



EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP  
B10/37R, SATURDAY 1<sup>st</sup> June 2024

(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  
**TIMEKEEPERS:** Start: Peter Church; Finish: Andy Moore, Naomi Lucas  
**HELPERS:** HQ: Amelia Bloy, David Bethell; Marshalls: Bruce Williams, Don Saunders, John Swindells

**HEAD QUARTERS:** Tottenhill Village Hall, 10 Whin Common Road, Tottenhill, King's Lynn PE33 0RS  
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.

**CTT Regulation and Local East District regulations & Recommendations for Time Trialling events:**

**15. Protective Helmets:** All competitors 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 EN1078. It is the responsibility of the rider to:

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

**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.

**Positioning of race numbers:** Numbers should be position low on the back/Bum in the lumbar region so as to be visible from behind – riders using Nopinz type pockets should be encouraged to call out their number when passing the timekeepers.

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

**Turbo trainers:** The use of turbo-trainers is banned at all events with a.m. start times.

## **LIGHTS:**

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

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.

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

## **NO FRONT or REAR LIGHT – NO RIDE.**

**Clothing:** It is strongly recommended that riders do not wear black or dark clothing during an event held on public roads.

## **CTT Reg. 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. 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.

Event officials must not seek to regulate or interfere with other traffic.

N.B. For the purposes of Regulation 20(b):

- (i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; and
- (ii) in the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left hand side of the left lane of such carriageway.

## **PRIZES:**



**EAST DISTRICT**  
**CYCLING ASSOCIATION**

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

**COURSE:** B10/37R

**WOMENS RECORD:** 21.48, Francesca Hall (2020)

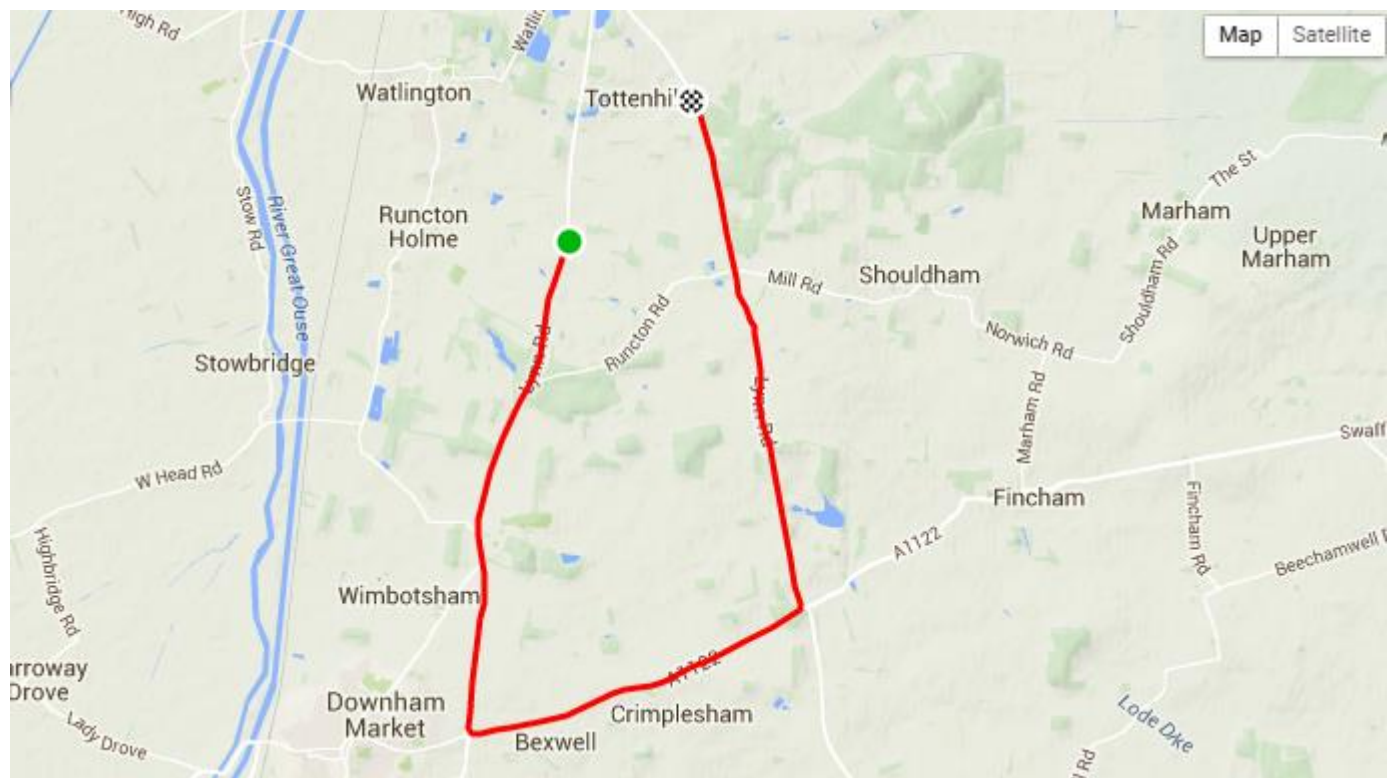
**MENS RECORD:** 19.24, William Perrett (2020)

