



Cycling Club Breckland 12 hour Time Trial. Incorporation EDCA championships.

**Promoted for and on behalf of Cycling Time Trials under its rules and regulations on
Sunday 2nd August 2020 - Course B12/3 rev. 2020- Start Time 6.01am**

CHIEF TIMEKEEPERS Don Saunders/Andrew Moore/Heather Saunders & Heidi Saunders C C Breckland

MARSHALLS From Cycling Club Breckland and supporting clubs.

HQ – Lincoln Hall, The Fairland, Hingham NR9 4HW

Please take note of the following Covid 19 guidance.

Social distance rules apply to all riders, helpers, marshals and time keepers – please be respectful and keep us all safe.

Please do not attend the event if you or any member of your support crew or family shows symptoms of Covid 19.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.

Parking:

Do not park on the Hall side of the Car Park.

Please ensure you park at least a car width apart – there should be ample space – we have the use of the tarmac area and the grassed area to the left of the hall.

As we have moved the start location to West Carr Road, there is additional space for parking near to the start – ideal for riders where support crews are going out on the course.

If you intend parking up nearer to the start area – please park out on the tarmac area or one of the adjacent side roads whilst signing on to allow those who intend to stay parked at the HQ ample space.

Toilet facilities:

Queue were indicated at Hall Entrance – please use sanitizer when entering. Use only the “Disabled” toilet on a one in at a time system - do not enter until person before has left. On leaving please leave the door open. Please be respectful to the facilities – please do leave anything in the bin other than paper towels.

The HQ will be operating a one-way system; please only enter via the front door – exit via fire door as indicated by hall signage/markings. – Please use sanitizer on exiting the hall.

Riders – You MUST NOT use the Toilet as a changing room. If we are able to do so we will try and arrange for a changing area – this is not a guarantee so please arrive ready to race as best you can or make arranges to change ‘discreetly’ in your vehicle – please remember this is a residential area.

Signing on/off:

Signing on tables will be position outside of the hall and unmanned – Please bring and use your own pen.

Your Bib Number and one arm number will be in a sealed plastic bag with pins and some treats – all will have been cleaned and handled in line with Covid – 19 Guidelines. Please pick up only your bag – please do not empty out contents at the table. (there will be a pen in the bag for those who ‘forget’ to bring one – please retain the pen if you have to use it). Please remember to sign off using your own pen.

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

Race numbers:

Please use rear body number and please use one arm number – to be worn on the left arm.

At the end of the event please place your numbers in the bucket provided.

Start area:

There is ample space to form a queue – please leave a 2m distance from your minute man when queuing – Do not over crowd the start area.

There will be no pusher off.

The Race:

By the nature of Time Trialing it complies with social distancing quite nicely, however, please be mindful when catching and passing a competitor to pass first safely and a reasonable distance. It is advisable to have a mobile phone on your person (Please advise by CTT Regs.)

It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

Please only use a mobile phone when stationary and in lines with CTT REG. Awareness of surroundings.

Support Crews:

CTT has issued the following risk assessment guidance for support crews; for your own safety and safety of others please comply.

Support crews should consist of the same household or if not from the same household as few as possible (as current rules allow). Each support vehicle must ensure when stopped it has sufficient room to provide government advised social distancing space in all directions so that each support crew will be a minimum of twice the distance from the next. This is to ensure that people remain in a 'safe box' to conduct hand ups.

Bottles should ONLY be retrieved by support crew. It is suggested that where that person does not live in the same household that nitrile gloves are used and the dropped bottles are deposited in a bucket of hot soapy water and NOT reused during the event.

Please keep at a social distance from Marshals, Checkers and Timekeepers – be respectful that they have volunteered to make this event happen – **do not put them at risk.**

All the above is the responsibility of the support/competitor and not the organiser.

All rubbish is to be collected by support crews and taken away by them – no rubbish is to be deposited at the HQ.

Support Crews if you are in need of a toilet break or refreshments – On circuit 1 there are Shell service North bound and BP/M&S and Starbucks South Bound.

On Circuit 2 there are service at Snetterton,

On the finish circuit at the Hingham end approx.. 2 miles along the B1108 toward Norwich there is a co-op (no toilet)

Un support riders:

We will have a collection point at the HQ – most likely to be in the main Car park.

All items must be either in a box or bag and the contents are to be only handled by the rider. Bag to be clearly marked up with rider bid number.

Items will be transported to the ‘Eccles’ interchange (Hargham Road area) and placed on a table/ground. The person transporting items from HQ to course will wear protective gloves.

