

# CYCLING CLUB BRECKLAND



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## **ECCA OPEN 25 MILE TIME TRIAL**

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on  
Sunday 15<sup>th</sup> Sept. 2019 - Course B25/8 - Start Time 09:00am

**TIMEKEEPERS** START Andy Moore CC BRECKLAND

**FINISH** Michael Keen CC BRECKLAND  
Finish asst. Kevin Hallahan

**PUSHER OFF** Don Saunders CC BRECKLAND

**RESULTS BOARD** Don Saunders CC BRECKLAND

**MARSHALLS** Bruce Williams NNW, Don Traylan Ely & Dist. Denise Hallahan Wisbech Whs.,  
Mick Madgett Diss & Dist. Phil Hollingsworth East Anglian CC. Mick Wood C C Breckland.

**REFRESHMENTS** Heather Saunders & Heidi Davis CC BRECKLAND

### **COURSE DETAILS: B25/8**

START. Approx 200m south of A11 at paint mark on B1111. Proceed to turn LEFT onto slip road to A11 EASTBOUND to join A11 carriageway. Proceed EAST via ATTLEBOROUGH roundabout to slip road signed MULBARTON. Take slip road and proceed to BROWICK roundabout (1). Take 3rd exit and proceed over bridge (13.2 miles) to BROWICK roundabout (2). Take 2nd exit to rejoin A11 WESTBOUND and proceed via ATTLEBOROUGH roundabout to FINISH at Clearway sign on A11 just prior to large layby at Larling. Timed from bridge.

ROUTE BACK TO HQ – After FINISH proceed to next exit, turn LEFT and continue on road back to the HQ.

### **EVENT HEADQUARTERS**

EAST HARLING SPORTS and SOCIAL CLUB, CHURCH ROAD, EAST HARLING, NORFOLK. NR16 2NA.

Please Note: Due to resurfacing works to the carpark, the normal entrance and parking area is not in use. Please enter via West Harling road, enter via the metal gates and park near to the Tennis court were marked as parking.

Parking: There is ample parking space at the Village Hall, as well as off road parking nearer to the START. Please park with consideration to others. Showers (possibly cold!) and changing rooms may be available.

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

**Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.**

DIRECTIONS TO START – Turn LEFT from HQ – proceed along the B1111 passing St Georges Distillery, over the railway crossing – START is located under the A11 road bridge.

### **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.

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 REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS. AS THIS IS AN EVENING EVENT, WE STRONGLY RECOMMEND THAT YOU USE A REAR LIGHT**

**The road surface on parts of the course near to the BP & Shell garages near Besthorpe and the Concrete section is not in great order – some patching up has been done although these patches are slight raised and are a bit bumpy – still better than falling in a hole, there are cracks, bumps and holes – please take care to keep your head raised and be mindful not to serve into path of traffic.**

**HEADS UP AND RIDE SAFE!**

PRIZES-ECCA medals & plaques

No	Name	Clubs	Cat.	Handicap	Start time
5	Nev Everett	Diss & District C C	M/Vet.	15.31	09:05
6	Adam Bishop	Lea Valley C C	M/Vet.	4.20	09:06
7	Patrick Charlton	Wolsey C C	M/Vet.	12.19	09:07
8	Philip Jones	Peterborough C C	M/Vet.	16.43	09:08
9	Claire Parkins	Diss & District C C	F/Vet.	26.42	09:09
10	<b>Paul Haywood</b>	<b>V C Baracchi</b>	<b>M/Vet.</b>	<b>7.40</b>	<b>09:10</b>
11	Philip Watkins	North Norfolk Wheelers	M/Vet.	8.52	09:11
12	James Wood	West Suffolk Wheelers	M/Vet.	11.19	09:12
13	Alex Guy	Tri-Anglia Triathlon Club	Senior	15.04	09:13
14	Alan McGuire	Ipswich B C	M/Vet.	20.15	09:14
15	<b>Angus Jardine</b>	<b>Ipswich B C</b>	<b>M/Vet.</b>	<b>7.53</b>	<b>09:15</b>
16	Paul Sexton	C C Breckland	M/Vet.	9.12	09:16
17	Patrick Ellis	Diss & District C C	M/Vet.	10.34	09:17
18	Nick Parravani	C C Breckland	M/Vet.	16.43	09:18
19	David Fenn	C C Sudbury	M/Vet.	20.27	09:19
20	<b>Jason Turner</b>	<b>Norwich ABC</b>	<b>M/Vet.</b>	<b>6.07</b>	<b>09:20</b>
21	Darren Davis	C C Sudbury	M/Vet.	8.32	09:21
22	Ritchie Parkins	Diss & District C C	M/Vet.	10.56	09:22
23	Anthony Bye	Wisbech Wheelers	M/Vet.	15.00	09:23
24	Adrian McHale	Peterborough C C	M/Vet.	17.31	09:24
25	<b>John Bradbury</b>	<b>C C Sudbury</b>	<b>M/Vet.</b>	<b>7.50</b>	<b>09:25</b>
26	Chris Nudds	C C Breckland	M/Vet.	9.12	09:26
27	Philip Waring	Cambridge C C	M/Vet.	11.23	09:27
28	Mark Fairhead	C C Breckland	M/Vet.	15.06	09:28
29	Mark Tomlinson	Peterborough C C	Senior	21.51	09:29
30	<b>Leon West</b>	<b>C C Sudbury</b>	<b>M/Vet.</b>	<b>4.20</b>	<b>09:30</b>