

# Important – Please Read

The following instructions outline the “special circumstances” for this event due to COVID-19. These instructions are correct at the time of issuing but may change due to updated risk assessment or changing government advice. Any changes will be detailed at the HQ on the day of the event.

## Competitors

- Competitors MUST NOT attend if they feel ill in ANY way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. Please be mindful of how your actions may be viewed by passers-by.

## HQ Building

- There will be NO catering facilities.
- There will be NO access to the HQ building, except to use the toilets (see below).

## Toilets

- The toilets at the HQ building will be made accessible with a one person at a time policy (separate for male and female) with access managed by marshals.
- There will be a one-way system and competitors MUST queue 2m as directed.
- Hand sanitiser (supplied) MUST be used on entering the toilets AND upon leaving the toilets.

## Sign-on/sign-out

- Signing on will be done one at a time. Queue orderly and maintain 2m whilst waiting.
- Disposable numbers will be issued. Once you have finished your event do NOT bring your number back. Take it home and dispose of it responsibly.
- You do not need to return to the HQ Area to sign out; please see finishing the event below.

## Warming-up

- As the road space to warm-up is limited, turbo trainers are permitted at this event provided strict social distancing can be maintained.

## Start area

- Please arrive at the start no more than 7 minutes BEFORE your start time.
- There will be NO pusher off AND the start time keeper will be more than 2m from the start.
- Competitors MUST NOT leave any personal items with the time keeper. Any items left in the start area are done so at the owners’ own risk.

## During the event

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

## Finishing the event

- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- Please telephone the organiser if you have failed to finish the event.



# EAST DISTRICT CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP  
B10/37R, SUNDAY 9<sup>th</sup> August 2020

(PROMOTED FOR AND ON BEHALF OF **CYCLING TIME TRIALS** UNDER THEIR RULES AND REGULATIONS)

**EVENT SECRETARY:** Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS [daniel\\_bloy@hotmail.com](mailto:daniel_bloy@hotmail.com) 07786 085 257

**TIME KEEPERS:** Start: Peter Church, Kay Burgess; Finish: Andy Moore, Phil Lee

**HELPERS:** Sharon Bennett, Neil Empson, Andrew Leggett, Abby Marshall, Alec Marshall, David Procter

**HEAD QUARTERS:** Tottenhill Village Hall, 10 Whin Common Road, Tottenhill, King's Lynn PE33 ORS  
Numbers and facilities will be available at the village hall.

**SIGNING ON:** All riders must collect their **own numbers** and **sign on** and read any information relevant to the event.

**SIGNING OFF:** ~~Please note that all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.~~

**PARKING:** Parking is available at the H/Q, on hard standing and on the grass-area as directed. Please avoid parking on the common as it has resulted in access problems for some of the village community.

**Strictly no parking on A10 or A134.**

After finishing event, take the first left to return to H/Q.

## CYCLE HELMETS:

IN THE INTERESTS OF YOUR SAFETY, **CYCLING TIME TRIALS** and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. **All competitors under the age of 18** 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, ANZI Z90.4, AUS/NZS, DIN 35/954, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if rider is under 18 years) to:

- (a) Select a helmet that offers protection against head injury and does not restrict the riders' vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

## LOCAL REGULATIONS:

**U-Turns** will not be permitted on course or roads adjacent to Start and Finish areas while the race 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.

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

**Numbers** will be at the H.Q. where you will need to sign in before being provided with your number ~~and can be exchanged for a drink after the event.~~ **Note:** ~~All competitors — Please note that from 2017 all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.~~

**Warming up:** No warming up along the course once an event has started.

## LIGHTS:

All competitors – please be aware of CTT Regulation 14(i):

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.