There will be a person there to oversee the feed station but they will not be able to hand up and drinks or food – un support riders will have to stopped and refuel themselves – and deposit all used bottles/rubbish in their own box/bag. Hand sanitizer will be available at the feed station.

At the finish:

Please do not form a gathering in the carpark or any other areas of the HQ.

Please when signing off use your own pen and place your race numbers in the bucket provided.

There will be no result board or results issued on the day. We will do our best to issue provisional result via social media etc. as soon as possible.

It may take a few days to receive all timekeeper and checker sheets by post to verify distances.

Please pack up and leave at your earliest convenience upon completion of your ride.

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.

CTT Regulations:

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Covering the Course

The onus of keeping to the course rests with each rider.

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

HEADS UP AND RIDE SAFE.

Awards EDCA medals to EDCA affiliated club riders.

Prize money – due to extra cost we cannot commit to prize money at this stage.

No	Name	Clubs	Cat	Vet Std	Handicap	Start time
1	Adam Cross	C C Breckland	Senior		Novice	6.01
2	Richard Parrotte	Shaftesbury C C	Vet.	196.55	78	6.02
3	Nathan Risby	Tri-Anglia Triathlon Club	Senior		66	6.03
4	Helen Webster	C C Breckland	L/Vet.	187.87	Novice	6.04
5	Peter Hooper	Eastbourne Rovers C C	Senior		31	6.05
6	Tony Reeves	G S Stella	Vet.	204.19	62	6.06
7	Geoff Roberts	High Wycombe C C	Vet.	196.55	70	6.07
8	John Farley	Army Cycling	Senior		Novice	6.08
9	Andrew Knowles	North Norfolk Wheelers	Senior		Novice	6.09
10	Jonathan Shubert	Artic Aircon RT	Senior		27	6.10
11	Kevin Baumber	Shaftesbury C C	Vet.	208.08	48	6.11
12	Ivan Carr	Strada C C	Vet.	200.41	Novice	6.12
13	Mike Watson	Lowestoft Wheelers C C	Vet.	195.21	Novice	6.13
14	James Wood	West Suffolk Wheelers	Vet.	193.85	Novice	6.14
15	Stuart Birnie	Willesden C C	Vet.	215.42	29	6.15
16	Chris Tye	Plomesgate C C	Vet.	199.14	60	6.16
17	Jed Friskey	MULE C C	Senior		68	6.17
18	Lisa Hurrell	Maldon & District C C	L/Senior		Novice	6.18
19	Carl Friskney	MULE C C	Vet.	197.85	Novice	6.19
20	Tim McEvoy	FTP (Fulfil the Potential) Racing	Vet.	213.82	26	6.20
21	Dale Lush	Kinston Phoenix RC	Vet.	215.42	46	6.21
22	Ross Phelps	Bristol Raod Club	Senior		Novice	6.22
23	Simon Hardy	King's Lynn C C	Vet.	201.67	82	6.23
24	Kerstin Langer	Gt. Yarmouth C C	L/Vet.	176.30	107	6.24
25	Dave Green	C C Breckland	Vet.	195.21	31	6.25
26	Leon Marshall	Royal Navy & Royal Marines CA	Vet.	217.10	55	6.26
27	Greg Melia	Epsom C C	Senior		64	6.27
28	Paul Haywood	V C Baracchi	Vet.	213.82	Novice	6.28
29	Alex Baker	Charlotteville CyclingClub	Vet.	209.43	Novice	6.29
30	Tom Thornely	Buxton C C/Sett Valley Cycles	Senior		24	6.30
31	Andy Profitt	Artic Aircon RT	Vet.	206.75	47	6.31
32	Dale Sturman	West Suffolk Wheelers	Vet.	199.14	62	6.32
33	Daniel Ryan	North Road C C	Senior		70	6.33
34	Kim Barfoot-Brace	Bath Cycling Club	L/Senior		Novice	6.34
35	Daniel Colman	Artic Aircon RT			28	6.35
36	Chris Lea	Buxton C C/Sett Valley Cycles	Vet.	192.44	50	6.36
37	Jack Schofield	Bath Cycling Club	Senior		53	6.37
38	Miles Haslam	Buxton C C/Sett Valley Cycles	Vet.	187.94	107	6.38
39	Richard Boot	Beeston Cycling Club	Vet.	201.67	Novice	6.39
40	Joe Skipper	Team Skipper	Senior		Scr	6.40
41	David Shepherd	...a3crg	Vet.	190.99	33	6.41
42	Lee Williams	North Hampshire R C	Senior		71	6.42
45	Tim Bayley	Artic Aircon RT	Vets.	217.83		6.45
	Adam Broyad	Artic Aircon RT				

