



EAST DISTRICT CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP
B10/37R, SUNDAY 30th June 2019

(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 07786 085 257

TIME KEEPERS: Start: Rod Wood, Ben Keeley; Finish: Andy Moore, Peter Church, Naomi Lucas

HELPERS: Bruce William, Jason Boutell, Neil Empson, Sharon Empson

- 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.

LOCAL REGULATIONS:

U-TURNS are not permitted on courses and roads adjacent to start and finish areas, whilst event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width while astride the machine. Any survivors of this manoeuvre may face disqualification from the event and further action by the district committee.

NO warming up on course after start of event.

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.

LIGHTS:

The **CTT & EAST DISTRICT committee** strongly recommends that riders use a rear light either flashing or constant visible to following road users and is **active** when the machine is in use.

COURSE: B10/37R

WOMENS RECORD: 23.16, Verity Smith (2016)

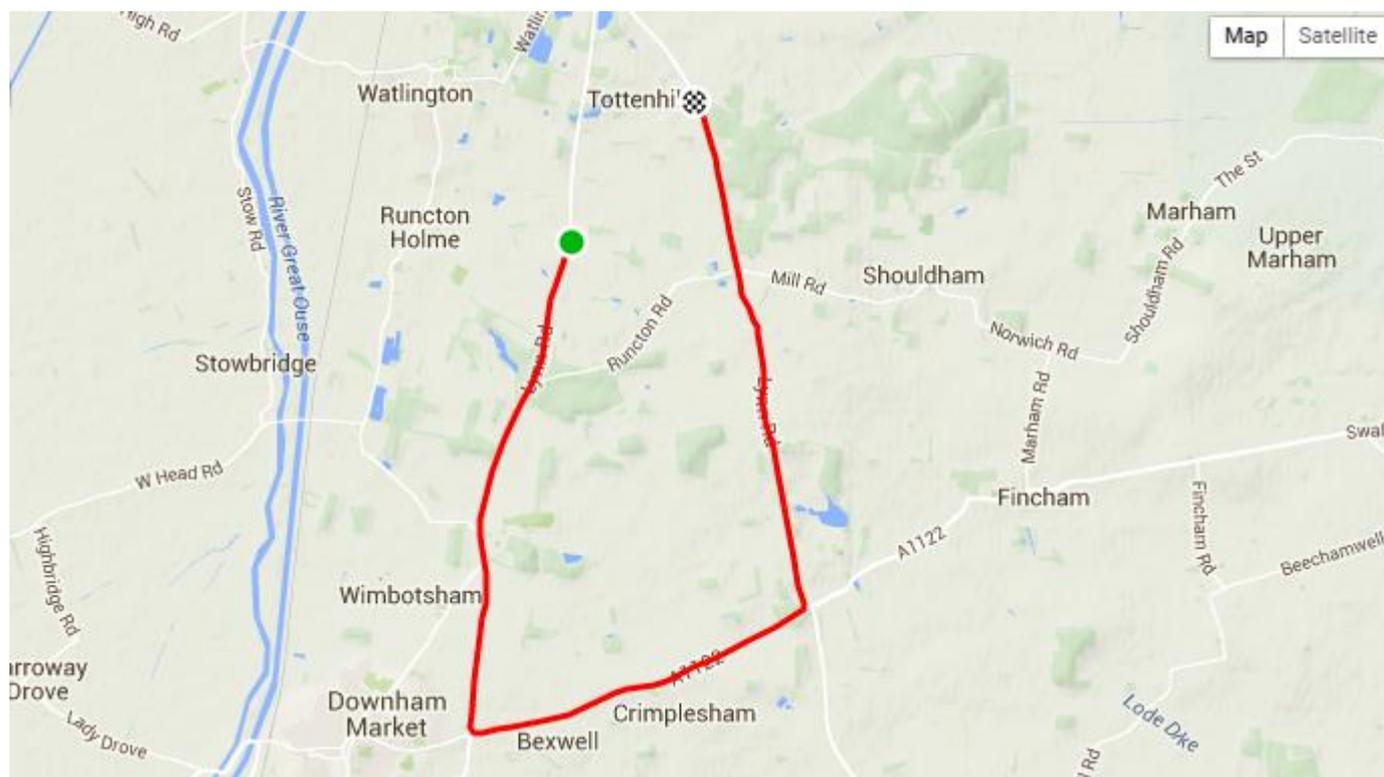
MENS RECORD: 19.45, Matthew Senter (2018)

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>



PHOTOS:

I hope to have a photographer on the course taking pictures of all competitors. The pictures will be made freely available on the Internet shortly after the result sheet is issued. Please be patient as it can take a long time for the images to be uploaded.

