



EAST DISTRICT CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP B10/37R, SATURDAY 9th June 2018

(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, Gary Smith; Finish: Andy Moore, Peter Church, Naomi Lucas

HELPERS: Abby Marshall, Alec Marshall, Gary Smith, Geoff Frost, Phil Gosling

- 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:

- Select a helmet that offers protection against head injury and does not restrict the riders' vision or hearing.
- 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)

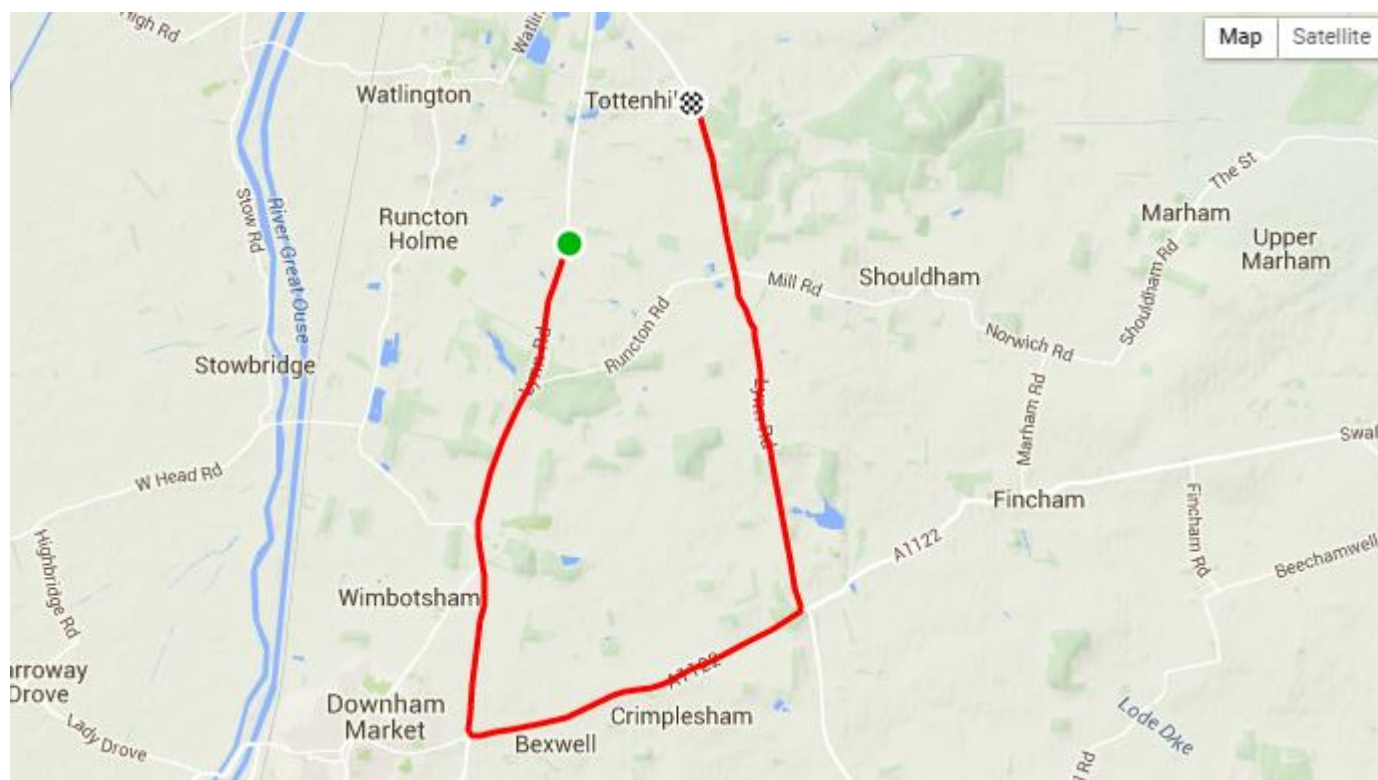
MENS RECORD: 20.04, Matthew Senter (2017)

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:

There will be 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

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 except juniors.

