



EAST DISTRICT CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP
B10/37R, SATURDAY 10th June 2017

(PROMOTED FOR AND ON BEHALF OF **CYCLING TIME TRIALS** UNDER THEIR RULES AND REGULATIONS)

EVENT SECRETARY: Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS daniel_bloy@hotmail.com 07786 085 257

TIME KEEPERS: Start: Peter Church; Finish: Andy Moore, Naomi Lucas

HELPERS: Andrew Leggett, Bruce Williams, Danny Watkins, Martin Haynes, Phil Lee,
Gary Smith, Stuart Fairweather, Lesley Elvin

HEAD QUARTERS: Tottenhill Village Hall, 10 Whin Common Road, Tottenhill, King's Lynn PE33 0RS

Numbers and facilities will be available at the village hall.

SIGNING ON: All riders must collect their **own numbers** and **sign on** and read any information relevant to the event.

SIGNING OFF: Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. **Failure to do will result in the competitor being recorded as DNF.**

PARKING: Parking is available at the H/Q, on hard standing, on the grass area and on the village.

Strictly no parking on A10 or A134.

After finishing event, take the first left to return to H/Q.

LOCAL REGULATIONS:

U-TURNS are not permitted on courses and roads adjacent to start and finish areas, whilst event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width while astride the machine. Any survivors of this manoeuvre may face disqualification from the event and further action by the district committee.

NO warming up on course after start of event.

CYCLE HELMETS:

IN THE INTERESTS OF YOUR SAFETY, **CYCLING TIME TRIALS** and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard. **All competitors under the age of 18** 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, ANZI Z90.4, AUS/NZS, DIN 35/954, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if rider is under 18 years) to:

- (a) Select a helmet that offers protection against head injury and does not restrict the riders' vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

LIGHTS:

The **CTT & EAST DISTRICT committee** strongly recommends that riders use a rear light either flashing or constant visible to following road users and is **active** when the machine is in use.

