenhall – Bungay Bypass - Wortwell)

START at green paint mark on kerb in “Church Lane”, Redenhall near junction with A143 & 1/3 mile east of Redenhall roundabout. Join A143 WITH CARE & proceed east to turn at 1st roundabout (Clays) at junction of A143 & A144 (Broad Street). Encircle & proceed west on A143 to FINISH at green paint mark at first driveway 200 metres west of junction of A143 & B1062.

Event Headquarters- Wortwell Village Hall, Tunbeck Close, IP20 OHS.

Parking: space at the Front & Back of the Village Hall. Please park considerately.

Numbers and signing on and out will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event.

The Jane Travers Memorial Trophy will be presented to the winner of the ladies event after the race.

Race No.	Name	Club	Cat	Vet Std	Star t time
1	Steve Grant	Team Pedal Revolution	S		8:01
2	Francesca Wood	Team Pedal Revolution			
3	Barry McDonald	Velo Schils Interbike RT	V		8:03
4	Gary Pamment	Velo Schils Interbike RT			
6	Peter Kerry	Ipswich Velo	S		8:06
7	James Walgrove	Tri Harder	S		8:07
8	Jenny Anderson	Great Yarmouth CC	LV	29:51	8:08
9	Paul Seaman	Wolsey RC	V	26:54	8:09
10	Mark Richards	VC Baracchi	S		8:10
11	Julian Bosley	Stowmarket and District CC	V	26:27	8:11
12	Adrian McTigue	Plomesgate CC	V	26:32	8:12
13	Trevor Roberts	Wolsey RC	V	26:13	8:13
14	Jan Smith	Great Yarmouth CC	LV	28:53	8:14
15	Chris Nudds	CC Breckland	V	28:42	8:15
16	Verity Smith	Stowmarket and District CC	L		8:16
17	Julian Claxton	Great Yarmouth CC	S		8:17
18	Tom Burgess	Iceni Velo	S		8:18
19	Stuart Chase	Rock Estate	V	26:09	8:19
20	Chris Tye	Plomesgate CC	V	26:45	8:20
21	John Bradbury	CC Sudbury	V	26:27	8:21
22	Trevor Figgitt	Plomesgate CC	V	27:14	8:22
23	Angie Atkinson	Godric CC	LV	28:08	8:23

24	Peter Beard	Stowmarket and District CC	V	27:09	8:24
25	Paul Shelley	Diss and District CC	V	26:09	8:25
26	Jason Corner	Diss and District CC	V	26:04	8:26
27	Jennifer Smart	VC Norwich	LV	28:24	8:27
28	Emma Taylor	Stowmarket and District CC	L		8:28
29	Craig Starling	Ipswich Velo	Esp		8:29
30	Liam Gentry	VC Baracchi	S		8:30
31	Steve Cave	Wolsey RC	V	26:27	8:31
32	Lucas He	VC Baracchi	J		8:32
33	Jim Keeble	Rock Estate	V	27:09	8:33
34	Chris Wallis	VC Baracchi	V	27:20	8:34
35	Paul Sexton	CC Breckland	S		8:35
36	Michael Wood	CC Breckland	V	28:06	8:36
37	Trevor Caley	Plomesgate CC	V	26:54	8:37
38	Paul Reed	VC Baracchi	S		8:38
39	Paul Coulthred	CC Breckland	V	28:06	8:39
40	Richard Carrington	West Suffolk Wheelers	V	26:04	8:40
41	Chris Womack	VC Baracchi	V	29:02	8:41
42	Paul Moss	Stowmarket and District CC	V	26:41	8:42
43	Nick Parravani	CC Breckland	V	29:02	8:43
44	Charlie Jones	VC Baracchi	S		8:44
45	Ed Dean	Norwich ABC	V	26:41	8:45
46	Mark Smart	VC Norwich	V	26:41	8:46
47	Denise Hurren	Sole Bay CC	LV	29:03	8:47
48	Matthew Peck	Ipswich BC	S		8:48

49	David Millar	CC Sudbury	V	29:14	8:49
50	Stuart Fairweather	Team Velovelocity	V	25:59	8:50
51	Paul Hayward	VC Baracchi	S		8:51
52	Ashley Thompson	Town and Country Printers	S		8:52
53	Martin Reeve	Rock Estate	S		8:53
54	Rickaby Shearly-Saunders	Colchester Rovers	V	28:52	8:54
55	James Rush	CC Sudbury	V	25:59	8:55
56	Oliver Cozens	Norwich ABC	S		8:56
57	Graham Laws	Ipswich BC	V	25:59	8:57
58	Agata Milk	Tri-Anglia	L		8:58
59	John Vidler	Plomesgate CC	V	29:26	8:59
60	Oliver Milk	Tri-Anglia	S		9:00
61	Antony Birt	Team Bottrill	V	26:13	9:01
62	John Steed	West Suffolk Wheelers	V	28:42	9:02
63	Gary Pearce	Iceni Velo	V	26:27	9:03
64	Stephen Brown	Great Yarmouth CC	V	27:26	9:04
65	Nick Esser	VC Baracchi	V	26:23	9:05
66	Neil Stevens	Team Pedal Revolution	V	26:13	9:06
67	Doug Reilly	Anglia Velo	V	27:32	9:07
68	David Young	West Suffolk Wheelers	S		9:08
69	Alex He	VC Baracchi	V	26:41	9:09
70	Sean Taylor	RAF CC	V	26:27	9:10
71	Andy Kennedy	Ipswich BC	V	26:54	9:11
72	Mark Eastwood	West Suffolk Wheelers	V	26:54	9:12
73	Tom Moore	Great Yarmouth CC	S		9:13

74	Jack Payne	Anglia Velo	S		9:14
75	Paul Dennington	VC Baracchi	V	26:59	9:15
76	Jason Davies	West Suffolk Wheelers	V	26:23	9:16
77	Bob Quarton	Wolsey RC	V	27:59	9:17
78	Luke Hurst	VC Norwich	S		9:18
79	John Shellard	Team Pedal Revolution	V	29:26	9:19
80	Paul Jay	Team Velovelocity	V	25:59	9:20
81	Leon West	CC Sudbury	S		9:21
82	James Doy	Sole Bay CC	V	26:50	9:22
83	Mark Endersby	Anglia Velo	V	26:13	9:23
84	Adam O'Keeffe	Plomesgate CC	V	26:23	9:24
85	Lee Garrod	Sole Bay CC	V	26:36	9:25
86	Mark Farrow	Team Pedal Revolution	V	27:09	9:26
87	Roger Graham	CC Breckland	V	29:14	9:27
88	Kate Lucas	Norwich ABC	LV	28:19	9:28
89	Steven Little	VC Revolution	S		9:29
90	Matthew Senter	Team Velovelocity	S		9:30
91	Gary Matthews	Sole Bay CC	V	27:14	9:31
92	Mark Saunders	VC Baracchi	V	26:41	9:32
93	John Swanbury	VC Baracchi	V	29:02	9:33
94	Mark Peach	Great Yarmouth CC	V	26:23	9:34
95	Simon Warren	Team Pedal Revolution	V	27:09	9:35
96	Jonny Hawes	Great Yarmouth CC	S		9:36
97	Graham Dilks	Norwich ABC	V	26:54	9:37
98	David Fenn	CC Sudbury	V	28:32	9:38
99	Amanda Mallett	Plomesgate CC	LV	28:58	9:39
100	Mark Arnold	CC Desira	V	26:09	9:40