1st Lady £50	1st Man £30	1st Junior £20
2nd Lady £30	2nd Man £20	2nd Junior £20
3rd Lady £20	3rd Man £10	3rd Junior £20
4th Lady £10		

HEADS UP AND HAVE A FAST AND SAFE RIDE

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
1	2:01 PM							
2	2:02 PM	Tandem	Trevor Marshall & Paul Hunt	Kings Lynn CC	East	B	47 & 42	00:25:17
3	2:03 PM	Junior	Eleanor Marshall	Kings Lynn CC	East	B	14	
4	2:04 PM	Junior	Charlie Knowler	West Suffolk Wheelers	East	B	14	
5	2:05 PM	Junior	Isabella Johnson	CC Sudbury	East	B	15	
6	2:06 PM	Men	Philip Jones	Peterborough CC	South East Midlands	N	59	00:27:32
7	2:07 PM	Men	Barry Lee	CC Sudbury	East	B	69	00:28:52
8	2:08 PM	Men	Andrew Grant	Chelmer CC	London East	E	59	00:27:32
9	2:09 PM	Men	David Young	West Suffolk Wheelers	East	B	33	
10	2:10 PM	Men	Trevor Roberts	Wolsey RC	East	B	44	00:26:18
11	2:11 PM	Men	Andrew Vaughan	Bonito Squadra Corse	South East Midlands	N	48	00:26:36
12	2:12 PM	Men	Richard Glover	CC Ashwell	London North	F	78	00:30:58
13	2:13 PM	Men	John Swanbury	VC Baracchi	East	B	71	00:29:14
14	2:14 PM	Men	Mark Ready	Diss & District CC	East	B	57	00:27:20
15	2:15 PM	Men	Gary Johnson	CC Sudbury	East	B	54	00:27:04
16	2:16 PM	Men	Lorne Ffoulkes-Jones	Tuxford Clarion C C	Central	A	43	00:26:13
17	2:17 PM	Men	Malc Jacklin	Fenland Clarion CC	South East Midlands	N	54	00:27:04
18	2:18 PM	Men	Simon Hardy	Kings Lynn CC	East	B	49	00:26:41
19	2:19 PM	Men	Paul Moss	Stowmarket & District CC	East	B	50	00:26:45
20	2:20 PM	Men	John Steed	West Suffolk Wheelers	East	B	69	00:28:52
21	2:21 PM	Men	Martin Pyne	Anglia Velo	East	B	61	00:27:44
22	2:22 PM	Men	Mark Eastwood (Tricycle)	West Suffolk Wheelers	East	B	53	00:28:38
23	2:23 PM	Men	Ivan Carr	Kings Lynn CC	East	B	50	00:26:45
24	2:24 PM	Men	Mark Fairhead	CC Breckland	East	B	54	00:27:04
25	2:25 PM	Men	James Walsgrove	Ride Harder	East	B	39	
26	2:26 PM	Men	Phil Lee	Wisbech Whs	East	B	49	00:26:41
27	2:27 PM	Men	John Manlow	Ely & District CC/B&T Motor Repairs	East	B	49	00:26:41
28	2:28 PM	Men	Michael Wood	CC Breckland	East	B	66	00:28:23
29	2:29 PM	Men	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	B	44	00:26:18

