

CYCLING CLUB BRECKLAND



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Cycling Club Breckland open miles Time Trial

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Wednesday 21st July 2021 - Course B25/8 - Start Time 18:31pm**

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.

HQ – Shropham Village Hall, Rocklands Road, Shropham, Norfolk NR17 1DU

Please note the car park is small – alternative place to park is the road down to the Angel pub were there a good-sized grass verges.

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.

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

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

Course - B25/8 (Larling - Wymondham - Larling)

START at paint mark on kerb, by drain, in underpass under A11 at Larling. Proceed to turn left onto sliproad to A11 eastbound where join A11 carriageway. Proceed east via Attleborough RAB to sliproad signed 'Mulbarton', take sliproad and proceed to Browick RAB (1), take 3rd exit and proceed over bridge (13.2 miles) to Browick RAB (2). Take 2nd exit to re-join A11 westbound and proceed via Attleborough RAB to **FINISH** at paint mark on kerb halfway along layby between Snetterton and Larling.

COURSE RECORDS Kyle Gordon (RT 23) 46:22 (2020)

Lady Jennifer Milmore (Islington CC) 54:39 (2020)

Juvenile Oliver Stockwell (Welwyn Wheelers) COMP RECORD 48:46 (2018)

Tandem Glenn Taylor (Shorter Rochford RT)/Mark Arnold (VTTA EA) 48:22 (2018)

Route to Start – Approx. 4 miles: From HQ turn left from entrance and then Turn right at Junction – proceed along Hargham Road to junction With B1111 – Turn right and proceed to start just the other side of the A11 bridge.

Alternative Route to Start – Approx. 3 miles: Shorter but a narrower lane, From HQ turn left from entrance and straight over crossroad (Caution) Proceed on Church Lane until T Junction with B1111 Turn Left and proceed to start as above.

After finishing continue on A11 to next exit – retrace routes back to HQ.

Due to this event being re arrange to a bit later in the month than we have ideally liked we have bought the start time for the event forward to 18:30pm I have also prepared the Start order base on slowest to fastest to enable us to clear the course at the earliest time. If on the evening of the event the forecast is overcast and there is risk of low visibility, we will not hesitate to cancel the event. If this happens, please accept this is for a reason of your own safety – If you are later start it maybe advisable to attached a front light flashing or static.

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.

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

Mens: 1st £25 2nd £20 3rd £15

Lady: 1st £25 2nd £20 3rd £15

VETS on Std: 1st £25 2nd £20 3rd £15

Team of 3: £10 Each

1st Tandem £20

One Rider: one prize except team.

HEADS UP AND RIDE SAFE.

