

**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: Nick Esser (DAP CC), Paul Vergette (Godric CC)

Marshals: Members and friends of DAP CC

Event Secretary: Mark Richards

64 Rotterdam Road

Lowestoft

Suffolk

NR32 2HA

**Event HQ:** Wortwell Community Centre, 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

**COVID-19 Precautions – Please read thoroughly**

**• Competitors should not attend if they feel ill in ANY way or if family**

**members have any symptoms. 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.**

**• Ideally all warm-ups should be done on the road unless adequate space**

**can be found to safely carry out a static warm-up and strict social**

**distancing can be maintained.**

**• Competitors MUST NOT gather in anyway regardless of current**

**guidelines in the car park, HQ area or elsewhere.**

**• Competitors MUST NOT leave any personal items with the time keeper.**

**• Competitors on finishing MUST NOT stop at the finish and MUST NOT**

**loiter at the HQ/car park and MUST pack away and leave immediately**

**upon completion of the race.**

**• 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.**

**• There will be no pusher-off. A competitor MUST start with one foot on**

**the ground.**

**• Support will only be provided in an emergency situation e.g fall /**

**collision, and the amount of assistance provided will be at the discretion**

**of the marshals**

**• At the headquarters: PLEASE BRING A FACE COVERING or you will not**

**be allowed to enter the building to use the toilet facilities. There will**

**be a limitation of numbers allowed in and out of the building at any**

**one time and please use the hand sanitiser provided before entering**

**the building**

**• Sign on will take place on the playing field where a gazebo will be in**

**place for you to pick up your number and sign on. PLEASE BRING YOUR**

**OWN PEN TO SIGN IN AND OUT and use the hand sanitiser provided**

**before picking up your number**

**• AFTER YOUR RACE – A BUCKET OF SOAPY WATER WILL BE PROVIDED**

**FOR YOU TO PLACE YOUR NUMBER IN AND DON’T FORGET TO SIGN**

**OUT !**

**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 interests of your own safety Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. (Compulsory for riders under 18 years of age)

**REAR LED LIGHT**

Cycling Time Trials regulations state that riders MUST use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.

START SHEET

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Bib | Start Time | First Name | Last Name | Club | Gender | Category |
| 2 | 14:02:00 | Andrew | Hutchison | Lowestoft Wheelers Cycling Club | Male | Veteran |
| 2 | 14:02:00 | Catherine | Hutchison | Lowestoft Wheelers Cycling Club | Female | Veteran |
| 4 | 14:04:00 | Mark | Fraser | citycyclecentre | Male | Veteran |
| 4 | 14:04:00 | Anna | Fraser | CC Ashwell | Female | Veteran |
| 6 | 14:06:00 | John | Swanbury | VC Baracchi | Male | Veteran |
| 6 | 14:06:00 | Kate | Churchill | VC Baracchi | Female | Veteran |
| 8 | 14:08:00 | Caroline | Wyke | CC Sudbury | Female | Veteran |
| 9 | 14:09:00 | Joanne | Browne | Rock Estate | Female | Veteran |
| 10 | 14:10:00 | Cheryl | Tye | Plomesgate CC | Female | Veteran |
| 11 | 14:11:00 | Jamie | Bretton | VC Baracchi | Male | Juvenile |
| 12 | 14:12:00 | Kerstin | Langer | Great Yarmouth C C | Female | Veteran |
| 13 | 14:13:00 | Amy | Randall | Team Skipper | Female | Senior |
| 14 | 14:14:00 | Ryan | Coles | VC Baracchi | Male | Junior |
| 15 | 14:15:00 | Tracy | Youngman | Rock Estate | Female | Veteran |
| 16 | 14:16:00 | Michelle | Sayer | Beccles Tri Club | Female | Veteran |
| 17 | 14:17:00 | Matthew | Holland | Great Yarmouth C C | Male | Junior |
| 18 | 14:18:00 | Jenny | Anderson | Great Yarmouth C C | Female | Veteran |
| 19 | 14:19:00 | Linda | Hones | Newmarket Cycling & Triathlon Club | Female | Veteran |
| 20 | 14:20:00 | Jan | Smith | Great Yarmouth C C | Female | Veteran |
| 21 | 14:21:00 | Kay | Burgess | Team Velovelocity | Female | Veteran |
| 22 | 14:22:00 | Sally | Withey | Team Swift | Female | Veteran |
| 23 | 14:23:00 | Claire | Jessop | Otley CC | Female | Veteran |
| 24 | 14:24:00 | Ann | Shuttleworth | Cambridge CC | Female | Veteran |
| 25 | 14:25:00 | Kerry | Tate | Newmarket Cycling & Triathlon Club | Female | Senior |
| 26 | 14:26:00 | Becky | Ridge | TPH Racing | Female | Senior |
| 27 | 14:27:00 | Julia | Freeman | Easterley Road Club | Female | Veteran |
| 28 | 14:28:00 | Verity | Smith | Loose Cannon's Conditioning | Female | Veteran |
| 29 | 14:29:00 | Gerry | Barton | West Suffolk Wheelers | Male | Veteran |
| 30 | 14:30:00 | John | Shellard | Team PedalRevolution.co.uk | Male | Veteran |
| 31 | 14:31:00 | terry | Garlinge | Easterley Road Club | Male | Veteran |
| 32 | 14:32:00 | Mark | Carroll | VC Baracchi | Male | Veteran |
| 33 | 14:33:00 | Greg | Jessop | Otley CC | Male | Veteran |
| 34 | 14:34:00 | Mark | Ramsdale | Great Yarmouth C C | Male | Veteran |
| 35 | 14:35:00 | John | Steed | West Suffolk Wheelers | Male | Veteran |
| 36 | 14:36:00 | Mark | Eastwood | West Suffolk Wheelers | Male | