

GREAT YARMOUTH C.C./PEDAL REVOLUTION/1ST CALL CAR PARTS

GOOD FRIDAY 10 MILE TIME TRIAL

15TH APRIL 2022

COURSE: B10/43 - T.O.S. 8.00AM

Event Secretary: Lynn Evans, 160 Kimberley Road, Lowestoft, Suffolk, NR33 0UA. Tel: (01502) 800603
Mobile: 07946466139

Handicapper: East District Handicap Book

Timekeepers: Mr P Vergette , Mr M. Johnson & Miss L. Evans

Recorder: Mr T. Parker

C.T.T. Observers: Mr Mike Palmer and Mr Gary Wakeley

Course: B10/43:

START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall and proceed east to **TURN** at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to **FINISH** at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Numbers: Will be at the HQ and not at the start where you will need to sign in before being provided with your number and it can be exchanged for a free 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 so will result in the competitor being recorded as D.N.F.

Parking: At the HQ - Wortwell Community Centre, Tunbeck Close, Wortwell, IP20 0HS. The hall will be open from 6.45am.

No Parking: At start or finish areas. **PARKING ONLY AT HQ PLEASE. THERE IS PLENTY OF ROOM. PLEASE DO NOT PARK ON THE GRASS AREA AT END OF CAR PARK. PLEASE PARK IN A TIDY MANNER.**

At HQ: Toilets are provided. Please do not change in the hall. **WE ARE IN THE CONFERENCE ROOM AGAIN THIS YEAR.**

C.T.T. REGULATIONS AND LOCAL EAST DISTRICT RULES FOR TIME-TRIALS:

1. **NO WARMING-UP** on ANY part of the course once the event is in progress.
2. **`U-TURNS`** will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress.

Note: Any breaking of these regulations 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).

CTT REG 13 - NEW OR IMPROVED PERFORMANCES :- PLEASE PAY ATTENTION TO THE RULES REGARDING HANDICAPS (RULE 13 PAGE 340 CTT HANDBOOK).

For handicap and time category events, any improvement or new performance occurring more than three days before the event must be notified in writing, by telephone, by fax, or by email to the promoting secretary. This must be done within three days of the new improved performance. Any improvement made within three clear days of the event shall be ignored, except for second or lower class events where entry is restricted by performance.

CTT REG 14(i) and 14(j):- ALL COMPETITORS TO BE AWARE OF THIS RULE (PAGE 341 CTT HANDBOOK)

(I) **No competitors** shall be permitted to **START** in either Type A or Type B events unless such a competitor has affixed to the rear of their machine a working red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

(J) **No competitors** shall be permitted to **START** in either a Type A or Type B event unless such a 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

CTT REG 15 - PROTECTIVE HELMETS:- (PAGE 341 CTT HANDBOOK) - ALL competitors MUST wear a properly affixed helmet which must be of hard/shell construction. Helmets should conform to a standard such as SNELLB95, ANSI Z90.4, AUS/NZS 2063.96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider 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.

NO HELMET - NO RIDE

CTT REG 20 - OBSERVANCE OF THE LAW:- (PAGE 343 CTT HANDBOOK) - 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 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):

- (1) 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
- (2) 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.

CLOTHING: It is strongly recommended that riders **DO NOT** wear black or dark clothing during an event held on public roads.

POSITIONING OF RACE NUMBER: Numbers should be position low on the back/bum in the lumber region so as to be visible from behind - riders using NO PINS type pockets should be encouraged to call out their number when passing the timekeepers.

THE USE OF TURBO TRAINERS IS BANNED AT ALL EVENTS WITH AM START TIMES.

`PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS. `

PRIZES:

Women's and Juniors Event:

Fastest Lady: 1st £40

1st Lady on H/Cap: £40

1st Juvenile/Junior on H/Cap: £20

Mens/Vets Event:

Fastest: 1st £40, 2nd £30, 3rd £20

H/Cap: 1st £40 + Derek Evans Memorial Handicap Award, 2nd £30, 3rd £20

Vets on Std: 1st £30, 2nd £20

Team: Bidlake System (fastest 3rd rider) 3 riders £15 each

ONE RIDER, ONE PRIZE EXCEPT TEAM

ORDER OF START

Women's and Juniors Event:

NO	NAME	CLUB	H/CAP	CAT	T.O.S
1	Jenny Anderson	Great Yarmouth CC	7.34	L/V 31.15	8.01 am
2	Ashia Fenwick	Orwell Velo	7.41	L	8.02
3	Larissa Webster	Godric CC	11.26	L	8.03
4	Toby Barnes	Great Yarmouth CC	12.08	Juv	8.04
5	Jamie Bretton	Stonham Barns Park -SYRT	6.22	Jun	8.05
6	William Horspool	Wisbech Wheelers	6.44	Juv	8.06
7	Jan Smith	Great Yarmouth CC	7.37	L/V 29.54	8.07
8	Cheryl Tye	Plomesgate CC	9.43	L/V 29.48	8.08
9	Zak Barber	VC Baracchi	12.08	Juv	8.09
10	Denise Hurren	Sole Bay Cycle Sport	5.33	L/V 30.08	8.10

