

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, walk across the road.).

WARMING UP - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited

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.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A READ L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS

Awards (one rider-one prize, except team)

Scratch	1 st - £20 3 rd - £10	2 nd - £15
Vet on Std	1 st - £18 3 rd - £9	2 nd - £13
Ladies	1 st - £15	
Fastest Team	£5 each	

Velo Club Baracchi

Open 10 mile Time trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday 1st October 2016 - Course B10/44
Start Time 14:01pm

Event Secretary: Mark Richards, 64
Rotterdam Road, Lowestoft,
Suffolk, NR322HA
richards_mb@yahoo.co.uk
07980742327

Timekeepers: Pete & Pam Milner - Godric
CC & Nick Esser - VCB

Pusher Off: Barry - Godric CC

Marshalls & Helpers: Members and friends of Velo
Club Baracchi

Course Details: B10/44 (Earsham – Redenhall)

START at white paint mark in “The Street”, Earsham 3 meters from A143. Join A143 WITH CARE. Proceed west along A143 to Redenhall roundabout. Encircle and retrace along A143 to FINISH 0.5 miles east of start at white paint mark 50 meters west of sewage works.

Event Headquarters- Earsham Village Hall.

EARSHAM VILLAGE HALL
VILLAGE HALL
THE STREET
EARSHAM
NORFOLK
NR35 2TS

Parking: Limited parking the Village Hall. Please park considerately.

Numbers and signing on will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event.

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	14:01:00	Allistair	Banks	VC Baracchi	Male	Tandem
1	14:01:00	John	Swanbury	VC Baracchi	Male	Tandem
3	14:03:00	Don	Saunders	CC Breckland	Male	Trike
4	14:04:00	joe	drake	Rock Estate	Male	Junior
5	14:05:00	Darren	Davis	West Suffolk Whs & Triathlon Club	Male	Veteran
6	14:06:00	John	Steed	West Suffolk Whs & Triathlon Club	Male	Veteran
7	14:07:00	Gary	Pearce	Iceni Velo	Male	Veteran
8	14:08:00	Larissa	Smith	Godric CC	Female	Senior
9	14:09:00	Michael	Rainton	VC Baracchi	Male	Veteran
10	14:10:00	Mark	Richards	VC Baracchi	Male	Senior
11	14:11:00	JOHN	Bradbury	CC Sudbury	Male	Veteran
12	14:12:00	James	Drake	Rock Estate	Male	Senior
13	14:13:00	David	Young	West Suffolk Whs & Triathlon Club	Male	Senior
14	14:14:00	Paul	Coulthred	CC Breckland	Male	Veteran
15	14:15:00	Daniel	Nichols	Anglia Velo	Male	Senior
16	14:16:00	Neil	Empson	Anglia Velo	Male	Senior
17	14:17:00	Mark	Drake	Rock Estate	Male	Veteran
18	14:18:00	Richard	Allen	VC Baracchi	Male	Veteran
19	14:19:00	Scott	Williams	West Suffolk Whs & Triathlon Club	Male	Senior
20	14:20:00	Lee	Woodcock	HKR XC TEAM	Male	Senior
21	14:21:00	Paul	Hayward	VC Baracchi	Male	Senior
22	14:22:00	martin	pyne	Anglia Velo	Male	Veteran
23	14:23:00	mark	peach	Great Yarmouth C C	Male	Veteran
24	14:24:00	kerstin	langer	Great Yarmouth C C	Female	Veteran
25	14:25:00	Declan	Davis	CC Breckland	Male	Espoir
26	14:26:00	Oliver	WOOD	Team PedalRevolution.co.uk	Male	Junior
27	14:27:00	Tom	Moore	Great Yarmouth C C	Male	Senior
28	14:28:00	Mark	Dixon	Great Yarmouth C C	Male	Veteran
29	14:29:00	Angie	Atkinson	Godric CC	Female	Veteran
30	14:30:00	liam	gentry	VC Baracchi	Male	Senior
31	14:31:00	James	Moore	VC Baracchi	Male	Senior
32	14:32:00	Gary	Pamment	Veloschils Interbike RT	Male	Veteran
33	14:33:00	Paul	reed	VC Baracchi	Male	Senior
34	14:34:00	james	soanes	Great Yarmouth C C	Male	Veteran
35	14:35:00	Nick	Partridge	Plomesgate CC	Male	Senior
36	14:36:00	Jonathan	Hawes	Great Yarmouth C C	Male	Senior
37	14:37:00	Ken	Baker	Colchester Rovers CC	Male	Veteran
38	14:38:00	Catherine	Pearce	Iceni Velo	Female	Senior
39	14:39:00	Tracy	Youngman	Rock Estate	Female	Veteran
40	14:40:00	James	Trenchard	Godric CC	Male	Veteran
41	14:41:00	Steve	Konrad	Great Yarmouth C C	Male	Veteran
42	14:42:00	Lucas	He	VC Baracchi	Male	Junior
43	14:43:00	Jim	Keeble	Rock Estate	Male	Veteran
44	14:44:00	John	Shellard	Team PedalRevolution.co.uk	Male	Veteran
45	14:45:00	Robert	Golding	Ely & District CC	Male	Veteran
46	14:46:00	Peter	Kerry	Ipswich Velo	Male	Senior
47	14:47:00	David	Loynes	VC Baracchi	Male	Senior