

CYCLING CLUB BRECKLAND



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East District Cycling Association Championship 15 mile Time Trial
Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 5th September 2020 - Course B15/1 - Start Time 14.01pm

TIMEKEEPERS START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS Members of Cycling Club BRECKLAND and friends of.

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.

Course Details: B15/1 Revised June 2007 Attleborough-Browick.

START: at paint mark on road in West Carr road and proceed 0.194 miles to join A11 Eastbound. Proceed East to Browick interchange, take slip road signed Mulbarton and proceed to Browick roundabout (1), take 3rd exit and proceed over bridge to Browick roundabout (2), take 2nd exit to rejoin A11 Westbound. Proceed West on A11 to FINISH under the pedestrian bridge on the A11 joining West Carr road.

Course records

Mens - Matthew Smith (Drag2Zero) 28.27

Lady, Katja Reitdorf (Born to Bike) 33:41

Tandem, Mark Arnold/Glen Taylor 26.53

HQ – Morley Village & Sports Hall, Golf Links Rd, Morley St Peter, Wymondham NR18 9SU

Advised route to Start 3.8 miles: From HQ – Turn right – at T Junction turn right – cross over A11 and proceed into Attleborough through traffic lights and turn right (caution) onto one way system – keep to the Left hand lane – pass Sainsburys and proceed out of town – Turn Right into West Carr Road – at end of road on right hand side use the foot bridge to cross over A11 – Start area on the left in West Carr Road.

After Finishing 5.8 miles: Continue on A11 to Attleborough Roundabout – Take first exit and proceed into Attleborough – passed Sainsburys – continue through town down Church St. at traffic light turn right follow road over A11 bridge – turn left onto Norwich road – proceed through Village to Left turn into Golf links road.

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Please bring your own pen for signing and if possible, your own safety pins if needed. Please use provided Sanitiser.

In Hall please adhere to one-way system when signing on and using Toilets, Queue to the right for toilets – Exit out via side door. Please adhere to 2m social distancing when queuing for Toilets and signing on.

After finishing and signing off please place your number in the Orange 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.

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, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

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.

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.

The road surface on parts of the course near to the BP & Shell garages near Besthorpe and the Concrete section is not in great order – some patching up has been done although these patches are slight raised and are a bit bumpy – still better than falling in a hole, there are cracks, bumps and holes – please take care to keep your head raised and be mindful not to serve into path of traffic.

HEADS UP AND RIDE SAFE.

Prizes

Scratch: 1st £25 2nd £20 3rd £15 VETS on Std: 1st £20 2nd £15 3rd £10

1st Lady: 1st £25 2nd £20 3rd £15 Handicap 1st £20 2nd £15 3rd £10

Team of 3: £10 Each EDCA circuit awards as appropriate

One Rider: one prize except team.

Start Sheet

No	Name	Clubs	Cat	Age	Vet Std	Handicap	Start time
1	Dave Green	C C Breckland	Veteran	56	41.08	4.57	14.01
2	Craig Lamb	Alford Wheelers	Veteran	51	40.32	6.24	14.02
3	Johnathan Lincoln	Gt. Yarmouth C C	Veteran	47	40.05	7.50	14:03
4	John J Murphy	Gloucester City Cycling Club	Veteran	80	47.23	10.08	14:04
5	Andrew Grant	Cambridge C C	Veteran	67	42.59	4.31	14:05
6	Neil Dowie	Shorter Rochford RT	Veteran	53	40.46	5.42	14:06
7	Verity Smith	Loose Cannon's Conditioning	F/Veteran	44	43.07	7.09	14:07
8	Brian Carr	Gt. Yarmouth C C	Veteran	66	42.46	8.26	14:08
9	Mark Carroll	V C Baracchi	Veteran	60	41.42	18.18	14:09
10	Mark Richards	DAP Cycling Club	Senior	35		3.37	14:10
11	Mike Padfield	North Norfolk Wheelers	Veteran	45	39.52	4.59	14:11
12	Ryan Gray	Tri Harder	C5	28		6.15	14:12
13	Patrick Ellis	Diss & District C C	Veteran	51	40.32	7.41	14:13
14	Alan McGuire	Ipswich B C	Veteran	55	41.01	9.48	14:14
15	Jordan Black	Loose Cannon's Conditioning	Senior	22		4.23	14:15

