

CYCLING CLUB BRECKLAND



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CC BRECKLAND's Open 30-mile Time Trial incorporating District Championship
Promoted for and on behalf of Cycling Time Trials under its rules and regulations on
Saturday 28th August. 2021 – Course B30/1B – Revised August 2018 – Start Time 16.01pm

TIMEKEEPERS

START Don Saunders CC Breckland
FINISH Andy Moore, Heather Saunders & Heidi Davis C C Breckland
MARSHALLS Members and friends of C C Breckland and other EDCA Clubs.

Please take note of the following Covid-19 guidance.

Please do not attend the event if you or any member of your support crew or family shows systems of Covid-19.

B30/1B (Attleborough – Snetterton – Browick – Snetterton – Attleborough) Revised 2018

START at paint mark two metres before 'Clearway' sign on sliproad from B1077 to join A11 westbound at Attleborough . Proceed westbound onto A11 and proceed to cross Attleborough roundabout and proceed on A11 to exit onto sliproad signed 'Snetterton Circuit/Horse Welfare' (brown sign). Take sliproad to first roundabout where take first exit. At second roundabout take first exit and continue over A11 (bridge) to third roundabout where take first exit. At fourth roundabout take first exit to sliproad to join A11 eastbound.

Proceed eastbound, crossing Attleborough roundabout – passing all junctions – take sliproad to roundabout signed 'Mulbarton' (Browick Road). Take third exit across bridge to second roundabout where take second exit onto sliproad to rejoin A11 westbound. Retrace on A11 – passing all sliproads – over Attleborough roundabout and continue to Snetterton Circuit/Horse Welfare sliproad. Exit and retrace over bridge and roundabouts. Rejoin A11 eastbound, cross Attleborough roundabout to FINISH approx 1.25 mile from roundabout just after blue footbridge over A11.

HQ – Spooner Row Village Hall, Station Road, Spooner Row, NR18 9JR

Village hall has a small car park – additional parking is available at the school nearby.

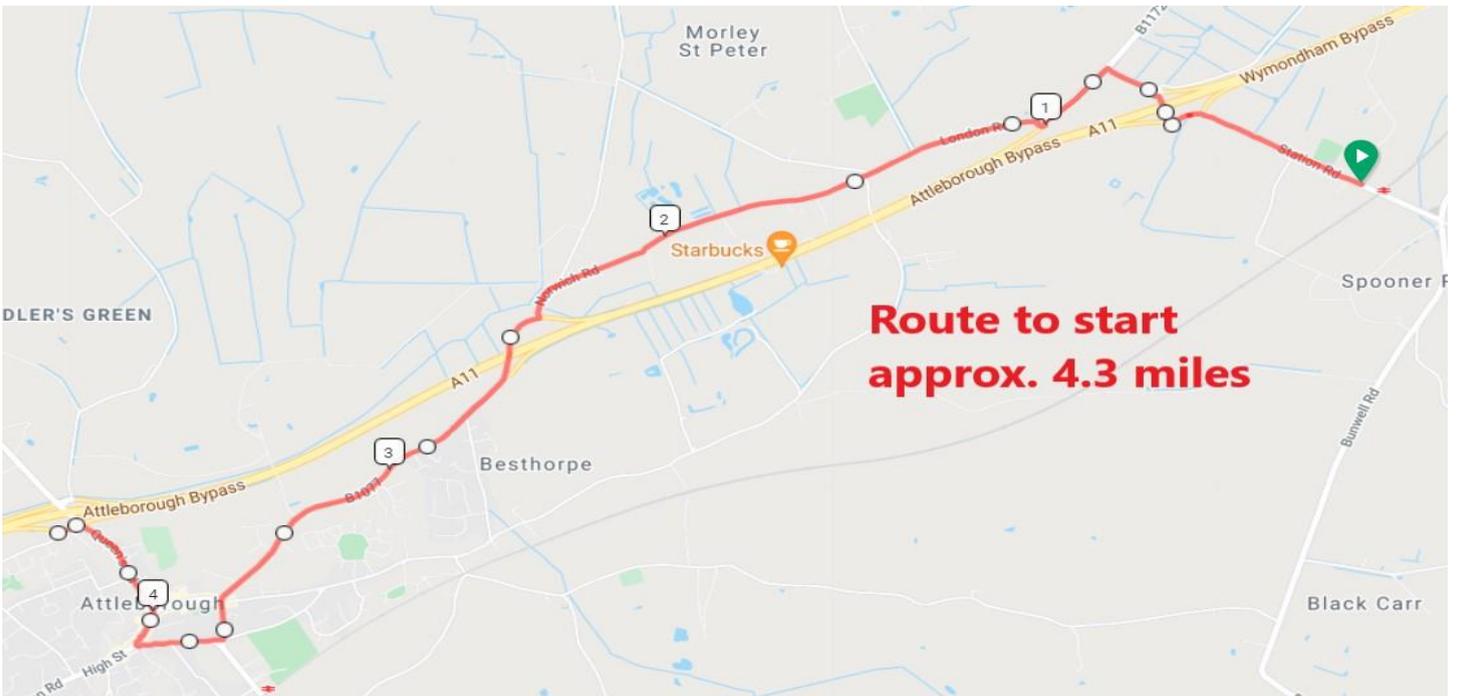
Numbers and signing on/out will be located either in hall or car park

Please bring your own pen – and use provided sanitiser – After finishing please deposit your number in the provided bucket.