Men`s and Vets Event:

NO	NAME	CLUB	H/CAP	CAT	T.O.S.
11	Jonathan Lincoln	Great Yarmouth CC	5.22	V 26.41	8.11 am
12	Richard Postance	Norwich ABC	5.05	S	8.12
13	Martin Simmons	C C C P	6.51	V 27.24	8.13
14	David Young	West Suffolk Wheelers	8.03	S	8.14
15	Oliver Cozens	Norwich ABC	3.33	S	8.15
16	Andrew Skiggs	Tri Harder	4.27	V 26.32	8.16
17	Lewis Bird	Great Yarmouth CC	6.09	V 26.27	8.17
18	John Swanbury	VC Baracchi	5.26	V 30.20	8.18
19	Peter Kennedy	West Suffolk Wheelers	10.51	V 28.13	8.19
20	James Potter	Loose Cannon`s Conditioning	2.20	V 26.10	8.20
21	James Hayward	Ipswich Tri Club	4.06	S	8.21
22	Brian Carr	Great Yarmouth CC	5.37	V 28.49	8.22
23	Chris Cantwell	West Suffolk Wheelers	6.34	V 28.13	8.23
24	David Fenn	CC Sudbury	9.12	V 29.42	8.24
25	Paul Hayward	VC Baracchi	3.32	V 26.19	8.25
26	Mathew Shotbolt	Loose Cannon`s Conditioning	4.19	S	8.26
27	Peter Aldred	Great Yarmouth CC	5.59	V 26.32	8.27
28	Harley Wenman	Stowmarket & District CC	7.47	V 27.12	8.28
29	Gary Durrant	Great Yarmouth CC	Novice	V 27.12	8.29
30	Chris Holmes	VC Norwich	2.02	V 26.32	8.30
31	Mike Watson	Lowestoft Wheelers CC	3.58	V 27.37	8.31
32	Dean Buckingham	Velouse Flyers	5.34	S	8.32
33	Graham Horspool	Wisbech Wheelers	6.24	V 26.23	8.33
34	Steven Barber	VC Baracchi	9.20	V 26.41	8.34
35	Gary Pamment	CC Sudbury	3.28	V 26.51	8.35
36	Alex Warburton	Velo Schils Interbike RT	4.11	S	8.36
37	Chris Womack	VC Baracchi	6.00	V 30.20	8.37
38	James Oxbury	Norwich ABC	7.46	V 26.27	8.38

39	Mark Ramsdale	Great Yarmouth CC	9.26	V 26.10	8.39 am
40	Mark Richards	Dap CC	1.53	S	8.40
41	Robert Staines	Loose Cannon`s Conditioning	3.34	S	8.41
42	Andrew Grant	Chelmer CC	5.24	V 28.13	8.42
43	Martin Pyne	West Suffolk Wheelers	6.19	V 28.22	8.43
44	Mark Munnings	Lowestoft Wheelers CC	8.32	V 27.51	8.44
45	Lewis Roberts	Blackspokes RT	3.18	S	8.45
46	Chris Tye	Plomesgate CC	4.08	V 27.18	8.46
47	Nathan Franklin	Stowmarket & District CC	5.53	S	8.47
48	Tom Moore	Great Yarmouth CC	7.01	S	8.48
49	Rob Hobbs	Diss & District CC	10.22	V 26.19	8.49
50	Lloyd Chapman	Loose Cannon`s Conditioning	1.52	S	8.50
51	Oliver Milk	Epic Orange Race Team	3.45	V 26.19	8.51
52	Chris Nudds	CC Breckland	5.04	V 29.54	8.52
53	Richard Fiddament	Iceni Velo	Nil	V 27.18	8.53
54	Daniel Sayer	Beccles Tri Club	8.01	V 26.46	8.54
55	Stuart Supple	VC Baracchi	2.56	V 26.32	8.55
56	David Ackerley	Team JMC	4.07	V 26.19	8.56
57	Sandy Telfer	Norwich ABC	5.46	S	8.57
58	Rob Harlow	Great Yarmouth CC	6.46	S	8.58
59	Martin Reeve	Rock Estate	Novice	S	8.59

KEEP YOUR HEADS UP AND HAVE A FAST AND SAFE RIDE!

PLEASE NOTE:

There are some CTT rule changes this year so please take time to read all these on the Coversheet part of the startsheet.

Lynn Evans

Event Secretary