**NO REAR LIGHT – NO RIDE.**

**COURSE:** B10/37R

**WOMENS RECORD:** 23.16, Verity Smith (2016)

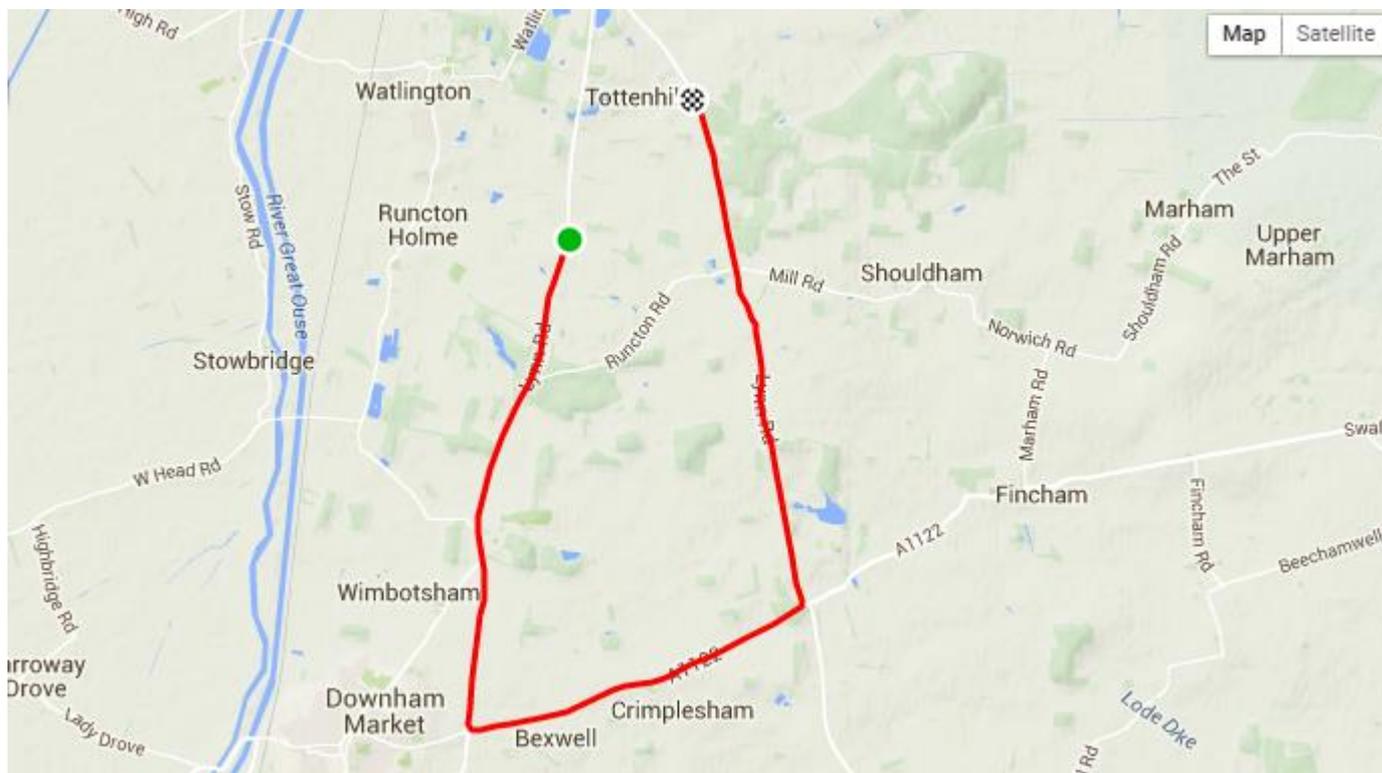
**MENS RECORD:** 19.45, Matthew Senter (2018)

**START** on A10 in lay-by 200 yards north of church at South Runcton between Kings Lynn and Downham Market. Proceed south on A10 to Bexwell R/A junction of A1122 (3.7m) (M). (extra care). Take first left along A1122 to Stradsett x-roads junction of A134 (6.3m) (M). Take left turn (extra care) and continue along A134 to finish 60 yards past signpost for Church Lane, Tottenhill

**At the Stradsett turn do not go over the centre white line on the A134. You may be disqualified**

**Observers** will be on the course. Please ride the event with the safety of yourself and other road users in mind.

The course is available on Strava at: <http://www.strava.com/segments/1323188>



**PRIZES:**



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.



The following prizes have been kindly donated by VeloVelocity Coaching and can be won regardless of district affiliation. One rider one prize.

<b>1<sup>st</sup> Lady £30</b>	<b>1<sup>st</sup> Man £30</b>	<b>1<sup>st</sup> Junior £20</b>
<b>2<sup>nd</sup> Lady £20</b>	<b>2<sup>nd</sup> Man £20</b>	<b>2<sup>nd</sup> Junior £20</b>
<b>3<sup>rd</sup> Lady £10</b>	<b>3<sup>rd</sup> Man £10</b>	<b>1<sup>st</sup> Juvenile £20</b>

