

**GREAT YARMOUTH C.C./PEDAL REVOLUTION/1<sup>ST</sup> CALL CAR PARTS**

**GOOD FRIDAY 10 MILE TIME TRIAL**

**30TH MARCH 2018**

**COURSE: B10/43 - T.O.S. 8.00AM**

Event Secretary: Lynn Evans, 160 Kimberley Road, Lowestoft, Suffolk, NR33 0UA. Tel: (01502) 800603  
Mobile: 07946466139

Handicapper: East District Handicap Book

Timekeepers: Mr P. Milner, Mr M. Johnson & Miss L. Evans

Recorder: Mrs P. Milner

C.T.T. Observers: Mr D. Austrin & Mr S. Smith

**ATTENTION ALL COMPETITORS:**

**PLEASE NOTE THAT ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER ( SEE CTT HANDBOOK, RULE 17B, PAGE 342). (NEW RULE SINCE 2017).**

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

Course: B10/43:

**START** at white paint mark on kerb on A143 near junction with Church Lane, Redenhall and proceed east to **TURN** at 1<sup>st</sup> RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to **FINISH** at white paint mark near 1<sup>st</sup> driveway 200 metres west of junction of A143 & B1062.

Numbers: **Will be at the HQ and not at the start.** Please sign on for your number. Return your number for a free drink at the finish and sign the signing-out sheet.

Parking: At the HQ - Wortwell Community Centre. **The hall will be open from 6.45am.**

No Parking: At start or finish areas. **PARKING ONLY AT HQ PLEASE. THERE IS PLENTY OF ROOM.**

At HQ: Toilets are provided. Please do not change in the hall. **WE ARE IN THE CONFERENCE ROOM AGAIN THIS YEAR.**

**PLEASE PAY SPECIAL ATTENTION TO THE RULES REGARDING HANDICAPS (RULE 13) C.T.T. HANDBOOK, PAGE 340.**

C.T.T. EAST DISTRICT RULES:

1. **NO WARMING-UP** on **ANY** part of the course once the event is in progress.
2. **`U-TURNS`** will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress.

Note: Any breaking of these regulations in the first case will mean disqualification from the event. Further cases will be referred to the District Committee.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway 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).

**`In the interests of your own safety, Cycling Time Trials and the 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. (See page 341 of C.T.T. Handbook for details).**

**Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.**

**THE USE OF TURBO TRAINERS IS BANNED AT ALL EVENTS WITH AM START TIMES.**

**`PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS.`**

#### PRIZES:

##### Women`s and Juniors Event:

Fastest Lady: 1<sup>st</sup> £40, 2<sup>nd</sup> £20, 3<sup>rd</sup> £10

Lady on H/Cap: 1<sup>st</sup> £40, 2<sup>nd</sup> £20, 3<sup>rd</sup> £10

Lady Vet on Std: 1<sup>st</sup> £30, 2<sup>nd</sup> £20, 3<sup>rd</sup> £10

Fastest Lady Novice: £20

Fastest Junior/Juvenile: £20

Ladies Team: Bidlake System - (fastest 3<sup>rd</sup> rider): 3 riders £20 each

##### Mens/Vets Event:

Fastest: 1<sup>st</sup> £50, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20, 4<sup>th</sup> £15, 5<sup>th</sup> £10

H/Cap: 1<sup>st</sup> £50 + Derek Evans Memorial Handicap Award, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20, 4<sup>th</sup> £15, 5<sup>th</sup> £10

Fastest Vet: £40

Vets on Std: 1<sup>st</sup> £40, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20, 4<sup>th</sup> £10

