

GODRIC CYCLING CLUB

START SHEET

OPEN 50 MILE TIME TRIAL

Sunday 2nd June 2019

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

A BBAR QUALIFYING EVENT

EVENT SECRETARY: JOHN PUGH, 16 Wingfield Street, Bungay, Suffolk, NR35 1EZ
Tel.: 01986 897919 Mobile: 07990 654364

HEADQUARTERS: DITCHINGHAM VILLAGE HALL, LODDON ROAD, DITCHINGHAM, NR35 2QN.
(ONE MILE FROM THE START)

TIMEKEEPERS: PETER and PAMELA MILNER

HANDICAPPER: JOHN PUGH (East District Tables)

OBSERVERS: PAUL VERGETTE RICHARD AVERY

PUSHER: DEAN CLARKE

NUMBERS STEWARD: TBC

COURSE: **B50/19 (Ditchingham — Stockton — Redenhall — Needham x 2)**

START at east end of lay-by on north side of A143, approx. 0.5 miles east of Ditchingham (*Chicken*) roundabout (junction with B1332) and level with end of path alongside lay-by. Proceed east on A143 to Stockton roundabout (3.5 miles). Encircle and retrace on A143 *via* Ditchingham (7.5 miles), Bungay (8 miles) and Redenhall (14 miles) roundabout to Needham (16.2 miles) roundabout; encircle and retrace on A143 *via* Redenhall (18.4 miles), Bungay (24.4 miles) and Ditchingham (25.4 miles) roundabout to Stockton roundabout (29.4 miles); encircle and retrace on A143 *via* Ditchingham (33.4 miles), Bungay (33.9 miles) and Redenhall (39.9 miles) roundabout to Needham (42.1 miles) roundabout; encircle and retrace *via* Redenhall (44.3 miles) roundabout to FINISH at lay-by on north side of A143 approx. 0.25 miles before (west) of footbridge over A143 to Bungay Common and 0.5 miles before (west) of Bungay roundabout level with drain cover at west end of lay-by.

NUMBERS: Numbers will be at the HQ and not at the Start.

AT THE FINISH: DO NOT STOP NEAR THE TIMEKEEPERS IN THE LAY-BY BUT CONTINUE RIDING TO THE HQ WHERE YOU MUST RETURN YOUR RACE NUMBER AND SIGN OUT IN PERSON. COMPETITORS FAILING TO DO SO WILL BE RECORDED AS D.N.F. (CTT RULE 17B)

DOPING CONTROL: *Race Numbers required for Doping Control will be displayed in the H.Q. adjacent to the Result Board. **It is Your Responsibility to Check.***

MARSHALS:

STOCKTON RAB:

PAUL VERGETTE (Chief Marshal)

SIMON SCOTT

DITCHINGHAM RAB. (CHICKEN):

LYNN EVANS

DEAN CLARKE

TERRY DOUGHTY

BUNGAY RAB.: (CLAYS)

BARRY DEBENHAM

TBC

IAN SISON

REDENHALL RAB.:

SCOTT SMITH

TIM O'MULLANE

LUCY JOHNSON

NEEDHAM RAB.:

RICHARD AVERY

AUREA ROSS

JIM CAPLIN

SAFETY SIGNS

RICHARD AVERY

JOHN PUGH

PAUL VERGETTE

(SAFETY SIGNS **MUST NOT** BE REMOVED UNTIL 10 MINUTES AFTER THE LAST RIDER HAS PASSED THROUGH.)

In the interests of your own safety *CYCLING TIME TRIALS* and the EVENT PROMOTERS advise you to wear a hard shell helmet that meets an Internationally accepted Standard.

CYCLING TIME TRIALS strongly recommend that riders use a rear light, either flashing or constant, visible to following road users.

U-TURNS:

CYCLING TIME TRIALS (EAST DISTRICT) — LOCAL REGULATIONS

U-turns will not be permitted on the course or on roads adjacent to the Start or Finish areas whilst the race 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.