COURSE DETAILS: B10/37R

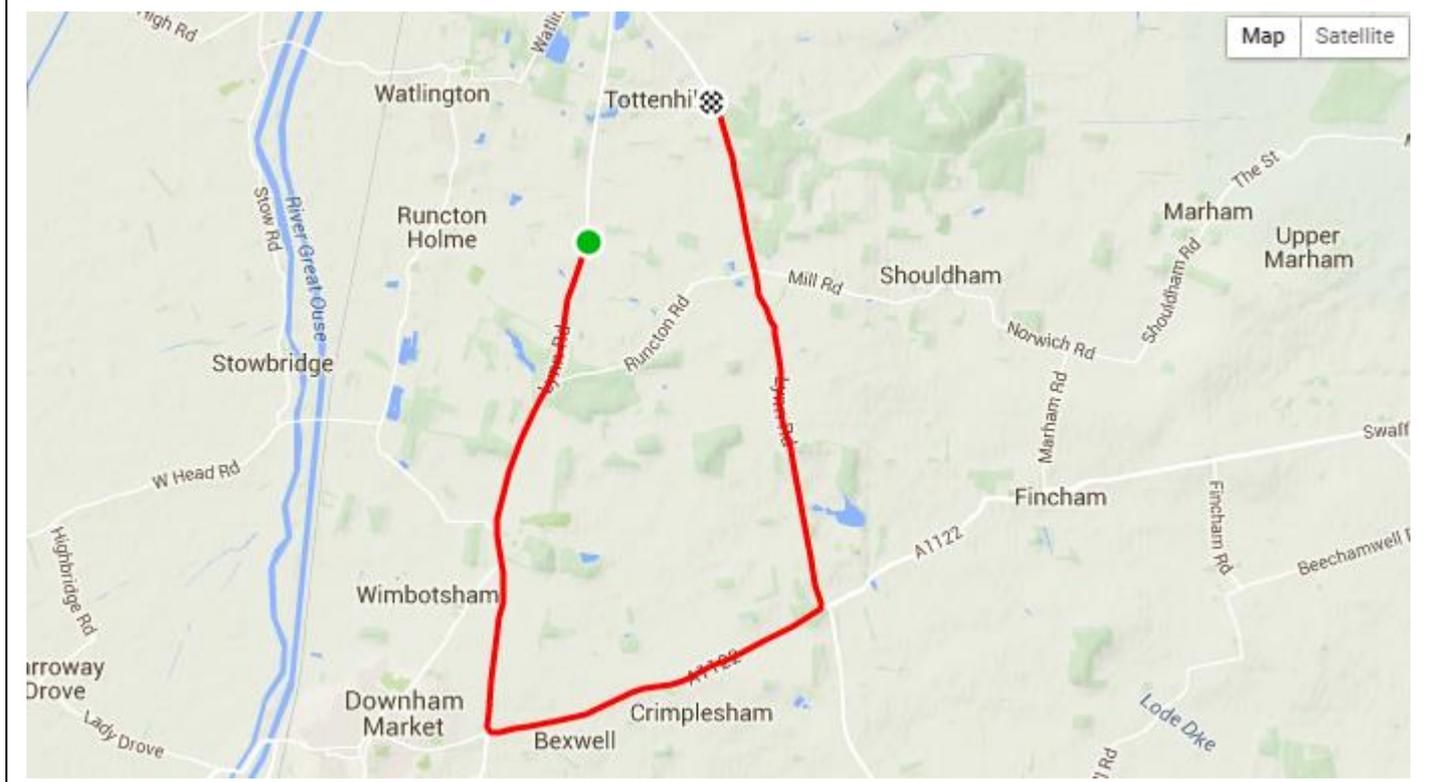
COURSE RECORDS: 20.21 Men 23.16 Women

START on A10 in lay-by 200 yards north of church at South Runcton between Kings Lynn and Downham Market. Proceed south on A10 to Bexwell R/A junction of A1122 (3.7m) (M). (extra care). Take first left along A1122 to Stradsett x-roads junction of A134 (6.3m) (M). Take left turn (extra care) and continue along A134 to finish 60 yards past signpost for Church Lane, Tottenhill

At the Stradsett turn do not go over the centre white line on the A134. You may be disqualified

Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind.

The course is available on Strava at: <http://www.strava.com/segments/1323188>



PHOTOS:

There will be a photographer on the course taking pictures of all competitors. The pictures will be made freely available on the Internet shortly after the result sheet is issued. Please be patient as it can take a long time for all of the images to be uploaded.

PRIZES:



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.



The following prizes have been kindly donated by VeloVelocity Coaching and can be won regardless of district affiliation.

| | | | | | |
|----------------------------|------------|------------------------------|------------|-----------------------------------|------------|
| 1st Lady | £30 | 1st Man | £30 | 1st Vet on Std. | £30 |
| 2nd Lady | £20 | 2nd Man | £20 | 2nd Vet on Std. | £20 |
| 3rd Lady | £10 | 3rd Man | £10 | 3rd Vet on Std. | £10 |
| | | 1st Junior | £30 | | |

HEADS UP AND HAVE A FAST AND SAFE RIDE

| Number | Start Time | Category | Name | Club | District | Age | Vet Standard |
|--------|------------|----------|-----------------------------------|-------------------------------------|-------------|---------|--------------|
| 1 | 2:01 PM | | | | | | |
| 2 | 2:02 PM | Tandem | Mark Eastwood & John Steed | West Suffolk Whs & Triathlon Club | East | 52 & 68 | 00:25:01 |
| 3 | 2:03 PM | | | | | | |
| 4 | 2:04 PM | Tandem | Michael Mcinerney & Eve Mcinerney | Wisbech Whs | East | 45 & 15 | |
| 5 | 2:05 PM | Men | Lee Garrod | Sole Bay Cycle Sport | East | 49 | 00:26:41 |
| 6 | 2:06 PM | Men | Neil Empson | Anglia Velo | East | 32 | |
| 7 | 2:07 PM | Men | David Gitsham | Plomesgate CC | East | 40 | 00:25:59 |
| 8 | 2:08 PM | Men | Paul Seaman | Wolsey RC | East | 52 | 00:26:54 |
| 9 | 2:09 PM | Men | Paul Coulthred | CC Breckland | East | 64 | 00:28:06 |
| 10 | 2:10 PM | Men | Steven Neill | Kings Lynn CC | East | 50 | 00:26:45 |
| 11 | 2:11 PM | Men | Joe Empson | Anglia Velo | East | 66 | 00:28:23 |
| 12 | 2:12 PM | Men | Ray Barnett | Kings Lynn CC | East | 42 | 00:26:09 |
| 13 | 2:13 PM | Men | Michael Fry | Glendene CC | London East | 56 | 00:27:14 |
| 14 | 2:14 PM | Men | Roger Selmes | Wolsey RC | East | 70 | 00:29:02 |
| 15 | 2:15 PM | Men | Paul Sparks | Ely & District CC/B&T Motor Repairs | East | 44 | 00:26:18 |
| 16 | 2:16 PM | Men | Gary Matthews | Sole Bay Cycle Sport | East | 56 | 00:27:14 |
| 17 | 2:17 PM | Men | Cliff Loveday | Ely & District CC/B&T Motor Repairs | East | 54 | 00:27:04 |
| 18 | 2:18 PM | Men | Martin Pyne | Anglia Velo | East | 60 | 00:27:38 |
| 19 | 2:19 PM | Men | Wayne Marks | Squadra Saturno CC | East | 46 | 00:26:27 |
| 20 | 2:20 PM | Men | Oliver Milk | Tri- Anglia Triathlon Club | East | 38 | |
| 21 | 2:21 PM | Men | James Senter | Kings Lynn CC | East | 38 | |
| 22 | 2:22 PM | Men | Derek Ricketts | Ely & District CC/B&T Motor Repairs | East | 54 | 00:27:04 |
| 23 | 2:23 PM | Men | Evert Wijnberg | Plomesgate CC | East | 67 | 00:28:32 |
| 24 | 2:24 PM | Men | David Young | West Suffolk Whs & Triathlon Club | East | 32 | |
| 25 | 2:25 PM | Men | Jorge Vieira | Kings Lynn CC | East | 43 | 00:26:13 |
| 26 | 2:26 PM | Men | Ben Keeley | Team Velovelocity | East | 28 | |
| 27 | 2:27 PM | Men | James Doy | Sole Bay Cycle Sport | East | 51 | 00:26:50 |
| 28 | 2:28 PM | Men | Karl Wilford | VC Norwich | East | 46 | 00:26:27 |