Fastest Male Novice: £20

Men`s Team: Bidlake System (fastest 3<sup>rd</sup> rider) 3 riders £20 each

**ONE RIDER, ONE PRIZE EXCEPT TEAM**

## ORDER OF START

### Women`s and Juniors Event:

<b>NO</b>	<b>NAME</b>	<b>CLUB</b>	<b>H/CAP</b>	<b>CAT</b>	<b>T.O.S</b>
1	Jenny Anderson	Great Yarmouth CC	7.27	W/V 29.59	8.01 am
2	Suzy Knights	Beccles Tri Club	9.44	W	8.02
3	Jodie Cole	Epic Orange/Physio Resolutions	12.46	W	8.03
4	Carol Smith	Great Yarmouth CC	NOVICE	W	8.04
5	Francesca Hall	Dap CC	6.19	W	8.05
6	Jan Smith	Great Yarmouth CC	8.12	W/V 28.58	8.06
7	Gemma Bacon	Godric CC	10.37	W/V 29.14	8.07
8	Claire Astle	Redbridge CC	14.01	W/V 28.24	8.08
9	Nicole Beck	Epic Orange/Physio Resolutions	NOVICE	W	8.09
10	Denise Hurren	Sole Bay Cycle Sport	5.23	W/V 29.09	8.10
11	Agata Milk	Tri Anglia	7.48	W	8.11
12	Jane Hannah	Ride Harder	9.19	W	8.12
13	Nikki Holland- Gladwish	Godric CC	11.28	W/V 28.34	8.13
14	Lynn Howard	Great Yarmouth CC	NOVICE	W/V 28.48	8.14
15	Becky Schofield	Epic Orange/Physio Resolutions	6.11	W	8.15
16	Sarah Maidment	Godric CC	9.01	W/V 28.08	8.16
17	Jane Blackwell	Norwich ABC	11.01	W/V 29.44	8.17
18	Kirsty Ferris	Epic Orange/Physio Resolutions	14.00	W/V 28.34	8.18
19	Jennifer Bettinson	Ride Harder	NOVICE	W/V 28.02	8.19
20	Verity Smith	Stowmarket & District CC	4.46	W/V 28.08	8.20
21	Rachel Holman	Ride Harder	7.02	W/V 28.19	8.21
22	Jo Walker	Godric CC	9.40	W/V 28.13	8.22

23	Rebecca Harris	Beccles Tri Club	13.04	W	8.23 am
24	Francesca Dixon-Grant	Great Yarmouth CC	14.56	W	8.24
25	Louise Marsden	VC Norwich	6.04	W	8.25
26	Stephanie Hoyle	Godric CC	8.53	W/V 29.03	8.26
27	James Fraser	CC Ashwell	10.19	Jun	8.27
28	Jo Fisk	Beccles Tri Club	13.47	W/V 28.34	8.28
29	Hannah Rees	Tri Anglia	NOVICE	W	8.29
30	Lucas He	VC Baracchi	3.36	Jun	8.30
31	Kate Lucas	Norwich ABC	7.01	W/V 28.24	8.31
32	Amanda Mallett	Plomesgate CC	9.16	W/V 29.03	8.32
33	Jackie Bell	Godric CC	11.26	W/V 29.38	8.33
34	Anna Fraser	CC Ashwell	NIL	W/V 29.03	8.34
35	Jennifer Smart	VC Norwich	5.38	W/V 28.29	8.35
36	Sarah Senderski	Team Bottrill	8.51	W	8.36
37	Bridget Law	Ride Harder	10.02	W	8.37
38	Allison Ragosa	Ride Harder	14.31	W/V 28.08	8.38
39	Natalie Cant	Tri Anglia	NOVICE	W	8.39

**Men`s and Vets Event:**

<b>NO</b>	<b>NAME</b>	<b>CLUB</b>	<b>H/CAP</b>	<b>CAT</b>	<b>T.O.S.</b>
40	Simon Scott	Anglia Velo	3.31	V 26.04	8.40 am
41	Jonny Hawes	Great Yarmouth CC	4.49	S	8.41
42	James Walsgrove	Ride Harder	5.16	S	8.42
43	Alex He	VC Baracchi	6.54	V 26.45	8.43
44	Stephen Dixon-Grant	Great Yarmouth CC	8.24	S	8.44
45	Simon Boyle	Orwell Velo	4.13	V 26.41	8.45
46	Luke Hurst	Ashtons Legal CC	5.16	S	8.46
47	Tom Moore	Great Yarmouth CC	6.43	S	8.47
48	Paul Reed	VC Baracchi	8.05	S	8.48
49	Paul Hastings	Great Yarmouth CC	15.25	V 29.53	8.49
50	Ian Short	Team Sales Engine	3.33	V 26.18	8.50
51	Mark Smart	VC Norwich	4.57	V 26.45	8.51
52	Paul Wright	VC Baracchi	5.55	V 26.23	8.52
53	Richard Chilvers	Rock Estate	7.32	V 26.45	8.53
54	Ron Bean	Great Yarmouth CC	14.00	V 28.52	8.54
55	Chris Nudds	CC Breckland	4.13	V 28.52	8.55
56	Jay Lingwood	Rock Estate	5.15	S	8.56
57	David Spauls	Iceni Velo	6.27	S	8.57
58	John Lincoln	Great Yarmouth CC	8.24	V 26.18	8.58
59	Darren Evans	Epic Orange/Physio Resolutions	NIL	V 26.18	8.59
60	Oliver Milk	Tri Anglia	3.12	S	9.00
61	Chris Womack	VC Baracchi	4.30	V 29.14	9.01
62	Tom Burgess	Velo Schils/Interbike RT	5.53	S	9.02
63	Nev Everett	Diss & District CC	7.23	V 27.09	9.03
64	John Vidler	Plomesgate CC	11.03	V 29.39	9.04
65	Paul Sexton	CC Breckland	4.08	V 25.59	9.05
66	John Morgan	North Norfolk Wheelers	5.11	V 27.04	9.06