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.

1st Lady £30	1st Man £30	1st Junior £20
2nd Lady £20	2nd Man £20	1st Juvenile £20
3rd Lady £10	3rd Man £10	

HEADS UP AND HAVE A FAST AND SAFE RIDE

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
1	10:01 AM	Tandem	Mark Eastwood	West Suffolk Wheelers	East	B	54	
2	10:02 AM	Tandem	John Steed	West Suffolk Wheelers	East	B	70	00:26:55
3	10:03 AM							
4	10:04 AM							
5	10:05 AM							
6	10:06 AM	Men	Jamie Sparrow	Kings Lynn CC	East	B	44	00:26:22
7	10:07 AM	Men	Cliff Loveday	Ely & District CC/B&T Motor Repairs	East	B	56	00:27:17
8	10:08 AM	Men	Simon Hardy	Kings Lynn CC	East	B	50	00:26:49
9	10:09 AM	Men	Kenneth Stevens	South Pennine RC	Central	A	88	00:35:04
10	10:10 AM	Men	Tim Phillips	St Ives CC	South East Midlands	N	49	00:26:45
11	10:11 AM	Men	Gary Smith	Team Veloveloccity	East	B	46	00:26:31
12	10:12 AM	Men	Martin Pyne	Anglia Velo	East	B	62	00:27:52
13	10:13 AM							
14	10:14 AM	Ladies	Denese Hallahan	Wisbech Whs	East	B	64	00:30:31
15	10:15 AM	Men	Jorge Vieira	Team PedalRevolution.co.uk	East	B	45	00:26:27
16	10:16 AM							
17	10:17 AM	Men	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	B	45	00:26:27
18	10:18 AM							
19	10:19 AM	Ladies	Jemma Redhead	Wisbech Whs	East	B	45	00:28:42
20	10:20 AM	Men	Rory Havis	Ely & District CC/B&T Motor Repairs	East	B	38	
21	10:21 AM	Men	Darren Davis	West Suffolk Wheelers	East	B	48	00:26:40
22	10:22 AM	Men	Chris Womack	VC Baracchi	East	B	72	00:29:20
23	10:23 AM	Ladies	Kay Burgess	Team Veloveloccity	East	B	50	00:29:06
24	10:24 AM	Junior	Jack Watts	Team PedalRevolution.co.uk	East	B	16	
25	10:25 AM	Men	Andy Sewell	Aspire Velo Racing Team	East	B	36	
26	10:26 AM	Men	Andrew Knowles	North Norfolk Whs	East	B	33	
27	10:27 AM	Men	Mark Booth	Kettering CC	South East Midlands	N	43	00:26:17
28	10:28 AM	Ladies	Cindy Berry	D A P Cycling Club	East	B	24	
29	10:29 AM	Juvenile	Charlie Knowler	West Suffolk Wheelers	East	B	15	
30	10:30 AM	Men	Paul Jay	Team Veloveloccity	East	B	42	00:26:12

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
31	10:31 AM	Men	Nick Partridge	VC Baracchi	East	B	41	00:26:07
32	10:32 AM	Ladies	Sally Withey	Team Swift	Yorkshire	V	50	00:29:06
33	10:33 AM	Men	Paul Johnson	Kings Lynn CC	East	B	51	00:26:54
34	10:34 AM							
35	10:35 AM	Men	Lloyd Chapman	Plomesgate CC	East	B	29	
36	10:36 AM	Men	Ben Beynon	Team PedalRevolution.co.uk	East	B	25	
37	10:37 AM	Ladies	Becky Taylor	Wisbech Whs	East	B	43	00:28:31
38	10:38 AM	Men	Justin Gyton	Kings Lynn CC	East	B	42	00:26:12
39	10:39 AM							
40	10:40 AM							