

**DAP CYCLING CLUB**

**OPEN 10 MILE TIME TRIAL**

**Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on**

**Saturday 22nd September on the B10/43 Course.**

**OFFICIALS:**

Timekeepers: Lynn Evans (GYCC), Peter and Pam Milner (Godric CC)

Pusher: Barry Debenham (Godric CC)

Marshals: Members and friends of DAP CC

Event Secretary: Mark Richards

64 Rotterdam Road

Lowestoft

Suffolk

NR32 2HA

**Event HQ:** Wortwell Community Center, Tunbeck Cl, Wortwell, IP20 0HS. There is plenty of parking available at the HQ, But please park considerately. HQ will be open for sign on from 13:00.

**Course: B10/43** START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. 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.

**Course Record:** 19:10 (Jason Bouttell, 2017)

**Awards:** (one prize per rider except team)

Scratch

1st £30

2nd £25

3rd £20

4th £15

5th £10

Vet. On standard

1st £30

2nd £25

3rd £20

4th £15

5th £10

Ladies

1st £30

2nd £25

3rd £20

Tandem

1st £20 each

Team

£10 each

**EAST DISTRICT REGULATIONS**

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst

the race is in progress.

Warming up: No warming up along the course by competitors once the event has started.

Turbo trainers: The use of turbo trainers is banned at all events with an AM start time.

Note: Any breaking of the above regulations, in the first case, may mean disqualification from

the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

**CYCLE HELMETS**

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise

the wearing of 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. It is the responsibility of the rider (or parent of

guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection

against head injury and does not restrict the rider's vision or hearing and (b) ensure that the

helmet is properly fitted, undamaged and in good condition.

**REAR LED LIGHT**

Cycling Time Trials strongly recommends that riders use a rear light, either flashing or

constant, visible to other road users and active while the machine is in use.

