

CYCLING CLUB BRECKLAND



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CC BRECKLAND's Open 30 mile Time Trial incorporating District Championship
Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 29th August. 20120 - Course B30/1B – Revised August 2018 - Start Time 16.01pm

TIMEKEEPERS

START Don Saunders CC Breckland
FINISH Andy Moore CC BRECKLAND Assisted by Stephen Penney Anglia Velo
MARSHALLS Members and friends of C C Breckland and other EDCA Clubs.

Please take note of the following Corvid 19 guidance.

Social distance rules apply to all riders, helpers, marshals and time keepers.
please be respectful and keep us all safe.

Please do not attend the event if you or any member of your
support crew or family shows systems of corvid 19.

REFRESHMENTS

OB Café (all social distance rules apply). Old Buckenham Courty Park is home to the OB Café – this is cycling friendly café frequented by many local cyclists and cycling groups – at this moment I am not sure how late they will stay open – please support if possible, their coffee is first class.

Toilets are available on the site - please use sanitiser and treat respectfully and maintain social distancing.

B30/1B (Attleborough – Snetterton – Browick – Snetterton – Attleborough) Revised 2018

START at paint mark two metres before 'Clearway' sign on sliproad from B1077 to join A11 westbound at Attleborough . Proceed westbound onto A11 and proceed to cross Attleborough roundabout and proceed on A11 to exit onto sliproad signed 'Snetterton Circuit/Horse Welfare' (brown sign). Take sliproad to first roundabout where take first exit. At second roundabout take first exit and continue over A11 (bridge) to third roundabout where take first exit. At fourth roundabout take first exit to sliproad to join A11 eastbound.

Proceed eastbound, crossing Attleborough roundabout – passing all junctions – take sliproad to roundabout signed 'Mulbarton' (Browick Road). Take third exit across bridge to second roundabout where take second exit onto sliproad to rejoin A11 westbound. Retrace on A11 – passing all sliproads – over Attleborough roundabout and continue to Snetterton Circuit/Horse Welfare sliproad. Exit and retrace over bridge and roundabouts. Rejoin A11 eastbound, cross Attleborough roundabout to FINISH approx 1.25 mile from roundabout just after blue footbridge over A11.

HQ – Old Buckenham Country Park, Doe Lane, Old Buckenham NR17 1PP

Look out for CTT Arrows directing you to parking area.

Route to Start is approx. 4 miles

Directions to START – left from Country Park – Left at T Junction Continue on B1077 into Attleborough – At Junction (Caution) keep left and continue onto one way system – When safe to do so move to RH Lane and follow round (past Cranks Cycle Shop) Filter left at Garage and on B1077 towards Attleborough through first set of Traffic lights – then turn Left before A11 flyover – then Immediately left to start area..

Directions back to HQ from Finish – continue on A11 and exit at next slip sign posted WATTON/ATTLEBOROUGH B1077 – at Traffic light turn Right and head up hill into Attleborough at Junction filter onto one way system and continue past church, at Traffic light turn right and continue on B1077 through Old Buckenham – Turn right on Doe Lane to return to Country Park.

CYCLING CLUB BRECKLAND are proud to support



Numbers and signing on/out sheet will be Located near Carpark.

Please bring your own pen – and use provided sanitiser – After finishing please deposit your number in the provided bucket.

Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

CTT Regulations:

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Covering the Course

The onus of keeping to the course rests with each rider.

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. 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 riders should dismount, check the road is clear in both directions, then with machine, and walk across the road.

The use of Turbos is prohibited for am starts. **WARMING UP - NO warming-up along the course once the event has started.**

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors 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, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

HEADS UP AND RIDE SAFE!

PRIZES ONE RIDER: ONE PRIZE EXCEPT TEAM

SCRATCH 1st £30 2nd £20 3rd £10

Ladies' 1st £30 2nd £20 3rd £10

VET on STANDARD 1st £30 2nd £20 3rd £10

Spot prize £5 each for Finish position 10, 20,30, 40, 50, 60, 70

TEAM OF THREE £10 each

EDCA Awards to EDCA affiliated riders.

