

OPEN 25 MILES SOLO & TANDEM TIME TRIAL, SATURDAY 12TH MAY 2018

Promoted for and on behalf of cycling time trials under their rules and regulations

Event secretary: **Jen Smart, Sunnyside, Station Rd, Cantley, NR13 3SH Tel: 07736 793309**

Timekeepers: **Derek & Jenny Lusher (Norwich ABC) & Ian Doe (VC Norwich), Stephen Penney (Anglia Velo)**

Race H.Q: **East Harling Youth Centre, Church Rd, East Harling, NR16 2NA
Opposite the church, Open from 1500**

Starting stewards, recorders, marshals and refreshments: **Members and friends of VC Norwich**

Parking: Parking at the Youth Centre is limited but there is also parking at the Sports & Social Club next door and there is ample parking on roads adjacent to the HQ. There is also parking near the start. Follow the B111 until approximately 200m from the start, turn right and right again and you can park on the verge.

Course: B25/8 (Larling-Wymondham-Larling). START at the paint mark on kerb – by drain – on B1111 in underpass under A11 at LARLING. Proceed to turn LEFT onto slip road to A11 EASTBOUND to join A11 carriageway. Proceed EAST via ATTLEBOROUGH RAB to slip road signed MULBARTON. Take slip road and proceed to BROWICK RAB (1). Take 3rd exit and proceed over bridge (13.2 miles) to BROWICK RAB (2). Take 2nd exit to rejoin A11 WESTBOUND and proceed via ATTLEBOROUGH RAB to finish at paint mark on the kerb – at point half way along layby between SNETTERTON and LARLING. After finish exit next slip road.

To the start: The start is approximately 1.6 miles from the HQ. Turn left out of the HQ onto the B111 for 1.6miles.

Back to HQ: After finish exit next slip road, proceed along B111 for 1.6miles back to HQ.

Signing IN & OUT: After SIGNING IN at Race HQ you can collect your numbers*. All competitors are now required to SIGN OUT when returning their number*¹. Failure to sign out will result in the competitor being recorded as DNF. * Please do not damage the numbers with adhesive or by using pins other than through the eyelets. *¹CTT Handbook, Rule 17B, page 343.

Refreshments: On return of the number, riders will be provided with a free drink. Donations will be gratefully received in aid of Maisies Wheelchair Appeal.

CTT EAST DISTRICT LOCAL REGULATIONS

Turbo Trainers	As this is a PM event, the use of turbo trainers is permitted but please be mindful of space in the car park.
U Turns	U-turns will not be permitted on the course or on roads adjacent to the start and finish areas while the event is in progress. NOTE: A U-TURN is defined as a 180 degree turn completed within the width of the carriageway whilst astride the bicycle. It is recommended that the rider(s) should dismount, check the road is clear in both directions then with the bicycle walk across the road.
Warming Up	No riding along the course by competitors once the event has started. Any breaking of these regulations in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.
Safety LED rear lights	It is recommended that a working rear light either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.
Cycling Helmets	IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoter strongly advise you to wear a hard-shell helmet that meets internationally accepted safety standard.

All competitors under the age of 16 years and/or juniors must wear properly affixed protective helmets which must be of hard/soft shell construction. Helmets should conform to recommended standard such as SHELL B95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078.

It is the responsibility of the rider (or parent/guardian) if the rider is under 18 years of age to:-

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

Course Records:

Men	Ryan Perry	(Langdale Lightweight)	00:46:31 (2016)
Women	Susan Triplow	(Essex Roads CC)	00:57:02 (2017)

PRIZE LIST

SCRATCH	1 st £40	2 nd £30	3 rd £20
WOMEN	1 st £40	2 nd £30	3 rd £20
VET on STD	1 st £40	2 nd £30	3 rd £20