**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>



Number	Start Time	Category	Bike	Name	Club	District	Code	Age	Vet Standard
1	2:01 PM	Open	Road	John Steed	West Suffolk Wheelers	East	B	75	00:30:48
2	2:02 PM	Female	TT	Denese Hallahan	Wisbech Whs	East	B	69	00:32:23
3	2:03 PM	Open	TT	Paul Willis	Kings Lynn CC	East	B	67	00:29:04
4	2:04 PM	Open	Road	Simon Taylor	Velouse Flyers	East	B	32	
5	2:05 PM	Open	TT	Bob Brabbins	VTTA West Group	West	U	81	00:32:32
6	2:06 PM	Open	TT	Steven Rue	West Suffolk Wheelers	East	B	71	00:29:52
7	2:07 PM	Open	TT	Trevor Roberts	Wolsey RC	East	B	50	00:26:46
8	2:08 PM	Female	TT	Kayleigh Wales	Wisbech Whs	East	B	38	
9	2:09 PM	Open	Road	Neil Watson	Velouse Flyers	East	B	51	00:26:51
10	2:10 PM	Female	TT	Sarah Senderski	Kings Lynn Triathlon Club	East	B	36	
11	2:11 PM	Open	Road	David Webster	Velouse Flyers	East	B	56	00:27:24
12	2:12 PM	Open	TT	Martin Pyne	West Suffolk Wheelers	East	B	67	00:29:04
13	2:13 PM	Female	Road	Kerry Brennand	Newmarket Cycling & Triathlon Club	East	B	44	00:28:44
14	2:14 PM	Female	TT	Sally Withey	Swift Racing	Yorkshire	V	55	00:29:20
15	2:15 PM	Open	TT	David Young	West Suffolk Wheelers	East	B	39	
16	2:16 PM	Open	TT	Jacob Booth	Spalding CC	Central	A	15	
17	2:17 PM	Open	TT	Mark Eastwood	West Suffolk Wheelers	East	B	59	00:27:47
18	2:18 PM	Open	TT	Simon Hardy	Kings Lynn CC	East	B	55	00:27:17
19	2:19 PM	Open	TT	David Gill	Diss & District CC	East	B	61	00:28:04
20	2:20 PM	Female	TT	Claire Hall	Parenesis-ToughHuman Cycling	London East	E	50	00:28:57
21	2:21 PM	Female	TT	Ann Shuttleworth	Cambridge CC	London East	E	57	00:29:34
22	2:22 PM	Open	TT	Mark Crookes	Iceni Velo	East	B	54	00:27:10
23	2:23 PM	Open	TT	Roger Sewell	Wisbech Whs	East	B	76	00:31:04
24	2:24 PM	Open	TT	Jason Turner	Norwich A B C	East	B	53	00:27:03
25	2:25 PM	Open	TT	Mark Booth	Spalding CC	Central	A	48	00:26:36
26	2:26 PM	Female	TT	Julia Freeman	Easterley Road Club	London East	E	60	00:30:01
27	2:27 PM	Open	TT	Jason Kierman	Born to Bike - Bridgtown Cycles	Midland	K	51	00:26:51
28	2:28 PM	Female	TT	Hannah O'Brien	Loose Cannon's Conditioning	East	B	47	00:28:49
29	2:29 PM	Open	TT	Antony Stapleton	Parenesis-ToughHuman Cycling	London East	E	58	00:27:39
30	2:30 PM	Open	TT	Craig Lamb	Alford Whs	Central	A	55	00:27:17
31	2:31 PM	Open	TT	Richard Camp	Kings Lynn CC	East	B	50	00:26:46
32	2:32 PM	Open	TT	Ian Short	CC Sudbury	East	B	50	00:26:46

Number	Start Time	Category	Bike	Name	Club	District	Code	Age	Vet Standard
33	2:33 PM	Open	TT	John Manlow	Ely & District CC/B&T Motor Repairs	East	B	55	00:27:17
34	2:34 PM	Open	TT	Glenn Taylor	Shorter Rochford RT	London North	F	56	00:27:24
35	2:35 PM	Open	TT	Matthew McClure	Wisbech Whs	East	B	39	
36	2:36 PM	Open	TT	Terry Garlinge	Easterley Road Club	London East	E	54	00:27:10
37	2:37 PM	Open	TT	Stuart Supple	Sole Bay Cycle Sport	East	B	48	00:26:36
38	2:38 PM	Open	TT	Robert Golding	Ely & District CC/B&T Motor Repairs	East	B	50	00:26:46
39	2:39 PM	Open	TT	Chris Holmes	VC Norwich	East	B	48	00:26:36
40	2:40 PM	Open	TT	Dan Blackburn	Epic Orange Race Team	East	B	46	00:26:27
41	2:41 PM	Open	TT	Matt O'Brien	Loose Cannon's Conditioning	East	B	46	00:26:27
42	2:42 PM	Open	TT	Nick Partridge	Sole Bay Cycle Sport	East	B	46	00:26:27
43	2:43 PM	Open	TT	Mark Richards	D A P Cycling Club	East	B	38	
44	2:44 PM	Open	TT	Lloyd Chapman	Loose Cannon's Conditioning	East	B	34	