Start Sheet

bib	Rider	Club	Cat.	Vets. Standard	Start time
1	Thomas Carroll	C C Breckland	Senior		16:01
2	Graham Hurrell	Basildon C C	Veteran	1.25.04	16:02
3	Steve Shore	Southend Wheelers	Veteran	1.30.48	16:03
4	Lisa Hurrell	Maldon & District C C	L/Senior		16:04
5	Matthew McClure	Wisbech Wheelers	Senior		16:05
6	Chris Nudds	C C Breckland	Veteran	1.30.09	16:06
7	James Daintree	North Norfolk Wheelers	Senior		16:07
8	Mark Thompson	Great Yarmouth C C	Veteran	1.21.07	16:08
9	Martin Bullen	Peterborough C C	Veteran	1.27.55	16:09
10	Nic Pillinger	Team Secret Squirrel	Veteran	1.20.23	16:10
11	Colin Lizieri	Cambridge C C	Veteran	1.26.33	16:11
12	Gary Pamment	C C Sudbury	Veteran	1.21.50	16:02
13	Peter Aldred	Great Yarmouth C C	Veteran	1.20.53	16:13
14	Jo Fisk	Godric C C	L/Veteran	1.28.33	16:14
15	Mark Howard	Eagle Road Club	Senior		16:15
16	Paul Dennington	V C Baracchi	Veteran	1.23.34	16:16
17	Dan Foster	3T-Racing	Veteran	1.23.02	16:17
18	Brian Carr	Great Yarmouth C C	Veteran	1.26.59	16:18
19	Brian Davies	Lowestoft Wheelers	Veteran	1.33.52	16:19
20	Andrew Grant	Cambridge C C	Veteran	1.27.26	16:20
21	Paul Hayward	V C Baracchi	Veteran	1.20.07	16:21
22	Adam Cross	C C Breckland	Senior		16:22
23	Johnathan Lincoln	Great Yarmouth C C	Veteran	1.21.22	16:23
24	Karle Howard	Godric C C	Veteran	1.21.50	16:24
25	Robert Watson	Cambridge C C	Veteran	1.24.25	16:25
26	Mark Endersby	Anglia Velo	Veteran	1.21.07	16:26
27	Julian Claxton	Great Yarmouth C C	Veteran	1.19.34	16:27
28	Hugh Williams	Redbridge C C	Veteran	1.22.32	16:28
29	Ron Back	West Suffolk Wheelers	Veteran	1.37.56	16:29
30	Mark Arnold	VTTA (East Anglian Group)	Veteran	1.21.07	16:30
31	Philip Watkins	North Norfolk Wheelers	Veteran	1.23.50	16:31
32	John Manlow	Ely & District CC/B&T Motor Repairs	Veteran	1.22.32	16:32
33	Chris Womack	V C Baracchi	Veteran	1.30.48	16:33
34	Davina Greenwell	Plomesgate C C	L/Senior		16:34
35	Nick Partridge	V C Baracchi	Veteran	1.20.07	16:35
36	Jackie Field	C C Ashwell	L/Veteran	1.30.26	16:36
37	Patrick Ellis	Diss & District C C	Veteran	1.22.18	16:37
38	Virginia McGee	...a3crg	L/Veteran	1.31.02	16:38
39	Phil Wright	Hartlepool C C	Veteran	1.26.33	16:39
40	James Gelsthorpe	Velo-One Cycling Team	Senior		16:40
41	Gary Hunt	Hartlepool C C	Veteran	1.23.50	16:41

42	Keith Stockwell	Welwyn Wheelers	Veteran	1.22.04	16:42
43	Jason Turner	Norwich A B C	Veteran	1.21.50	16:43
44	Stuart Supple	V C Baracchi	Veteran	1.20.38	16:44
45	Chris Holmes	Twickenham C C	Veteran	1.20.38	16:45
46	James Sale	Eagle Road Club	Senior		16:46
47	Verity Smith	Loose Cannon's Conditioning	L/Veteran	1.27.29	16:47
48	Bob Quarton	Wolsey C C	Veteran	1.26.59	16:48
49	Cheryl Tye	Plomesgate C C	L/Veteran	1.29.36	16:49
50	Matt O'Brien	Loose Cannon's Conditioning	Veteran	1.20.07	16:50
51	Michael Martin	C C Ashwell	Veteran	1.23.18	16:51
52	Martin Baumber	Shaftesbury C C	Veteran	1.21.36	16:52
53	Mike Watson	Lowestoft Wheelers	Veteran	1.23.34	16:53
54	Lucy Mitchell	...a3crg	L/Veteran	1.26.54	16:54
55	Dave Green	Cycling Club Breckland	Veteran	1.23.34	16:55
56	Daniel Ward	South Normanton C C	Senior		16:56
57	Roger Sewell	Wisbech Wheelers	Veteran	1.30.48	16:57
58	Kimberley Barfoot-Brace	Bath Cycling Club	L/Senior		16:58
59	Mark Fairhead	C C Breckland	Veteran	1.23.34	16:59
60	Mark Richards	Dap C C	Senior		17:00
61	Kevin Hobbs	Peterborough C C	Veteran	1.22.04	17:01
62	Jordan Black	Loose Cannon's Conditioning	Senior		17:02
63	Ryan Gray	Tri Harder	Senior		17:03
64	Neal Marrin	Finsbury Park C C	Veteran	1.22.04	17:04
65	Kevin Baumber	Shaftesbury C C	Veteran	1.21.07	17:05
66	Alister Campbell	Eagle Road Club	Veteran	1.20.07	17:06
67	Susan Triplow	C C Sudbury	L/Veteran	1.29.52	17:07
68	Paul Eveleigh	Lincoln Wheelers C C	Veteran	1.24.25	17:08
69	Mark Ready	Diss & District C C	Veteran	1.24.44	17:09
70	Lloyd Chapman	Loose Cannon's Conditioning	Senior		17:10
71	Jamie Sparrow	King's Lynn C C	Veteran	1.20.53	17:11
73	Ian Pike	Lincoln Wheelers C C	Tandem Trike		17:13
	Lauren Pike				
75	Andrew Hutchison	Lowestoft Wheelers	Tandem	1.23.39	17:15
	Catherine Hutchison				