| Number | Start Time | Category | Name | Club | District | Age | Vet Standard |
|--------|------------|----------|-----------------|-------------------------------------|---------------------|-----|--------------|
| 29 | 2:29 PM | Men | Andrew Vaughan | Bonito Squadra Corse | South East Midlands | 47 | 00:26:32 |
| 30 | 2:30 PM | Men | Paul Jay | Team Velovelocity | East | 40 | 00:25:59 |
| 31 | 2:31 PM | Men | Paul Sexton | CC Breckland | East | 39 | |
| 32 | 2:32 PM | Men | Simon Hardy | Kings Lynn CC | East | 48 | 00:26:36 |
| 33 | 2:33 PM | Men | Paul Willis | Wisbech Whs | East | 61 | 00:27:44 |
| 34 | 2:34 PM | Men | Trevor Roberts | Wolsey RC | East | 43 | 00:26:13 |
| 35 | 2:35 PM | Men | Harley Matthews | D A P Cycling Club | East | 22 | |
| 36 | 2:36 PM | Men | Philip Watkins | 34 Nomads CC | London South | 54 | 00:27:04 |
| 37 | 2:37 PM | Men | David Staff | Diss & District CC | East | 49 | 00:26:41 |
| 38 | 2:38 PM | Men | Joao Rodrigues | Kings Lynn CC | East | 51 | 00:26:50 |
| 39 | 2:39 PM | Men | Chris Levy | Kings Lynn CC | East | 40 | 00:25:59 |
| 40 | 2:40 PM | Men | Matthew Senter | Team Velovelocity | East | 37 | |
| 41 | 2:41 PM | Men | Nick Esser | VC Baracchi | East | 45 | 00:26:23 |
| 42 | 2:42 PM | Men | Mark Fairhead | CC Breckland | East | 53 | 00:26:59 |
| 43 | 2:43 PM | Men | Thomas Carroll | CC Breckland | East | 36 | |
| 44 | 2:44 PM | Men | Jonathan Tully | Ely & District CC/B&T Motor Repairs | East | 39 | |
| 45 | 2:45 PM | Men | Mark Arnold | CC Desiragear | London West | 43 | 00:26:13 |
| 46 | 2:46 PM | Men | Ben Stancombe | Kings Lynn CC | East | 27 | |
| 47 | 2:47 PM | Men | Mark Smart | VC Norwich | East | 49 | 00:26:41 |
| 48 | 2:48 PM | Men | Paul Moss | Stowmarket & District CC | East | 49 | 00:26:41 |
| 49 | 2:49 PM | Men | Justin Gyton | Kings Lynn CC | East | 40 | 00:25:59 |
| 50 | 2:50 PM | Men | Lloyd Chapman | Banks/Catford CC Equipe | South East | 27 | |
| 51 | 2:51 PM | Ladies | Denise Hurren | Sole Bay Cycle Sport | East | 52 | 00:29:03 |
| 52 | 2:52 PM | Ladies | Jenny Anderson | Great Yarmouth C C | East | 61 | 00:29:59 |
| 53 | 2:53 PM | Ladies | Denese Hallahan | Wisbech Whs | East | 62 | 00:30:06 |
| 54 | 2:54 PM | Junior | Bethany Barnett | Kings Lynn CC | East | 13 | |
| 55 | 2:55 PM | Ladies | Mandy Bunn | CC Sudbury | East | 48 | 00:28:43 |
| 56 | 2:56 PM | Ladies | Jennifer Smart | VC Norwich | East | 44 | 00:28:24 |
| 57 | 2:57 PM | Ladies | Agata Milk | Tri- Anglia Triathlon Club | East | 37 | |
| 58 | 2:58 PM | Ladies | Rebecca Johnson | APRIRE Bicycles/HSS Hire | East | 26 | |
| 59 | 2:59 PM | Ladies | Kay Burgess | Kings Lynn CC | East | 48 | 00:28:43 |
| 60 | 3:00 PM | Ladies | Verity Smith | Stowmarket & District CC | East | 41 | 00:28:08 |