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 that the road is clear in both directions, then, with machine walk across the road.)

WARMING UP:

No warming up along the course is permitted once the event has started.

TURBO TRAINERS:

The use of turbo-trainers is banned at all events with a.m. start times.

NOTE:

OBSERVERS, RACE OFFICIALS and MARSHALS are under strict instructions to report any breaches of the regulations or dangerous riding

RESULT BOARD:

PAUL VERGETTE

JOHN PUGH

REFRESHMENTS:

Available in the Village Hall following the return of your race number.

You can expect a warm welcome from TRICIA PUGH and THE KITCHEN STAFF.

COURSE RECORDS:

Men: Daniel Bloy (*Team Velo Velocity*)

1.45.59 (2018)

Women: Becky Hurley (*Wisbech Wheelers*)

2.06.13 (2018)

£50 will be awarded to the New Record Holder(s) if the Course Record(s) is/are broken — Donated.

PRIZES:

MEN:

SCRATCH

1st £20

2nd £15

3rd £12

HANDICAP

1st £20

2nd £15

3rd £12

WOMEN:

1st £20

2nd £15

3rd £12

1st £20

2nd £15

3rd £12

Finally, have a fast, safe and successful ride

John Pugh — Event Secretary

No.	NAME	CAT.	CLUB	H.CAP		START TIME
31	—	—	—	—	—	—
32	IAN LOMAS	V	GODRIC C.C.	—		7.32
33	NICK PARRAVANI	V	C.C. BRECKLAND	31.25		.33
34	LARISSA SMITH (W)	S	GODRIC C.C.	47.17		.34
35	KIMBERLEE CHARLTON (W)	S	DAP C.C.	—		.35
36	KAY BURGESS (W)	V	TEAM VELOVELOCITY	26.57		.36
37	STEPH HOYLE (W)	V	GODRIC C.C.	—		.37
38	JENNIFER SMART (W)	V	TEAM VELOVELOCITY	21.32		.38
39	BECKY TAYLOR (W)	V	WISBECH WHLRS.	13.07		.39
40	PHIL MARLER	S	GODRIC C.C.	23.32		.40
41	PHILIP WATKINS	V	NORTH NORFOLK WHLRS.	11.59		7.41
42	JAMES RUSH	V	C.C. SUDBURY	19.50		.42
43	LOUIS JULIAN	ESPOIR	DAP C.C.	—		.43
44	MARK SMART	V	V.C. NORWICH	22.26		.44
45	PAUL VICKERS	V	WEST SUFFOLK WHLRS.	8.36		.45
46	NATHAN RISBY	S	TRI-ANGLIA TRI CLUB	18.23		.46
47	PAUL ROOKE	S	WEST SUFFOLK WHLRS.	20.57		.47
48	JACK IBBOTSON	S	V.C. NORWICH	—		.48
49	DAVID SOLOMON	V	WHITEWEBBS C.C.	—		.49
50	ANDY PROFFITT	V	IPSWICH B.C.	1.25		.50
51	CHRIS NUDDS	V	C.C. BRECKLAND	12.57		7.52
52	SIMON BOYLE	V	ORWELL VELO	20.01		.52
53	JOHNATHAN LINCOLN	V	GT. YARMOUTH C.C.	20.40		.53
54	ED DEAN	V	NORWICH ABC	25.02		.54
55	JOHN BRADBURY	V	C.C. SUDBURY	7.35		.55
56	JULIAN CLAXTON	S	GT. YARMOUTH C.C.	19.16		.56
57	CHRIS WOMACK	V	V.C. BARACCHI	20.16		.57
58	STUART EMMETT	V	WISBECH WHLRS.	21.07		.58
59	DAVID SAWYER	V	WOLSEY ROAD CLUB	23.20		.59
60	BEN STANCOMBE	S	TEAM VELOVELOCITY	0.42		8.00