



DAP CYCLING CLUB

OPEN 10 MILE TIME TRIAL

Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on
Saturday 21st September on the B10/43 Course.

OFFICIALS:

Timekeepers: Nick Esser (DAP CC), Peter and Pam Milner (Godric CC)

Pusher: Mark Richards (DAP CC)

Marshals: Members and friends of DAP CC

Event Secretary: Mark Richards

64 Rotterdam Road

Lowestoft

Suffolk

NR32 2HA

Event HQ: Wortwell Community Center, Tunbeck Cl, Wortwell, IP20 0HS. There is plenty of parking available at the HQ, But please park considerately. HQ will be open for sign on from 13:00.

Course: B10/43 START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Course Record: 19:10 (Jason Bouttell, 2017)

Awards: (one prize per rider except team)

Scratch

1st £30

2nd £25

3rd £20

Vet. On standard

1st £30

2nd £25

3rd £20

Ladies

1st £30

2nd £25

3rd £20

Team

£10 each

EAST DISTRICT REGULATIONS

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst the race is in progress.

Warming up: No warming up along the course by competitors once the event has started.

Turbo trainers: The use of turbo trainers is banned at all events with an AM start time.

Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

CYCLE HELMETS

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise the wearing of 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. It is the responsibility of the rider (or parent of guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection

against head injury and does not restrict the rider's vision or hearing and (b) ensure that the helmet is properly fitted, undamaged and in good condition.

REAR LED LIGHT

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

START SHEET

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
2	14:02:00	Mark	Eastwood	West Suffolk Wheelers	Male	Veteran
2	14:02:00	John	Steed	West Suffolk Wheelers	Male	Veteran
6	14:06:00	Gavin	Lewis	Velo Schils Interbike RT	Male	Senior
7	14:07:00	Jacqui	White	Team Salesengine.co.uk	Female	Veteran
8	14:08:00	Grenville	Moore	Great Yarmouth C C	Male	Veteran
9	14:09:00	Jodie	Lee	VC Baracchi	Female	Senior
10	14:10:00	Allan	Schoenherr	Great Yarmouth C C	Male	Veteran
11	14:11:00	Richard	Allen	VC Baracchi	Male	Veteran
12	14:12:00	Tracey	Jermy	Great Yarmouth C C	Female	Veteran
13	14:13:00	John	Shellard	Team PedalRevolution.co.uk	Male	Veteran
14	14:14:00	Terry	Law	CC Sudbury	Male	Veteran
15	14:15:00	Donna	Hayman	Newmarket Cycling & Triathlon Club	Female	Veteran
16	14:16:00	Mark	Ready	Diss & District CC	Male	Veteran
17	14:17:00	David	Jermy	Great Yarmouth C C	Male	Veteran
18	14:18:00	John	Vidler	Plomesgate CC	Male	Veteran
19	14:19:00	Linda	Hones	Newmarket Cycling & Triathlon Club	Female	Veteran
20	14:20:00	Julia	Freeman	Easterley Road Club	Female	Veteran
21	14:21:00	Daniel	Sayer	Beccles Tri Club	Male	Veteran
22	14:22:00	David	Young	West Suffolk Wheelers	Male	Senior
23	14:23:00	Michelle	Sayer	Beccles Tri Club	Female	Veteran
24	14:24:00	Mark	Womack	VC Baracchi	Male	Veteran
25	14:25:00	Terry	Garlinge	Easterley Road Club	Male	Veteran
26	14:26:00	Jemma	Redhead	Wisbech Whs	Female	Veteran
27	14:27:00	Ethan	Cawston	Wolsey RC	Male	Senior
28	14:28:00	Jan	Smith	Great Yarmouth C C	Female	Veteran

29	14:29:00	David	Fenn	CC Sudbury	Male	Veteran
30	14:30:00	Tom	Moore	Great Yarmouth C C	Male	Senior
31	14:31:00	Jo	Fisk	Ride Harder	Female	Veteran
32	14:32:00	Brian	Carr	Great Yarmouth C C	Male	Veteran
33	14:33:00	Mark	Newnham	Anglia Velo	Male	Veteran
34	14:34:00	Jenny	Anderson	Great Yarmouth C C	Female	Veteran
35	14:35:00	Karle	Howard	Ride Harder	Male	Veteran
36	14:36:00	Michael	Fry	Glendene CC	Male	Veteran
37	14:37:00	Kerry	Tate	Newmarket Cycling & Triathlon Club	Female	Senior
38	14:38:00	Martin	Pyne	Anglia Velo	Male	Veteran
39	14:39:00	Martin	Smith	Newmarket Cycling & Triathlon Club	Male	Veteran
40	14:40:00	Nicholas	Webber	Hadleigh Cycling Club	Male	Veteran
41	14:41:00	Hugh	Williams	Pro Vision Cycle Clothing	Male	Veteran
42	14:42:00	Chris	Womack	VC Baracchi	Male	Veteran
43	14:43:00	Cliff	Loveday	Ely & District CC/B&T Motor Repairs	Male	Veteran
44	14:44:00	Mark	Saunders	VC Baracchi	Male	Veteran
45	14:45:00	Chris	Roberts	Team PedalRevolution.co.uk	Male	Veteran
46	14:46:00	Paul	Hayward	VC Baracchi	Male	Veteran
47	14:47:00	Gary	Pamment	3T-RACING	Male	Veteran
48	14:48:00	Bob	Richardson	Bournemouth Jubilee Whs	Male	Veteran
49	14:49:00	David	Halliday	Newmarket Cycling & Triathlon Club	Male	Senior
50	14:50:00	Ben	Keeley	Team Velovelocety	Male	Senior
51	14:51:00	Martin	Holmes	Ely & District CC/B&T Motor Repairs	Male	Veteran
52	14:52:00	Jerome	Watts	Team Salesengine.co.uk	Male	Veteran
53	14:53:00	Jason	Turner	Norwich A B C	Male	Veteran
54	14:54:00	Ian	Short	Team Salesengine.co.uk	Male	Veteran
55	14:55:00	Lee	Kennedy	Army Cycling	Male	Senior
56	14:56:00	Ross	Fawcett	Pedal Power Cycles Ipswich	Male	Senior
57	14:57:00	Dan	Blackburn	VC Norwich	Male	Veteran
58	14:58:00	Jordan	Black	Newmarket Cycling & Triathlon Club	Male	Espoir
59	14:59:00	Lucas	He	Cambridge University CC	Male	Espoir
60	15:00:00	Ben	Kenneally	ZeroBC Race Team	Male	Senior