

**OPEN 10 MILES SOLO & TANDEM TIME TRIAL, MONDAY AUGUST 29 2016**

**Promoted for and on behalf of cycling time trials under their rules and regulations**

- Event secretary: Will Bamber; Church Farm House, Fritton, Norwich, Norfolk, NR15 2QU  
Tel: 07810 240603
- Timekeepers: **Ian Doe (VC Norwich) and Richard Smith (Norwich ABC)**
- Starting stewards, recorders, marshals and refreshments: **Members and friends of VC Norwich**
- Race H.Q: **Morley Village Hall, Golf Links Road, NR18 9SU (open from 07:00)**
- Course: B10/3B – Start at paint mark on road adjacent to A11 westbound inter junction. Proceed left to join slip road and A11 and continue via Attleborough RAB to Snetterton. Take slip road and proceed to RAB. Take 1<sup>st</sup> exit and proceed to 2<sup>nd</sup> RAB. Take 1<sup>st</sup> exit and proceed to 3<sup>rd</sup> RAB. Take 1<sup>st</sup> exit and proceed to 4<sup>th</sup> RAB. Take 1<sup>st</sup> exit to join A11 eastbound. Proceed via Attleborough RAB to finish at paintmark approx 0.5 miles past start area.
- To the start: The start is approximately 3.2mi/5.0km from the HQ. Turn right out of the HQ car park to the end of Golf Links Road. Turn right towards Attleborough. Continue until you reach the T-junction, turn right to ride over the A11 bridge. Continue on the B1077 into Attleborough. Keeping the church on your right, follow signs to Town Centre and Watton. After the ESSO garage, bear left (signposted Watton B1077). At the traffic lights before the A11, turn left, then left into Blackthorn Road. The route will be signed!
- Back to HQ: Continue past the finish for 1.5 miles, past the petrol station and come off at sliproad signposted Wymondham (B1172). At the roundabout, take 1<sup>st</sup> exit and continue for 600 metres to first junction on the right, Golf Links Road. **Riders will, under no circumstances, turn and use the “on” sliproad immediately after the finish. Anybody observed attempting this may be reported to the organiser.**
- Numbers: These will be in the Race HQ and not at the start. Please sign on before collecting your number. Please do not damage the numbers with adhesive or by using pins other than through the eyelets. Refreshments will also be available. On return of the number, riders will be provided with a free drink.  
Donations will be gratefully received in aid of East Anglian Air Ambulance.
- Parking: Please park in the village hall car park or on roads adjacent to the Race HQ. One side of the road only. There is no parking near the start as it is in a residential area.
- Reserves: **As a courtesy to the reserves, riders are asked to notify the organiser by phone or text as soon as they know that they will be unable to ride. The earlier the better so that reserves can be placed in the field.**  
**Reserve riders who have not been placed before the day should present themselves to the signing on steward. Reserve riders will use their allocated number (122-128).**

## CTT EAST DISTRICT LOCAL REGULATIONS

Turbo Trainers	The use of Turbo Trainers is permitted within the car park at Morley Village Hall for morning events.
U Turns	U-turns will not be permitted on the course or on roads adjacent to the start and finish areas while the event is in progress. NOTE: A U-TURN is defined as a 180 degree turn completed within the width of the carriageway whilst astride the bicycle. It is recommended that the rider(s) should dismount, check the road is clear in both directions then with the bicycle walk across the road.
Warming Up	No riding along the course by competitors once the event has started. Any breaking of these regulations in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.
Safety	LED rear lights – 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.
Cycling Helmets	<p>IN THE INTERESTS OF YOUR OWN SAFETY</p> <p>Cycling Time Trials and the Event Promoter strongly advise you to wear a hard-shell helmet that meets internationally accepted safety standard.</p> <p>All competitors under the age of 16 years and/or juniors must wear properly affixed protective helmets which must be of hard/soft shell construction. Helmets should conform to recommended standard such as SHELL B95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078.</p> <p>It is the responsibility of the rider (or parent/guardian) if the rider is under 18 years of age to:-</p> <ul style="list-style-type: none"><li>a) Select a standard of protective headgear that offers protection against head injury and does not restrict the rider's vision or hearing</li><li>b) Ensure that the headgear is properly fitted, is undamaged and in good condition</li></ul>

### PRIZE LIST

<b>SCRATCH</b>	<b>1<sup>st</sup> £40</b>	<b>2<sup>nd</sup> £35</b>	<b>3<sup>rd</sup> £30</b>	<b>4<sup>th</sup> £20</b>
<b>WOMEN</b>	<b>1<sup>st</sup> £40</b>	<b>2<sup>nd</sup> £35</b>	<b>3<sup>rd</sup> £30</b>	<b>4<sup>th</sup> £20</b>
<b>SENIOR</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	<b>4<sup>th</sup> £10</b>
<b>ESPOIR</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	
<b>FASTEST VET A 40-49</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	<b>4<sup>th</sup> £10</b>
<b>FASTEST VET B 50-59</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	<b>4<sup>th</sup> £10</b>
<b>FASTEST VET C 60-69</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	
<b>FASTEST VET D 70+</b>	<b>1<sup>st</sup> £20</b>	<b>2<sup>nd</sup> £15</b>	<b>3<sup>rd</sup> £12</b>	
<b>TEAM</b>	<b>Fastest 3 riders from 1 Club, £10 each</b>			