67	John Swanbury	VC Baracchi	6.22	V 29.14	9.07 am
68	Alex Pennington	Team Pedal Revolution	7.56	S	9.08
69	Mark Fraser	City Cycle Centre	NIL	V 26.45	9.09
70	Joe Skipper	Team Skipper	3.10	S	9.10
71	Mark Saunders	VC Baracchi	4.50	V 26.45	9.11
72	Joshua Mann	Team Pedal Revolution	5.40	S	9.12
73	Jim Keeble	Rock Estate	7.14	V 27.14	9.13
74	Martin Wilson	Great Yarmouth CC	11.00	S	9.14
75	Nick Esser	Dap CC	4.01	V 26.23	9.15
76	Nigel Hodge	Tri Anglia	5.08	V 26.45	9.16
77	Iain Dawson	CC Breckland	6.18	V 26.04	9.17
78	Brian Carr	Great Yarmouth CC	7.55	V 27.59	9.18
79	Roland Shaw	Godric CC	NOVICE	V 27.44	9.19
80	Sean Taylor	RAF CA	2.41	V 26.32	9.20
81	Sam Proctor	Ride Harder	4.46	S	9.21
82	James Drake	Rock Estate	5.38	S	9.22
83	Richard Collyer	North Norfolk Wheelers	7.19	V 26.45	9.23
84	Rickaby Shearly- Sanders	Hadleigh CC	10.30	V 29.02	9.24
85	Steve Cave	Plomesgate CC	3.54	V 26.27	9.25
86	Andrew Bright	Chronos RT	5.05	V 26.41	9.26
87	Bob Quarton	Wolsey RC	6.15	V 27.59	9.27
88	Trevor Minshull	Ride Harder	7.54	V 26.27	9.28
89	Peter Aldred	Great Yarmouth CC	NOVICE	V 26.09	9.29
90	Bob Watson	Team Bottrill	2.35	V 27.14	9.30
91	Iain Robertson	Tri Anglia	4.32	V 26.09	9.31
92	Stuart Chase	VC Baracchi	5.34	V 26.13	9.32
93	Rob Lines	Tri Anglia	7.06	V 26.41	9.33
94	John Musgrave	Diss & District CC	10.26	V 29.53	9.34
95	Dan Blackburn	VC Norwich	3.47	V 25.59	9.35
96	Jeff Wharton	Velo Schils/Interbike RT	5.04	V 26.27	9.36

97	Anthony Field	Great Yarmouth CC	6.11	V 26.09	9.37 am
98	Doug Reilly	Godric CC	7.51	V 27.38	9.38
99	Peter Johnson	Norwich ABC	NIL	V 27.04	9.39
100	Paul Jay	Team Velo Velocity	2.30	V 26.04	9.40
101	Paul Hayward	VC Baracchi	4.21	S	9.41
102	Martin Pyne	Anglia Velo	5.31	V 27.38	9.42
103	Stephen Brown	Great Yarmouth CC	7.03	V 27.26	9.43
104	Peter Burwood	Beccles Tri Club	9.15	V 26.13	9.44
105	Matt O`Brien	Plomesgate CC	3.44	S	9.45
106	Tony Heather	Team Skipper	4.58	S	9.46
107	Scott Williams	West Suffolk Wheelers	6.04	S	9.47
108	Shaun Crowley	Beccles Tri Club	7.47	V 27.20	9.48
109	Matt Ellis	Epic Orange/Physio Resolutions	NIL	V 25.59	9.49
110	Mark Richards	Dap CC	2.24	S	9.50
111	Matthew Ratcliffe	Iceni Velo	4.15	V 25.59	9.51
112	Graham Dilks	Norwich ABC	6.02	V 26.59	9.52
113	Tom Pullinger	Bungay Black Dog RC	6.59	V 26.32	9.53
114	Sean Cole	Diss & District CC	8.47	S	9.54
115	Jack Ibbotson	VC Norwich	3.43	S	9.55
116	Philip Watkins	North Norfolk Wheelers	4.58	V 27.09	9.56
117	Trevor Figgitt	Plomesgate CC	6.03	V 27.20	9.57
118	Matthew Cole	Rock Estate	7.36	S	9.58

**KEEP YOUR HEADS UP AND HAVE A RIDE AND SAFE RIDE!**

**PLEASE NOTE: There are a lot of new riders this year in this event. Please give yourself plenty of time to ride to the start. I don't want to have to give you a time penalty for reporting to the timekeeper late! Also please read all the local rules and finally please DON`T FORGET TO SIGN OUT AFTER YOU HAVE RIDDEN. I don't want to have to put you down as a DNF on your first ride!**

**LYNN EVANS (EVENT SECRETARY)**



