

#	Name	Gender	Cat	Club	District	Start
2	Colin Clarke	Male	Veteran	Wolsey RC	East	19:02
3	Emma Taylor	Female	Senior	Stowmarket & District CC	East	19:03
4	Kay Burgess	Female	Veteran	Kings Lynn CC	East	19:04
5	Nick Parravani	Male	Veteran	CC Breckland	East	19:05
6	Simon Atherton	Male	Veteran	CC Breckland	East	19:06
7	Paul White	Male	Veteran	Diss & District CC	East	19:07
8	Alistair Thornton	Male	Espoir	Aspire Velo Racing Team	East	19:08
9	Andrew Vaughan	Male	Veteran	Bonito Squadra Corse	SE Midlands	19:09
10	Angus Jardine	Male	Veteran	Ipswich BC	East	19:10
11	Gary Smith	Male	Veteran	Team Velovelocity	East	19:11
12	Stephen Clark	Male	Senior	Ipswich BC	East	19:12
13	Jennifer Smart	Female	Veteran	VC Norwich	East	19:13
14	Mark Endersby	Male	Veteran	Anglia Velo	East	19:14
15	Chris Tye	Male	Veteran	Plomesgate CC	East	19:15
16	Evert Wijnberg	Male	Veteran	Plomesgate CC	East	19:16
17	Mark Smart	Male	Veteran	VC Norwich	East	19:17
18	Ashley Thompson	Male	Senior	Town & Country Printers	East	19:18
19	Richard Bradley	Male	Veteran	Team PedalRevolution.co.uk	East	19:19
20	Ben Stancombe	Male	Senior	Kings Lynn CC	East	19:20
21	Ben Keeley	Male	Senior	Team Velovelocity	East	19:21
22	Chris Nudds	Male	Veteran	CC Breckland	East	19:22
23	John Bradbury	Male	Veteran	CC Sudbury	East	19:23
24	Kenneth Price	Male	Veteran	Tri Harder	East	19:24
25	David Mcgaw	Male	Senior	Cambridge CC	East	19:25
26	Alex Bailey	Male	Senior	CC Breckland	East	19:26
27	Geoff Frost	Male	Veteran	Team Velovelocity	East	19:27
28	David Staff	Male	Veteran	Diss & District CC	East	19:28
29	Alex Lubbock	Male	Espoir	API-Metrow	London East	19:29
30	Lloyd Chapman	Male	Senior	Banks/Catford CC Equipe	South East	19:30

**PRIZES** - *apologies for the meanness of the prize list - we need some more riders!!!*

Scratch, VoS and Handicap 1st £15, 2nd £10 // First team of 3: £15 each // First woman £15  
 One rider, one prize - excepting team // EDCA Circuit Awards as appropriate

**PLEASE REMEMBER TO SIGN BACK IN AFTER THE EVENT**

**HEADS UP WHEN RIDING AND REMEMBER THAT YOUR SAFETY AND THAT OF OTHER ROAD USERS IS ALWAYS THE MOST IMPORTANT CONSIDERATION**

This is a women's BBAR qualifying event

# CYCLING CLUB BRECKLAND



CC Breckland Open 25 Mile Time Trial Incorporating EDCA Circuit Championships

## "Potholes and Peacocks"

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations on  
Wednesday 7th June 2017 on **Course BS35**

Event Secretary: Geoff Muller, The Old Chapel, Mill Lane, Carbrooke, Thetford, Norfolk, IP25 6TD  
01953 883768  
07504 313707

[geoff@2upltd.co.uk](mailto:geoff@2upltd.co.uk)



Proud to Support  
East Anglia's  
Childrens Hospices

Timekeepers: Mrs. Heather Saunders, Mrs Heidi Davis, Mrs Val Hester

**HQ:** is Carbrooke Village Hall from approx. 1730. Streetmap here: <http://www.streetmap.co.uk/map.srf?x=594892&y=302203&z=106&sv=594892,302203&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=718&ax=594892&ay=302203&lm=0>

**Parking:** There is parking at the hall sufficient for most cars if people park sensibly. Please be considerate if you park in the street.

**Numbers:** will be available at the HQ, and can be exchanged for a drink after the event.

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The peacocks have been quiet of late, but no promises on that front, so keep an eye open for aggressive displays of plumage!

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**To get to the start from HQ:** turn right from the hall, then first left into Broadmoor Road. Continue just over a mile to X-roads with B1108 where turn left towards Norwich. The start is about 200 metres along, on the other side of the road.

**Course Details** - START at lay-by. west of Scoulton, on B1108, proceed west to Carbrooke crossroads, turn left and proceed to Caston T junction. Turn left and proceed through Rocklands to Great Ellingham School crossroads (staggered), turn left and proceed to Hingham crossroads. Turn left onto B1108 and proceed to complete first circuit at start point. Complete second circuit to FINISH at point approx. 0.7 miles short of start point.

Mapped here: <http://www.gmap-pedometer.com/?r=2744790>

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### CTT EAST DISTRICT LOCAL REGULATIONS

**WARMING UP:** No riding along the course by competitors once the event has started.

**U TURNS:** U turns will not be permitted on courses or roads adjacent to Start and Finish areas while an event is in progress.

**NOTE:** Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

**NOTE:** 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 the rider(s) should dismount, check the road is clear in both directions, then, with machine, walk across the road.

**TURBO TRAINERS:** The use of turbo trainers is banned at all events with a.m. start times.

### CYCLE HELMETS:

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

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

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.