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
30	2:30 PM	Men	Philip Watkins	North Norfolk Whs	East	B	55	00:27:09
31	2:31 PM	Men	Nick Partridge	Plomesgate CC	East	B	40	00:25:59
32	2:32 PM	Men	Mark Smart	VC Norwich	East	B	50	00:26:45
33	2:33 PM	Men	Patrick Charlton	Wolsey RC	East	B	60	00:27:38
34	2:34 PM	Men	Chris Womack	VC Baracchi	East	B	71	00:29:14
35	2:35 PM	Men	Mark Booth	Kettering CC	South East Midlands	N	42	00:26:09
36	2:36 PM	Men	Angus Jardine	Ipswich BC	East	B	52	00:26:54
37	2:37 PM	Men	James Senter	Kings Lynn CC	East	B	39	
38	2:38 PM	Men	Chris Nudds	CC Breckland	East	B	69	00:28:52
39	2:39 PM	Men	Roger Sewell	Wisbech Whs	East	B	70	00:29:02
40	2:40 PM	Men	Andy Kennedy	Ipswich BC	East	B	53	00:26:59
41	2:41 PM	Men	Paul Hayward	VC Baracchi	East	B	39	
42	2:42 PM	Men	Ed Dean	Norwich A B C	East	B	50	00:26:45
43	2:43 PM	Men	Stuart Morgan	Mercedes AMG Petronas CC	South East Midlands	N	40	00:25:59
44	2:44 PM	Men	Jon Talbot	Wisbech Whs	East	B	46	00:26:27
45	2:45 PM	Men	Steven Neill	Kings Lynn CC	East	B	51	00:26:50
46	2:46 PM	Men	Lee Garrod	Sole Bay Cycle Sport	East	B	50	00:26:45
47	2:47 PM	Men	Derek Ricketts	Ely & District CC/B&T Motor Repairs	East	B	55	00:27:09
48	2:48 PM	Men	Ben Keeley	Team Velovelocety	East	B	29	
49	2:49 PM	Men	Kevin Hobbs	Peterborough CC	South East Midlands	N	48	00:26:36
50	2:50 PM	Men	Ross Fawcett	Pedal Power Cycles Ipswich	East	B	26	
51	2:51 PM							
52	2:52 PM	Men	Antony Stapleton	Chelmer CC	London East	E	52	00:26:54
53	2:53 PM							
54	2:54 PM	Men	Oliver Milk	Tri-Anglia Triathlon Club	East	B	39	
55	2:55 PM							
56	2:56 PM	Men	Andy Sewell	Aspire Velo Racing Team	East	B	35	
57	2:57 PM							
58	2:58 PM	Men	Paul Jay	Team Velovelocety	East	B	41	00:26:04
59	2:59 PM							
60	3:00 PM	Men	Keith Dorling	Team Bottrill / Vanguard	Central	A	59	00:27:32
61	3:01 PM							

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
62	3:02 PM	Men	David Procter	Team Velovelocity	East	B	56	00:27:14
63	3:03 PM							
64	3:04 PM	Men	Jorge Vieira	Team PedalRevolution.co.uk	East	B	44	00:26:18
65	3:05 PM							
66	3:06 PM	Men	Ben Stancombe	Team Velovelocity	East	B	28	
67	3:07 PM							
68	3:08 PM	Men	Mark Arnold	VTTA (East Anglia Group)	London East	E	44	00:26:18
69	3:09 PM							
70	3:10 PM	Men	Matthew Senter	Team Velovelocity	East	B	38	
71	3:11 PM							
72	3:12 PM							
73	3:13 PM							
74	3:14 PM							
75	3:15 PM	Ladies	Wendy Dorling	Bishop's Stortford CC	London East	E	46	00:28:34
76	3:16 PM	Ladies	Denese Hallahan	Wisbech Whs	East	B	63	00:30:14
77	3:17 PM	Ladies	Emilie Wix	www.spencerwix.co.uk	East	B	37	
78	3:18 PM	Ladies	Sarah Senderski	Team Bottrill / Vanguard	Central	A	30	
79	3:19 PM	Ladies	Jenny Anderson	Great Yarmouth C C	East	B	62	00:30:06
80	3:20 PM	Ladies	Rachel Holman	Ride Harder	East	B	43	00:28:19
81	3:21 PM	Ladies	Kay Burgess	Kings Lynn CC	East	B	49	00:28:48
82	3:22 PM	Ladies	Sally Withey	Team Swift	Yorkshire	V	49	00:28:48
83	3:23 PM	Ladies	Rebecca Johnson	Fusion R T Veloperformance	South Wales	R	27	
84	3:24 PM							
85	3:25 PM	Ladies	Jennifer Smart	VC Norwich	East	B	45	00:28:29
86	3:26 PM							
87	3:27 PM	Ladies	Cindy Berry	Pedal Power Cycles Ipswich	East	B	23	
88	3:28 PM							
89	3:29 PM	Ladies	Denise Hurren	Sole Bay Cycle Sport	East	B	53	00:29:09
90	3:30 PM							
91	3:31 PM	Ladies	Anna Muir	Chelmer CC	London East	E	44	00:28:24
92	3:32 PM							
93	3:33 PM	Ladies	Becky Murley	Wisbech Whs	East	B	42	00:28:13

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
94	3:34 PM							
95	3:35 PM	Ladies	Susan Triplow	Essex Roads CC	London East	E	51	00:28:58