16	Ken Platts	Cambridge C C	Veteran	68	43.13	5.21	14:16
17	Matt Jacobs	Loose Cannon's Conditioning	Senior	28		6.41	14:17
18	Stuart Supple	V C Baracchi	Veteran	44	39.45	8.24	14:18
19	Lisa Hall	Ride Harder	F/Veteran	42	42.51	15.20	14:19
20	Matt O'Brien	Loose Cannon's Conditioning	Veteran	42	39.30	3.30	14:20
21	Thomas Carroll	C C Breckland	Senior	39		4.51	14:21
22	John Manlow	Ely & District CC/B&T Motor repairs	Veteran	52	40.39	6.03	14:22
23	Dan Foster	3T - Racing	Veteran	54	40.53	7.30	14:23
24	John Swanbury	V C Baracchi	Veteran	73	44.34	9.33	14:24
25	Keith Dorling	Team Bottrill	Veteran	61	41.51	4.12	14:25
26	John Bradbury	C C Sudbury	Veteran	49	40.19	5.15	14:26
27	Roger Sewell	Wisbech Wheelers	Veteran	73	44.34	6.41	14:27
28	Bob Quarton	Wolsey RC	Veteran	66	42.46	8.24	14:28
29	Kirstin Hamilton	Loose Cannon's Conditioning	F/Senior	27		14.27	14:29
30	Lloyd Chapman	Loose Cannon's Conditioning	Senior	31		3.06	14:30
31	Glenn Taylor	Shorter Rochford RT	Veteran	52	40.39	4.35	14:31
32	Jamie Sparrow	King's Lynn C C	Veteran	45	39.52	6.02	14:32
33	Mark Booth	Kettering C C	Veteran	44	39.45	7.21	14:33
34	Roy Rowland	Loose Cannon's Conditioning	Senior	29		9.30	14:32
35	Nick Partridge	V C Baracchi	Veteran	42	39.30	4.01	14:35
36	Colin Lizieri	Cambridge C C	Veteran	65	42.34	4.15	14:36
37	Chris Nudds	C C Breckland	Veteran	72	44.16	6.39	14:37
38	Karle Howard	Godric C C	Veteran	49	40.19	8.21	14:38
39	Ron Back	West Suffolk Wheelers	Veteran	81	47.55	12.03	14:39
40	Jason Bouttell	Team Vision Racing - Silverhook	Senior	44	39.45	1.47	14:40
41	Paul Jay	Drag2zero	Veteran	43	39.37	4.26	14:41
42	Gary Pamment	C C Sudbury	Veteran	49	40.19	6.01	14:42
43	Phil Lee	Wisbech Wheelers	Veteran	51	40.32	7.22	14:43
44	Carl Mace	Tri Harder	Veteran	46	39.59	8.29	14:44
45	Robert Watson	Cambridge C C	Veteran	59	41.33	3.53	14:45
46	Michael Martin	C C Ashwell	Veteran	55	41.01	4.11	14:46
47	Robert Staines	Loose Cannon's Conditioning	Espoir	20		6.18	14:47
48	Jason Turner	Norwich ABC	Veteran	49	40.19	8.21	14:48
49	Jo Fisk	Godric C C	F/Veteran	48	43.37	10.53	14:49
50	Matthew Smith	Drag2zero	Veteran	42	39.30	1.29	14:50
51	Mark Arnold	VTTA (East)	Veteran	46	39.59	4.29	14:51
52	Paul Hayward	V C Baracchi	Veteran	42	39.30	5.52	14:52
53	Philip Waring	VTTA (East)	Veteran	51	40.32	7.00	14:53
54	Mark Fairhead	C C Breckland	Veteran	56	41.08	8.24	14:54
55	Kevin Hobbs	Peterborough C C	Veteran	50	40.26	3.50	14:55
58	Andrew Hutchison	Lowestoft Wheelers C C	Tandem Vets.	57	41.11		14:58
	Catherine Hutchison	Lowestoft Wheelers C C		55			
60	Ian Greenstreet	AeroCoach	Tandem Vets.	56	40.19		15:00
	Rachael Elliott	AeroCoach		42			