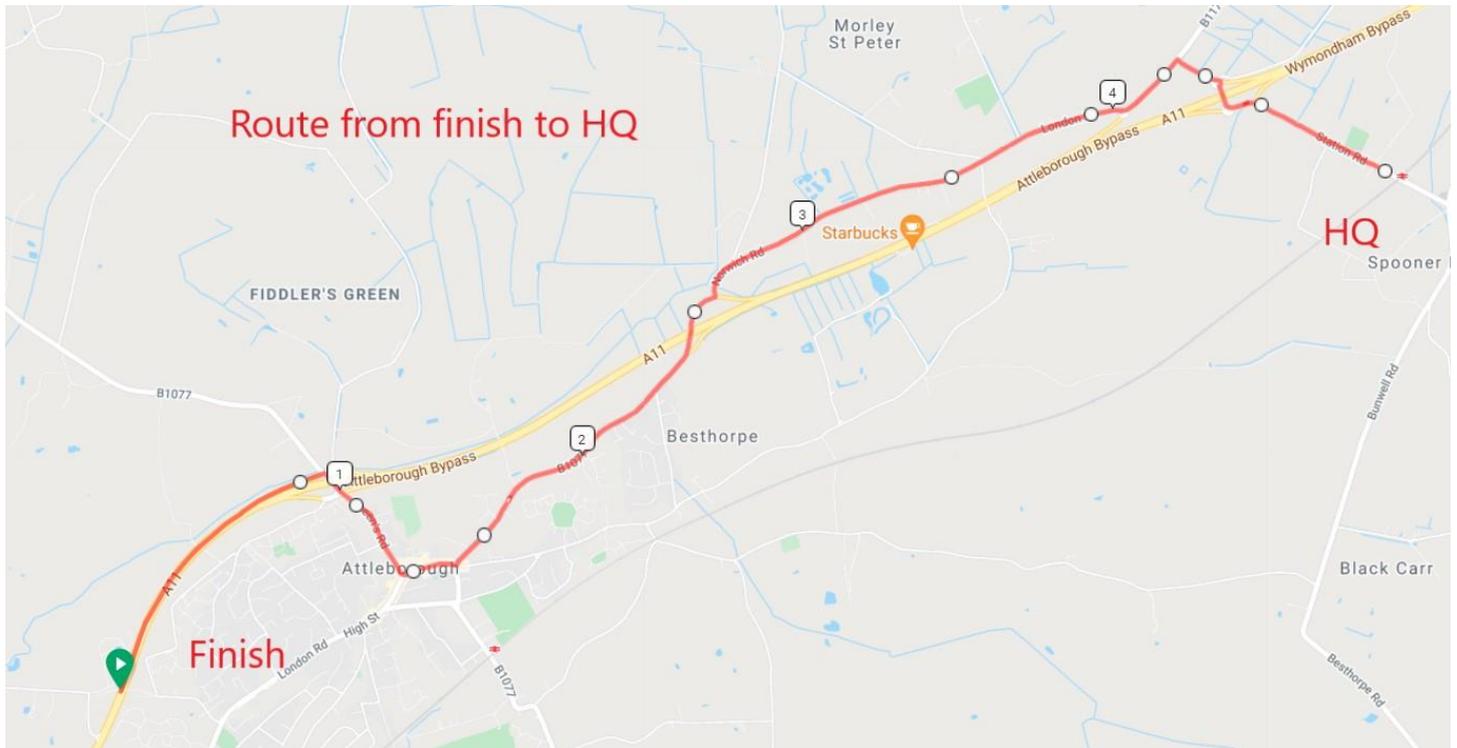
Attn. All competitors – Please note that from 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.



Route to Start: From HQ turn Left, at roundabout take 2nd exit and cross over A11 at 2nd roundabout take 1st exit, at T junction turn Left onto B1172, at roundabout proceed on London Rd. continue through village to T junction were turn right and pass over A11 proceed on B1077 into Attleborough – proceed through traffic lights to turn right onto one-way system (caution) keep right follow road around tight bend proceed passed shops and keep left passed Garage, pass Lidl – At traffic light turn left to join Blackthorn Rd. and start area.



After finishing: Take next exit slip road, at traffic light turn right pass under A11 straight through second traffic lights – up the hill to join one way system, proceed passed shops and church, keep left and proceed along B1077 cross over A11 and turn immediately left – continue through village to small roundabout, take 1st exit, turn right at Station Road – retrace over roundabouts to join Station Road and return to HQ.



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.

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.