ONE RIDER, ONE PRIZE

Number	Name	Club	category	start_time
1	Mark Smart	VC Norwich	V	16:01
2	Roger Sewell	Wisbech Whs	V	16:02
3	Patrick Ellis	Diss & District CC	V	16:03
4	Alistair Golby	Cambridge University CC	E	16:04
5	Steve Cave	Plomesgate CC	V	16:05
6	Stuart Emmett	Wisbech Whs	V	16:06
7	Chris Steward	CC Sudbury	S	16:07
8	Paul White	Diss & District CC	V	16:08
9	Keith Stockwell	Welwyn Whs	V	16:09
10	James Rush	CC Sudbury	V	16:10
11	Mark Lloyd	3T-RACING	V	16:11
12	Oliver Cozens	Norwich A B C	S	16:12
13	Tom Moore	Great Yarmouth C C	S	16:13
14	Neil Empson	Anglia Velo	S	16:14
15	Paul Hayward	VC Baracchi	S	16:15
16	N J Parravani	CC Breckland	V	16:16
17	James Anderson	Iceni Velo-Duff Morgan	V	16:17
18	Oliver Stockwell	Welwyn Whs	J	16:18
19	Daniel Nichols	Anglia Velo	S	16:19
20	Joe Skipper	Team Skipper	S	16:20
21	Adrian Pettitt	Stowmarket & District CC	V	16:21
22	Phil Lee	Wisbech Whs	V	16:22
23	Dan Blackburn	VC Norwich	V	16:23
24	John Swindells	Iceni Velo-Duff Morgan	V	16:24
25	Toby Cowell	Cambridge University CC	E	16:25
26	Luke Hurst	Ashtons Legal Cycling Club	S	16:26
27	Jules Claxton	Great Yarmouth C C	S	16:27
28	Matt Ratcliffe	Iceni Velo-Duff Morgan	V	16:28
29	David Crisp	3T-RACING	V	16:29
30	Jack Brown	Cambridge University CC	E	16:30
31	Mark Saunders	VC Baracchi	V	16:31
32	Dan Foster	3T-RACING	V	16:32
33	Geoff Frost	Team Velovelocit	V	16:33
34	Andy Kennedy	Ipswich BC	V	16:34
35	Chris Tye	Plomesgate CC	V	16:35
36	Peter Johnson	Norwich A B C	V	16:36
37	Philip Waring	VTTA (East Anglia Group)	V	16:37
38	Gary Smith	Team Velovelocit	V	16:38
39	Iain Robertson	Tri-Anglia Triathlon Club	V	16:39
40	Ben Keeley	Team Velovelocit	S	16:40
41	Mark Ready	Diss & District CC	V	16:41
42	Martin Pyne	Anglia Velo	V	16:42
43	Brian Carr	Great Yarmouth C C	V	16:43
44	John Grayston	Norwich A B C	V	16:44
45	Aidan Bond	North Norfolk Whs	V	16:45
46	Karim Ouaddane	Tri-Anglia Triathlon Club	V	16:46
47	Marshall Crowe	Plomesgate CC	V	16:47
48	Philip Watkins	North Norfolk Whs	V	16:48
49	Michael Wood	CC Breckland	V	16:49
50	Matt O'Brien	Plomesgate CC	V	16:50

Number	Name	Club	category	start_time
51	Jennifer Smart	VC Norwich	WV	16:51
52	Allison Ragosa	Ride Harder	WV	16:52
53	Becky Schofield	Tri-Anglia Triathlon Club	WS	16:53
54	Kirsty Ferris	Epic Orange / Physio Resolutions	WV	16:54
55	Denise Hurren	Sole Bay Cycle Sport	WV	16:55
56	Cindy Berry	Pedal Power Cycles Ipswich	WS	16:56
57	Ann Shuttleworth	Braintree Velo CRC	WV	16:57
58	Claire Hardy	Belvoir Tri Club	WV	16:58
59	Rachel Holman	Ride Harder	WV	16:59
60	Ben Stancombe	Team Velovelocity	S	17:00
61	Ian Short	Team Salesengine.co.uk	V	17:01
62	Joe Empson	Anglia Velo	V	17:02
63	Carl Murley	Wisbech Whs	V	17:03
64	James Walsgrove	Ride Harder	S	17:04
65	Oliver Milk	Tri-Anglia Triathlon Club	S	17:05
66	Lee Garrod	Sole Bay Cycle Sport	V	17:06
67	Robert Golding	Ely & District CC/B&T Motor Repairs	V	17:07
68	Trevor Caley	Plomesgate CC	V	17:08
69	Chris Roberts	Team PedalRevolution.co.uk	V	17:09
70	Matthew Senter	Team Velovelocity	S	17:10
71	Richard Carrington	West Suffolk Wheelers	V	17:11