## HEADS UP AND HAVE A FAST AND SAFE RIDE

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
1	2:01 PM							
2	2:02 PM	Tandem	Mark & Anna Fraser	citycyclecentre & CC Ashwell	East & London North	B & F	52 & 54	00:27:05
3	2:03 PM							
4	2:04 PM	Tandem Trike	Lauren & Ian Pike	Lincoln Wheelers CC	Lincolnshire	C	25 & 52	
5	2:05 PM							
6	2:06 PM							
7	2:07 PM	Men	Mark Ready	Diss & District CC	East	B	60	00:27:39
8	2:08 PM	Men	Martin Bullen	Peterborough CC	South East Midlands	N	68	00:28:39
9	2:09 PM	Men	Ian Wilson	Newmarket Cycling & Triathlon Club	East	B	38	
10	2:10 PM	Ladies	Catrin Brown	Cycle Specific	South Wales	R	44	00:28:36
11	2:11 PM	Men	Gerry Barton	West Suffolk Wheelers	East	B	70	00:28:58
12	2:12 PM	Juvenile	Harry Tozer	Fenland Clarion CC	South East Midlands	N	12	
13	2:13 PM	Men	John Shellard	Team PedalRevolution.co.uk	East	B	76	00:30:13
14	2:14 PM	Men	Wayne Marks	Tri-Anglia Triathlon Club	East	B	49	00:26:45
15	2:15 PM	Ladies	Donna Hayman	Newmarket Cycling & Triathlon Club	East	B	52	00:29:16
16	2:16 PM	Ladies	Sarah Johnson	CC Sudbury	East	B	47	00:28:52
17	2:17 PM	Men	B. J. Drew	Spalding CC	Lincolnshire	C	72	00:29:20
18	2:18 PM	Men	Mark Tomlinson	Peterborough CC	South East Midlands	N	39	
19	2:19 PM	Men	David Corder	Newmarket Cycling & Triathlon Club	East	B	50	00:26:49
20	2:20 PM	Men	Mark Halliday	North Bucks RC	London North	F	57	00:27:22
21	2:21 PM	Ladies	Linda Hones	Newmarket Cycling & Triathlon Club	East	B	58	00:29:49
22	2:22 PM	Men	Simon Hardy	Kings Lynn CC	East	B	51	00:26:54
23	2:23 PM	Men	Ken Roesner	Velouse Flyers	East	B	61	00:27:45
24	2:24 PM	Men	David Webster	Kings Lynn CC	East	B	52	00:26:58
25	2:25 PM	Men	John Royle	Fenland Clarion CC	South East Midlands	N	73	00:29:32
26	2:26 PM	Men	John Swanbury	VC Baracchi	East	B	73	00:29:32
27	2:27 PM	Men	Paul Moss	Stowmarket & District CC	East	B	52	00:26:58
28	2:28 PM	Junior	Isabella Johnson	Datalynx-Parenesis Cycling	London East	E	17	
29	2:29 PM	Ladies	Sally Withey	Team Swift	Yorkshire	V	51	00:29:11
30	2:30 PM	eBike	Paul Willis (eBike)	Wisbech Whs	East	B	64	00:28:06

<b>31</b>	2:31 PM	Men	Alan Harvey	Finsbury Park CC	London North	F	74	00:29:45
<b>32</b>	2:32 PM	Men	Bob Quarton	Wolsey RC	East	B	66	00:28:21
<b>33</b>	2:33 PM	Men	Mark Fairhead	CC Breckland	East	B	56	00:27:17
<b>34</b>	2:34 PM	Men	Stuart Supple	VC Baracchi	East	B	44	00:26:22
<b>35</b>	2:35 PM	Ladies	Jennifer Andrews	1904RT	London South	G	41	00:28:20
<b>36</b>	2:36 PM	Men	Anthony Bye	Wisbech Whs	East	B	65	00:28:13
<b>37</b>	2:37 PM	Men	Nigel Walsh	North Norfolk Whs	East	B	65	00:28:13
<b>38</b>	2:38 PM	Men	Jason Turner	Norwich A B C	East	B	49	00:26:45
<b>39</b>	2:39 PM	Men	Mike Watson	Lowestoft Wheelers Cycling Club	East	B	56	00:27:17
<b>40</b>	2:40 PM	Ladies	Kerry Tate	Newmarket Cycling & Triathlon Club	East	B	39	
<b>41</b>	2:41 PM	Men	Ivan Carr	Strada 2020	East	B	52	00:26:58
<b>42</b>	2:42 PM	Men	Patrick Charlton	Wolsey RC	East	B	62	00:27:52
<b>43</b>	2:43 PM	Men	Martin Smith	Newmarket Cycling & Triathlon Club	East	B	43	00:26:17
<b>44</b>	2:44 PM	Men	Mark Booth	Kettering CC	South East Midlands	N	44	00:26:22
<b>45</b>	2:45 PM	Ladies	Susan Triplow	CC Sudbury	East	B	53	00:29:21
<b>46</b>	2:46 PM	Men	Dominic Cordner	Deeside Thistle CC	Scotland		26	
<b>47</b>	2:47 PM	Men	Cliff Loveday	Ely & District CC/B&T Motor Repairs	East	B	57	00:27:22
<b>48</b>	2:48 PM	Men	Malc Jacklin	Fenland Clarion CC	South East Midlands	N	57	00:27:22
<b>49</b>	2:49 PM	Junior	Jack Watts	Kings Lynn CC	East	B	17	
<b>50</b>	2:50 PM	Men	Bryan Long	VTTA (East Anglia Group)	London East	E	54	00:27:07
<b>51</b>	2:51 PM	Men	Justin Gyton	Kings Lynn CC	East	B	43	00:26:17
<b>52</b>	2:52 PM	Men	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	B	46	00:26:31
<b>53</b>	2:53 PM	Men	Roger Sewell	Wisbech Whs	East	B	73	00:29:32
<b>54</b>	2:54 PM	Men	Geoff Frost	Team Velovelocity	East	B	49	00:26:45
<b>55</b>	2:55 PM	Men	Craig Lamb	Alford Whs	Lincolnshire	C	51	00:26:54
<b>56</b>	2:56 PM	Men	Gary Smith	Team Velovelocity	East	B	47	00:26:36
<b>57</b>	2:57 PM	Men	Jamie Sparrow	Kings Lynn CC	East	B	45	00:26:27
<b>58</b>	2:58 PM	Men	Lee Thomas	Velo-One Cycling Team	Lincolnshire	C	47	00:26:36
<b>59</b>	2:59 PM	Ladies	Mathilde Pauls	1904RT	London South	G	36	
<b>60</b>	3:00 PM	Men	John Manlow	Ely & District CC/B&T Motor Repairs	East	B	51	00:26:54
<b>61</b>	3:01 PM	Men	Gary Johnson	CC Sudbury	East	B	56	00:27:17
<b>62</b>	3:02 PM	Men	Philip Watkins	North Norfolk Whs	East	B	57	00:27:22
<b>63</b>	3:03 PM	Men	Paul Hayward	VC Baracchi	East	B	42	00:26:12