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, and walk across the road.

The use of Turbos is prohibited for am starts. **WARMING UP - NO warming-up along the course once the event has started.**

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.

HEADS UP AND RIDE SAFE!

PRIZES ONE RIDER: ONE PRIZE EXCEPT TEAM

SCRATCH 1st £30 2nd £20 3rd £10

Ladies' 1st £30 2nd £20 3rd £10

VET on STANDARD 1st £30 2nd £20 3rd £10

1st Tandem £20

TEAM OF THREE £10 each

EDCA Awards to EDCA affiliated riders.

bib	Start time	Rider	Club	Cat.	Age	Vets. Standard
1	16.01	Pat Ellis	Diss & District C C	Veteran	52	01:22:24
2	16.02	Adrian McHale	Peterborough C C	Veteran	45	01:20:37
3	16.03	Laura Davies	Orwell C C	F/Senior	26	
4	16.04	Phil Wright	Hartlepool C C	Veteran	66	01:27:35
5	16.05	Dan Blackburn	Epic Orange Race Team	Veteran	44	01:20:23
6	16.06	John Manlow	Ely & District C C/B&T Motor Repairs	Veteran	53	01:22:41
7	16.07	Andy Newham	Lincoln Wheelers C C	Trike	48	01:27:19
8	16.08	Chris Womack	V C Baracchi	Veteran	74	01:32:15
9	16.09	Abby Thompson	Suffolk Youth Race team	Juvenile	12	
10	16.10	Andrew Grant	Cambridge C C	Veteran	68	01:28:35
11	16.11	Paul Haward	V C Baracchi	Veteran	43	01:20:10
12	16.12	Denese Hurren	Sole Bay Cycle Sport	F/Veteran	56	01:31:35
13	16.13	Nicholas Webber	C C Sudbury	Veteran	61	01:25:24
14	16.14	Dominic Whitehead	Cambridge C C	Veteran	63	01:26:13
15	16.15	Chris Holmes	Twickenham C C	Veteran	45	01:20:37
16	16.16	Oliver Cozens	Norwich A B C	Senior	35	
17	16.17	Carmelo Luggeri	C C Ashwell	Veteran	65	01:27:06
18	16.18	Dave Mason	Lincoln Wheelers C C	Trike	47	01:27:03
19	16.19	Bob Loader	Sydenham Wheelers	Veteran	88	01:47:11
20	16.20	Nick Partridge	V C Baracchi	Veteran	43	01:20:10
21	16.21	Lee Garrod	Sole Bay Cycle Sport	Veteran	53	01:22:41
22	16.22	Andrew Clarke	North Shorpsire Wheelers	Veteran	62	01:25:48
23	16.23	Mark Thompson	V C Baracchi	Veteran	47	01:21:06
24	16.24	Joy Payne	High Wycombe C C	F/Veteran	64	01:34:60
25	16.25	Dave Green	C C Breckland	Veteran	57	01:23:57
26	16.26	Chris Shaw	Fenland Clarion C C	Veteran	58	01:24:17
27	16.27	Johnathan Lincoln	Gt. Yarmouth C C	Veteran	48	01:21:20
28	16.28	Bob Quarton	Wolsey C C	Veteran	67	01:28:04
29	16.29	Cheryl Tye	Plomesgate C C	F/Veteran	53	01:30:33
30	16.30	Paul Jay	Drag2Zero	Veteran	44	01:20:23
31	16.31	Ryan Gray	Rider Harder	C5	29	
32	16.32	Michael Martin	C C Ashwell	Veteran	56	01:23:37
33	16.33	Roy Rowlands	Loose Cannon's Conditioning	Senior	30	
34	16.34	Eva Zisgoovaa3crg	F/Senior	36	
35	16.35	Darran Bennett	Ely & District CC/B&T Motor Repairs	Veteran	51	01:22:08
36	16.36	Colin Lizieri	Cambridge C C	Veteran	66	01:27:35
37	16.37	Ian Pike	Lincoln Wheelers C C	Trike	53	01:28:48
38	16.38	Roger Sewell	Wisbech Wheelers	Veteran	74	01:32:15
39	16.39	Mark Fairhead	C C Breckland	Veteran	57	01:23:57
40	16.40	Kevin Tye	VeloRefined Rule 5	Veteran	59	01:24:38
41	16.41	John Bradbury	C C Sudbury	Veteran	50	01:21:51
42	16.42	Jackie Field	C C Ashwell	F/Veteran	56	01:31:35
43	16.43	John Swanbury Allistair Banks	V C Baracchi	Tandem	74 66	01:26:19
44	16.44	Andrew Hutchison Catherine Hutchison	Lowestoft Wheelers	Tandem	58 56	01:24:25
45	16.45	Glen Taylor Mark Arnold	Shorter Rochford RT VTTA (East Anglia Group)	Tandem	53 47	01:18:37
46	16.46	Ian Greenstreet Rachael Elliott	Newbury Velo	Tandem	57 43	01:22:24