START SHEET

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Bib | Start Time | First Name | Last Name | Club | Gender | Category |
| 2 | 14:02:00 | Mark | Fraser | City Cycle Centre.com | Male | Veteran |
| 2 | 14:02:00 | James | Fraser | CC Ashwell | Male | Juvenile |
| 4 | 14:04:00 | Mark | Eastwood | West Suffolk Wheelers | Male | Veteran |
| 4 | 14:04:00 | John | Steed | West Suffolk Wheelers | Male | Veteran |
| 6 | 14:06:00 | Gary | Pamment | 3T-RACING | Male | Veteran |
| 6 | 14:06:00 | Barry | Mcdonald | 3T-RACING | Male | Veteran |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 9 | 14:09:00 | Amelia | Hopper | Colchester Rovers CC | Female | Juvenile |
| 10 | 14:10:00 | Richard | Allen | VC Baracchi | Male | Veteran |
| 11 | 14:11:00 | John | Shellard | Team PedalRevolution.co.uk | Male | Veteran |
| 12 | 14:12:00 | Paul | Vergette | Godric CC | Male | Veteran |
| 13 | 14:13:00 | Rickaby | Shearly-sanders | Hadleigh Cycling Club | Male | Veteran |
| 14 | 14:14:00 | John | Vidler | Plomesgate CC | Male | Veteran |
| 15 | 14:15:00 | Peter | Beard | Stowmarket & District CC | Male | Veteran |
| 16 | 14:16:00 | Alan | Hale | Team PedalRevolution.co.uk | Male | Veteran |
| 17 | 14:17:00 | Jo | Walker | Godric CC | Female | Veteran |
| 18 | 14:18:00 | Alan | Mcguire | Ipswich BC | Male | Veteran |
| 19 | 14:19:00 | Suzy | Knights | Beccles Tri Club | Female | Senior |
| 20 | 14:20:00 | Lilly | O'dell | St Ives CC | Female | Juvenile |
| 21 | 14:21:00 | Ethan | Cawston | Wolsey RC | Male | Senior |
| 22 | 14:22:00 | Tracy | Youngman | Rock Estate | Female | Veteran |
| 23 | 14:23:00 | Emma | Taylor | Stowmarket & District CC | Female | Senior |
| 24 | 14:24:00 | Nick | Parvanni | CC Breckland | Male | Veteran |
| 25 | 14:25:00 | Mark | Thompson | Rock Estate | Male | Veteran |
| 26 | 14:26:00 | Derek | Cawston | Wolsey RC | Male | Veteran |
| 27 | 14:27:00 | Stephen | Brown | Great Yarmouth C C | Male | Veteran |
| 28 | 14:28:00 | David | Young | West Suffolk Wheelers | Male | Senior |
| 29 | 14:29:00 | Jan | Smith | Great Yarmouth C C | Female | Veteran |
| 30 | 14:30:00 | Paul | Reed | VC Baracchi | Male | Senior |
| 31 | 14:31:00 | Tom | Moore | Great Yarmouth C C | Male | Senior |
| 32 | 14:32:00 | Nikos | Papanikolaou | Cambridge CC | Male | Senior |
| 33 | 14:33:00 | Brian | Carr | Great Yarmouth C C | Male | Veteran |
| 34 | 14:34:00 | Kay | Burgess | Team Velovelocity | Female | Veteran |
| 35 | 14:35:00 | Sally | Withey | Team Swift | Female | Veteran |
| 36 | 14:36:00 | Mark | Ready | Diss & District CC | Male | Veteran |
| 37 | 14:37:00 | Arthur | Hitchen | Ipswich BC | Male | Juvenile |
| 38 | 14:38:00 | Paul | Wright | VC Baracchi | Male | Veteran |
| 39 | 14:39:00 | Steve | Stringer | D A P Cycling Club | Male | Veteran |
| 40 | 14:40:00 | Jan | Ertner | Cambridge CC | Male | Veteran |
| 41 | 14:41:00 | Graham | Dilks | Norwich A B C | Male | Veteran |
| 42 | 14:42:00 | Sarah | Senderski | Team Bottrill / Vanguard | Female | Senior |
| 43 | 14:43:00 | Stuart | Chase | VC Baracchi | Male | Veteran |
| 44 | 14:44:00 | Jay | Lingwood | Rock Estate | Male | Senior |
| 45 | 14:45:00 | Johnathan | Lincoln | Great Yarmouth C C | Male | Veteran |
| 46 | 14:46:00 | Martin | Pyne | Anglia Velo | Male | Veteran |
| 47 | 14:47:00 | Andrew | Bright | Chronos RT | Male | Veteran |
| 48 | 14:48:00 | Dan | Foster | 3T-RACING | Male | Veteran |
| 49 | 14:49:00 | Patrick | Charlton | Wolsey RC | Male | Veteran |
| 50 | 14:50:00 | Gavin | Lewis | Velo Schils Interbike RT | Male | Senior |
| 51 | 14:51:00 | Jordan | Black | Newmarket Cycling & Triathlon Club | Male | Espoir |
| 52 | 14:52:00 | Mark | Saunders | VC Baracchi | Male | Veteran |
| 53 | 14:53:00 | Andrew | Skiggs | Tri Harder | Male | Veteran |
| 54 | 14:54:00 | Steve | Peck | Ely & District CC/B&T Motor Repairs | Male | Veteran |
| 55 | 14:55:00 | Andrew | Taylor | D A P Cycling Club | Male | Senior |
| 56 | 14:56:00 | Chris | Womack | VC Baracchi | Male | Veteran |
| 57 | 14:57:00 | Jim | Hardwicke | Plomesgate CC | Male | Veteran |
| 58 | 14:58:00 | Neil | Stevens | Team PedalRevolution.co.uk | Male | Veteran |
| 59 | 14:59:00 | Simon | Boyle | Orwell Velo | Male | Veteran |
| 60 | 15:00:00 | Chris | Nudds | CC Breckland | Male | Veteran |
| 61 | 15:01:00 | Antony | Birt | Team Bottrill / Vanguard | Male | Veteran |
| 62 | 15:02:00 | Paul | Sexton | CC Breckland | Male | Veteran |
| 63 | 15:03:00 | Paul | Hayward | VC Baracchi | Male | Veteran |
| 64 | 15:04:00 | Ed | Dean | Norwich A B C | Male | Veteran |
| 65 | 15:05:00 | James | Potter | Ipswich BC | Male | Senior |
| 66 | 15:06:00 | Julia | Freeman | Easterley Road Club | Female | Veteran |
| 67 | 15:07:00 | Andrew | Leggett | Team Velovelocity | Male | Veteran |
| 68 | 15:08:00 | Neil | Empson | Anglia Velo | Male | Senior |
| 69 | 15:09:00 | John | Swindells | Iceni Velo-Duff Morgan | Male | Veteran |
| 70 | 15:10:00 | Craig | Dyce | Walden Tri | Male | Veteran |
| 72 | 15:12:00 | Liam | Gentry | D A P Cycling Club | Male | Senior |
| 74 | 15:14:00 | Terry | Garlinge | Team Vision Racing - Silverhook | Male | Veteran |
| 76 | 15:16:00 | Dan | Blackburn | VC Norwich | Male | Veteran |
| 78 | 15:18:00 | Paul | Jay | Team Velovelocity | Male | Veteran |
| 80 | 15:20:00 | Lucas | He | VC Baracchi | Male | Junior |
| 82 | 15:22:00 | Stuart | Fairweather | Team Velovelocity | Male | Veteran |
| 84 | 15:24:00 | Jorge | Vieira | Team PedalRevolution.co.uk | Male | Veteran |
| 86 | 15:26:00 | Ben | Stancombe | Team Velovelocity | Male | Senior |
| 88 | 15:28:00 | Mark | Richards | D A P Cycling Club | Male | Senior |
| 90 | 15:30:00 | Matthew | Senter | Team Velovelocity | Male | Senior |