

# CYCLING CLUB BRECKLAND



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## Cycling Club Breckland open 10 miles Time Trial

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on  
Wednesday 16<sup>th</sup> June 2021 - Course B10/3B - Start Time 19:01pm**

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.**

### **B10/3B (Attleborough - Snetterton - Attleborough)**

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 1st exit and proceed to 2nd RAB. Take 1st exit and proceed to 3rd RAB. Take 1st exit and proceed to 4th RAB. Take 1st exit to join A11 eastbound. Proceed via Attleborough RAB to FINISH at paint mark approx. 0.5 miles past start area.

**COURSE RECORDS Jason Boutell (Team Vision Racing) 19:04 (2018)**

**Lady Rebecca Murley (Wisbech Wheelers) 22:23 (2018)**

**Tandem Mark Arnold/Glenn Taylor (CC Desiragear/Shorter Rochford) 18:40 (2015)**

**Route to Start: (for B10/3B) – From Hall turn right, to turn right out of Golf Links Rd, proceed through village to T junction at A11 slip, turn right and proceed over A11 bridge – Follow Road into Attleborough. At traffic lights proceed ahead and be prepared to turn right with Caution on to one way system, keep to right hand lane, follow road around sharp bend, keep right to pass garage and the pass Lidl store at first set of traffic lights take left turn then immediately left into Blackthorn Road.**

**After finishing – Continue on carriageway to exit slip just past Shell Garage – turn immediately left at roundabout, turn next right into Golf Links Rd.**

### **Please Note.**

**It is our intention to use the above referenced course, due to overnight road closures on the A11 at the time of issue there is an amount of uncertainty whether these closure will effect the event – Highways England Website currently suggest these night closure which commence at 8.00pm should be completed by the 16<sup>th</sup> June – we have as yet been unable to get clarification as to whether this is the morning of the 16<sup>th</sup> when the road is reopened at 6.00am or of the night of the 16<sup>th</sup>.**

**We have made provisions to use alternative course, the B10/3A or the B10/47**

**Details of these course are available on the EDCA website:**

**<https://www.edca.bike/content/course-descriptions>**

**We hope to have an answer before the event and will notify which course is to be you in good time.**

**HQ – Morley Village and Sports Hall, Golf Links Road, Morley NR18 9SU**

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

**If damp we have access to the upstairs room – accessed via stairs in the front entrance, after signing on collect number and exit through side door to veranda and exit via outside stair.**

**Please queue at social distance spacing of 2 metres and wear a mask.**

**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.**

**Toilets – We will have the use of one Disable toilet – Locate to the right of the entrance lobby - please wear a mask when queuing and following social distancing measures. PLEASE come dressed ready to compete – do not use the toilet as a changing facility.**

## **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.

**Riders Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.**

**Regulation 20 of CTT’s Rules and Regulations (Observance of the Law) provides that:**

#### **20. Observance of the Law**

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use.

In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

**Please note Regulation 20a cover riding HEADS DOWN, please maintain forward vision.**

**Prizes are reflective of entry level.**

**Mens: 1st £20 2nd £15 3rd £10 4<sup>th</sup> £5**

**Lady: 1<sup>st</sup> £20 2<sup>nd</sup> £15 3<sup>rd</sup> £10 4<sup>th</sup> £5**

**VETS on Std: 1st £20 2nd £15 3rd £10 4<sup>th</sup> £5**

**Team of 3: £10 Each**

**One Rider: one prize except team.**

**HEADS UP AND RIDE SAFE.**

**Start Order:**

No	Name	Clubs	Cat	Age	Vet Std	Start time
1	Adam Cross	C C Breckland	Senior	27		19:01
2	Mike Watson	Lowestoft Wheelers	Vet.	57	27:30	19:02
3	Jason Turner	Norwich A B C	Vet.	50	26:51	19:03
4	Jo Fisk	Godric C C	L/Vet.	49	29:18	19:04
5	Mike Padfield	North Norfolk Wheelers	Vet.	46	26:32	19:05
6	Gary Smith	Team Velovelocity	Vet.	48	26:41	19:06
7	Neil Stevens	Tri Harder	Vet.	48	26:41	19:07
8	Brian Carr	Gt. Yarmouth C C	Vet.	66	28:39	19:08
9	Gerry Barton	West Suffolk Wheelers	Vet.	71	29:30	19:09
10	Thomas Carroll	C C Breckland	Vet.	40	26:06	19:10
11	Toby Morrell	Tri Harder	Vet.	40	26:06	19:11
12	Dave Clark	Orwell Velo	Vet.	43	26:19	19:12
13	Ian Newby	Diss & District C C	Vet.	51	26:56	19:13
14	James Moore	V C Baracchi	Senior	32		19:14
15	Andy Newham	Lincoln Wheelers C C	Trike	48	28:39	19:15
16	Philip Watkins	North Norfolk Wheelers	Vet.	58	27:37	19:16
17	Mark Endersby	Anglia Velo	Vet.	47	26:36	19:17
18	Karle Howard	Godric C C	Vet.	50	26:51	19:18
19	Claire Parkins	Peterborough C C	L/Vet.	46	29:02	19:19
20	Dan Blackburn	Epic Orange Race Team	Vet.	43	26:19	19:20

21	James Potter	Loose Cannon's Conditioning	Vet.	40	26:06	19:21
22	Sean O'Sullivan	Eagle Road Club	Senior	24		19:22
23	Nigel Hodge	Tri-Anglia Triathlon Club	Vet.	53	27:07	19:23
24	Sally Withey	Swift Racing	L/Vet.	52	29:35	19:24
25	Dave Mason	Lincoln Wheelers C C	Trike	47	28:33	19:25
26	Paul Hayward	V C Baracchi	Vet.	42	26:14	19:26
27	Oliver Cozens	Norwich A B C	Senior	35		19:27
28	Josh Holman	Team Skipper	Senior	28		19:28
29	Cheryl Tye	Plomesgate C C	L/Vet.	53	29:41	19:29
30	Matthew McClure	Wisbech Wheelers C C	Senior	36		19:30
31	Tom Fitzpatrick	EuroCycling Trips – CMI Pro Cycling	Senior	28		19:31
32	Kevin Hickman	API Metrow	Vet.	65	28:30	19:32
33	Graham Denny	North Norfolk Wheelers	Vet.	51	26:56	19:33
34	Mark Ready	Diss & District C C	Vet.	60	27:51	19:34
35	Ian Pike	Lincoln Wheelers C C	Trike	53	29:07	19:35
36	Ryan Gray	Ride Harder	C5	28		19:36
37	Dan Nichols	Anglia Velo	Senior	31		19:37
38	Roy Rowland	Loose Cannon's Conditioning	Senior	29		19:38
39	Andy Mulligan	Tri-Anglia Triathlon Club	Senior	30		19:39
40	Mark Richards	DAP C C	Senior	36		19:40
41	Mark Fairhead	C C Breckland	Vet.	57	27:30	19:41
43	John Swanbury	V C Baracchi	Mixed	74	29:14	19:43
	Kate Churchill	V C Baracchi	Tandem	62		
45	Andrew Hutchison	Lowestoft Wheelers C C	Mixed	58	27:30	19:45
	Catherine Hutchison	Lowestoft Wheelers C C	Tandem	53		