**ONE RIDER, ONE PRIZE (EXCEPT TEAM)**

## HEADS UP AND STAY ON THE CORRECT SIDE OF THE ROAD AT ALL TIMES

### Tandem

1	Steve Walker Christine Walker	Leamington C&AC Leamington C&AC	Tandem	08:01
---	----------------------------------	------------------------------------	--------	-------

### Solo

2	Bob Carter	VC Norwich	Vet B	08:02
3	Lewis Fulljames	Kings Lynn CC	Espoir	08:03
4	Paul Seaman	Wolsey RC	Vet B	08:04
5	Ross Fawcett	Ipswich BC	Senior	08:05
6	Robert Tillott	St Ives CC	Vet B	08:06
7	Nick Ponsford	VC Norwich	Vet B	08:07
8	Derek Lusher	Norwich A B C	Vet C	08:08
9	Michael Jones	Performancecoaching.me	Vet A	08:09
10	Gary Matthews	Sole Bay Cycle Sport	Vet B	08:10
11	Mark Farrow	Team PedalRevolution.co.uk	Vet B	08:11
12	Trevor Figgitt	Plomesgate CC	Vet B	08:12
13	Colin Harris	CC Sudbury	Vet C	08:13
14	Nick Robinson	100% ME	Senior	08:14
15	Andrew Hill	VC Deal	Espoir	08:15
16	Trevor Roberts	Wolsey RC	Vet A	08:16
17	Mark Field	VC Norwich	Vet A	08:17
18	Carl Murley	Wisbech Wheelers	Vet B	08:18
19	Christine Cooke	Godric CC	Vet B (W)	08:19
20	Verity Smith	Stowmarket & District CC	Vet A (W)	08:20
21	Denise Hurren	Sole Bay Cycle Sport	Vet B (W)	08:21
22	Mandy Bunn	CC Sudbury	Vet A (W)	08:22
23	Kate Lucas	Norwich A B C	Vet A (W)	08:23
24	Christina Lankford	Cambridge Triathlon Club	Vet B (W)	08:24
25	Cindy Berry	Hoddesdon Tri Club	Espoir (W)	08:25
26	Jennifer Smart	VC Norwich	Vet A (W)	08:26
27	Jenny Anderson	Great Yarmouth C C	Vet C (W)	08:27
28	Emma Taylor	Stowmarket & District CC	Senior (W)	08:28
29	Jane Hannah	Tri Harder	Senior (W)	08:29
30	Francesca Rust	Ely & District CC	Senior (W)	08:30
31	Ann Shuttleworth	Chelmer CC	Vet B (W)	08:31
32	Rebecca Murley	Wisbech Wheelers	Vet A (W)	08:32
33	Giovanna Bertoldi	Iceni Velo	Vet A (W)	08:33
34	Kay Burgess	Kings Lynn CC	Vet A (W)	08:34
35	Sophie Lankford	Cambridge Triathlon Club	Espoir (W)	08:35
36	David Fenn	CC Sudbury	Vet C	08:36
37	Nigel Hodge	Tri- Anglia Triathlon Club	Vet A	08:37
38	Steven Barnes	Iceni Velo	Senior	08:38
39	Pete Baldwin	Wisbech Wheelers	Vet D	08:39
40	Dan Blackburn	VC Norwich	Senior	08:40