BIB No.	S/Time	Rider		Club/Team	CAT.		Age	Vets Std.
1	18:31:00	Gerry	Barton	West Suffolk Wheelers	Male	Veteran	71	1.14.52
2	18:32:00	Phil	Bailey	Loose Cannon's Conditioning	Male	Veteran	59	1.10.14
3	18:33:00	Rosie	Simmons	Southampton University R C C (SURC)	Female	Espoir	20	
4	18:34:00	Wayne	Marks	Tri-Anglia Triathlon Club	Male	Veteran	50	1.07.56
5	18:35:00	Ian	Newby	Diss & District CC	Male	Veteran	51	1.08.10
6	18:36:00	Jim	Keeble	Rock Estate	Male	Veteran	59	1.10.14
7	18:37:00	Ben	Crick	CC Breckland	Male	Veteran	56	1.09.23
8	18:38:00	Laura	Davies	Orwell Velo	Female	Senior	25	
9	18:39:00	Roy	Rowland	Loose Cannon's Conditioning	Male	Senior	29	
10	18:40:00	Ashia	Fenwick	Orwell Velo	Female	Senior	24	
11	18:41:00	Mark	Fairhead	CC Breckland	Male	Veteran	57	1.09.39
12	18:42:00	Joy	Payne	High Wycombe CC	Female	Veteran	64	1.18.48
14	18:44:00	Daniel	Nichols	Anglia Velo	Male	Senior	31	
15	18:45:00	Ann	Shuttleworth	Cambridge CC	Female	Veteran	54	1.15.25
16	18:46:00	Susan	Triplow	CC Sudbury	Female	Veteran	54	1.15.25
17	18:47:00	Brian	Carr	Great Yarmouth C C	Male	Veteran	67	1.13.03
18	18:48:00	Bob	Quarton	Wolsey RC	Male	Veteran	67	1.13.03
19	18:49:00	Richard	Stevens	Shaftesbury CC	Male	Veteran	60	1.10.32
20	18:50:00	Allistair	Banks	V Baracchi	Male	Vet.	66	1.11.34
		John	Swanbury		Male	Tandem	74	
21	18:51:00	Andrew	Hutchison	Lowestoft Wheelers Cycling Club	Male	Vet.	58	1.10.03
		Catherine	Hutchison		Female	Tandem	56	
22	18:52:00	Mark	Arnold	VTTA East/Shorter Rochford RT	Male	Vet.	47	1.05.15
		Glen	Taylor		Male	Tandem	53	
23	18:53:00	Sandy	Telfer	Norwich A B C	Male	Senior	25	
24	18:54:00	Dave	Clark	Orwell Velo	Male	Veteran	43	1.06.32
25	18:55:00	Richard	Mellor	Team Bottrill	Male	Veteran	52	1.08.23
26	18:56:00	Toby	Morrell	Tri Harder	Male	Veteran	40	1.06.00
27	18:57:00	Mark	Ready	Diss & District CC	Male	Veteran	61	1.10.51
28	18:58:00	Phil	Jarvis	Colchester Rovers CC	Male	Veteran	56	1.09.23
29	18:59:00	Jason	Turner	Norwich A B C	Male	Veteran	50	1.07.56
30	19:00:00	Gary	Smith	Team Velovelocit	Male	Veteran	48	1.07.31
31	19:01:00	Patrick	Ellis	Diss & District CC	Male	Veteran	52	1.08.23
32	19:02:00	Mark	Edmonds	Shaftesbury CC	Male	Veteran	51	1.08.10
33	19:03:00	Mike	Watson	Lowestoft Wheelers Cycling Club	Male	Veteran	57	1.09.39
34	19:04:00	James	Rush	CC Sudbury	Male	Veteran	44	1.06.44
35	19:05:00	James	Moore	VC Baracchi	Male	Senior	32	
36	19:06:00	Brendan	Reese	Army Cycling	Male	Veteran	44	1.06.44
37	19:07:00	Michael	Martin	CC Ashwell	Male	Veteran	56	1.09.23
38	19:08:00	Thomas	Carroll	CC Breckland	Male	Veteran	40	1.06.00
39	19:09:00	Ian	Pike	Lincoln Wheelers CC	Male	Veteran	53	1.08.37
40	19:10:00	Oliver	Cozens	Norwich A B C	Male	Senior	35	
41	19:11:00	Paul	Hayward	VC Baracchi	Male	Veteran	43	1.06.32
42	19:12:00	Ryan	Gray	Ride Harder	Male	C5	29	
43	19:13:00	Oliver	Milk	Epic Orange Race Team	Male	Veteran	42	1.06.22
44	19:14:00	Colin	Lizieri	Cambridge CC	Male	Veteran	65	1.12.15
45	19:15:00	Philip	Watkins	North Norfolk Whs	Male	Veteran	58	1.09.56
46	19:16:00	Ian	Short	Team Salesengine.co.uk	Male	Veteran	47	1.07.19
47	19:17:00	Neil	Empson	Wisbech Whs	Male	Senior	36	
48	19:18:00	Ben	Houston	East Grinstead CC	Male	Veteran	44	1.06.44
49	19:14:00	David	Halliday	Newmarket Cycling & Triathlon Club	Male	Senior	37	
50	19:20:00	Matthew	McClure	Wisbech Whs	Male	Senior	36	
51	19:21:00	Robert	Golding	Ely & District CC/B&T Motor Repairs	Male	Veteran	48	1.07.31
52	19:22:00	Richard	O'Rourke	Team Vision Racing - Silverhook	Male	Veteran	47	1.07.19
53	19:23:00	Mark	Ellis	Mercedes AMG Petronas CC	Male	Veteran	57	1.09.39
54	19:24:00	Andrew	Grant	Cambridge CC	Male	Veteran	68	1.13.28
55	19:25:00	Keith	Dorling	Team Bottrill	Male	Veteran	62	1.11.11
56	19:26:00	Harley	Matthews	D A P Cycling Club	Male	Senior	27	
57	19:27:00	Hayley	Simmonds	CAMS Racing	Female	Senior	32	
58	19:28:00	James	Jenkins	Richardsons-Trek RT	Male	Senior	22	
59	19:29:00	Mark	Richards	D A P Cycling Club	Male	Senior	36	
60	19:30:00	Andy	Proffitt	Arctic Aircon RT	Male	Veteran	48	1.07.31
61	19:31:00	Mark	Smith	Crawley Wheelers	Male	Veteran	47	1.07.19
62	19:32:00	Matthew	Smith	DRAG2ZERO	Male	Veteran	43	1.06.32