<b>64</b>	3:04 PM	Men	James Potter	Orwell Velo	East	B	39	
<b>65</b>	3:05 PM	Men	Chris Dyason	Cambridge CC	London East	E	72	00:29:20
<b>66</b>	3:06 PM	Men	Ben Keeley	Team Velovelocity	East	B	32	
<b>67</b>	3:07 PM	Men	Martin Holmes	Ely & District CC/B&T Motor Repairs	East	B	53	00:27:03
<b>68</b>	3:08 PM	Men	Paul Rooke	West Suffolk Wheelers	East	B	40	00:26:02
<b>69</b>	3:09 PM	Men	Simon Daw	Datalynx-Parenesis Cycling	London East	E	56	00:27:17
<b>70</b>	3:10 PM	Men	David Halliday	Newmarket Cycling & Triathlon Club	East	B	36	
<b>71</b>	3:11 PM	Men	Mike Padfield	North Norfolk Whs	East	B	45	00:26:27
<b>72</b>	3:12 PM	Men	Thomas Carroll	CC Breckland	East	B	39	
<b>73</b>	3:13 PM	Ladies	Francesca Hall	Team Boompods	Teesside	T	25	
<b>74</b>	3:14 PM	Men	Malcolm Smith	Peterborough CC	South East Midlands	N	57	00:27:22
<b>75</b>	3:15 PM	Men	Darren Davis	West Suffolk Wheelers	East	B	50	00:26:49
<b>76</b>	3:16 PM	Men	Paul Jay	DRAG2ZERO	South East Midlands	N	43	00:26:17
<b>77</b>	3:17 PM	Men	Andrew Grant	Cambridge CC	London East	E	67	00:28:30
<b>78</b>	3:18 PM	Men	Dan Blackburn	VC Norwich	East	B	42	00:26:12
<b>79</b>	3:19 PM	Men	Jordan Black	Loose Cannon's Conditioning	East	B	22	
<b>80</b>	3:20 PM	Men	Tim Phillips	St Ives CC	South East Midlands	N	50	00:26:49
<b>81</b>	3:21 PM	Men	Nick Partridge	VC Baracchi	East	B	42	00:26:12
<b>82</b>	3:22 PM	Men	Kevin Hobbs	Peterborough CC	South East Midlands	N	50	00:26:49
<b>83</b>	3:23 PM	Espoir	Zachary Herrod	AeroLab Ward WheelZ	Midland	K	22	
<b>84</b>	3:24 PM	Men	Mark Richards	D A P Cycling Club	East	B	35	
<b>85</b>	3:25 PM	Men	Ben Stancombe	Peterborough CC	South East Midlands	N	30	
<b>86</b>	3:26 PM	Men	Lloyd Chapman	Loose Cannon's Conditioning	East	B	30	
<b>87</b>	3:27 PM	Men	Paul Pardoe	Peterborough CC	South East Midlands	N	39	
<b>88</b>	3:28 PM	Men	Jason Bouttell	Team Vision Racing - Silverhook	London East	E	34	
<b>89</b>	3:29 PM	Men	Matthew Senter	Peterborough CC	South East Midlands	N	40	00:26:02
<b>90</b>	3:30 PM	Men	William Perrett	AeroLab Ward WheelZ	Midland	K	23	