41	Chris Nudds	CC Breckland	Vet C	08:41
42	Andrew Knowles	St Ives CC	Senior	08:42
43	Barry McDonald	Veloschils Interbike RT	Vet A	08:43
44	Patrick Charlton	Wolsey RC	Vet B	08:44
45	Tim Duncan-Booth	Farnborough & Camberley CC	Vet A	08:45
46	Jim Hardwicke	Plomesgate CC	Vet B	08:46
47	Lee Garrod	Sole Bay Cycle Sport	Vet A	08:47
48	Bob Quarton	Wolsey RC	Vet C	08:48
49	Ali Argo	VC Norwich	Senior	08:49
50	Steve Burrows	Team Swift	Vet B	08:50
51	Roger Sewell	Hounslow & District Wheelers	Vet C	08:51
52	Steve Cave	Wolsey RC	Vet A	08:52
53	Julian Bosley	Stowmarket & District CC	Vet A	08:53
54	Michael Fry	Glendene CC	Vet B	08:54
55	Graham Sparkes	Mulbarton Velo Club	Vet A	08:55
56	Lyster Romero	Plomesgate CC	Espoir	08:56
57	Len Benton	Colchester Rovers CC	Vet D	08:57
58	Oliver Cozens	Norwich A B C	Senior	08:58
59	Markos Janes	VC Norwich	Vet B	08:59
60	Rory Havis	St Ives CC	Senior	09:00
61	Chris Dyason	Cambridge CC	Vet C	09:01
62	James Wylie	Veloschils Interbike RT	Vet A	09:02
63	Nick Esser	VC Baracchi	Vet A	09:03
64	Ashley Thompson	Diss & District CC	Senior	09:04
65	Andy Stuart	Velo Club St Raphael	Vet A	09:05
66	Chris Roberts	Anglia Velo	Vet D	09:06
67	Adam Cross	CC Breckland	Espoir	09:07
68	Henry Woodley	North Norfolk Wheelers	Senior	09:08
69	Simon Lomax	VC Norwich	Vet B	09:09
70	Richard Carrington	West Suffolk Wheelers & Tri Club	Vet A	09:10
71	Paul Shelley	Diss & District CC	Vet A	09:11
72	Andy Kennedy	Ipswich BC	Vet B	09:12
73	Mark Smart	VC Norwich	Vet A	09:13
74	Simon Ridgewell	Wisbech Wheelers	Senior	09:14
75	Matthew Senter	Peterborough CC	Senior	09:15
76	James Senter	Kings Lynn CC	Senior	09:16
77	Gary Smith	Team Velovelocity	Vet A	09:17
78	Roger Graham	CC Breckland	Vet D	09:18
79	Gary Pamment	Veloschils Interbike RT	Vet A	09:19
80	Jon Wilson	Newmarket Cycling & Tri Club	Senior	09:20
81	Paul Vickers	West Suffolk Wheelers & Tri Club	Vet A	09:21
82	Karl Read	North Norfolk Wheelers	Vet A	09:22
83	Neil Empson	Anglia Velo	Senior	09:23
84	Jason Corner	Diss & District CC	Vet A	09:24
85	Mathew Eley	Ely & District CC	Senior	09:25

86	Ed Dean	Norwich A B C	Vet A	09:26
87	Ian Nixon	Diss & District CC	Vet A	09:27
88	Peter Kerry	Ipswich Velo	Senior	09:28
89	Paul Willis	Wisbech Wheelers	Vet C	09:29
90	Jason Turner	Norwich A B C	Vet A	09:30
91	Stuart Fairweather	Plomesgate CC	Senior	09:31
92	John Swindells	Iceni Velo	Vet A	09:32
93	Joe Empson	Anglia Velo	Vet C	09:33
94	John Swanbury	VC Baracchi	Vet C	09:34
95	Steve Gorbutt	Diss & District CC	Vet A	09:35
96	David Moore	VC Norwich	Vet A	09:36
97	Neil Stevens	Team PedalRevolution.co.uk	Vet A	09:37
98	James Walsgrove	Tri Harder	Senior	09:38
99	Nick Parravani	CC Breckland	Vet C	09:39
100	Mark Richards	VC Baracchi	Senior	09:40
101	Dougal Toms	Iceni Velo	Espoir	09:41
102	Paul Dennington	VC Baracchi	Vet B	09:42
103	Patrick Ellis	Diss & District CC	Vet A	09:43
104	Nick Dunkley	Anglia Velo	Vet B	09:44
105	Sean Taylor	Royal Air Force CA	Vet A	09:45
106	Damon Day	CC Sudbury	Vet B	09:46
107	Paul Hayward	VC Baracchi	Senior	09:47
108	Graham Dilks	Norwich A B C	Vet B	09:48
109	Michael Meadows	VC Norwich	Vet D	09:49
110	James Trenchard	Godric CC	Vet A	09:50
111	Matt Smith	Team PedalRevolution.co.uk	Vet A	09:51
112	Stuart Emmett	Performancecoaching.me	Vet A	09:52
113	Steve Shore	Southend Wheelers	Vet C	09:53
114	Myles Higby	Loughborough Students C C	Espoir	09:54
115	Harley Matthews	Team PedalRevolution.co.uk	Espoir	09:55
116	Darren Preston	St Neots CC	Vet A	09:56
117	Chris Womack	VC Baracchi	Vet C	09:57
118	John Adams	Stowmarket & District CC	Vet D	09:58
119	John Brown	Wisbech Wheelers	Vet D	09:59
120	Lloyd Chapman	Pedal Heaven	Senior	10:00
121	Tom Sykes	Ely & District CC	Senior	10:01

## Reserves

122	Peter Beard	Stowmarket & District CC	Vet B	
123	John Shellard	Team PedalRevolution.co.uk	Vet D	
124	David Miller	CC Sudbury	Vet D	
125	Tom Moore	Great Yarmouth C C	Senior	
126	Roger Selmes	Wolsey RC	Vet C	
127	Keith Grasby	CC Breckland	Vet D	
128	Paul Coulthead	CC Breckland	Vet C	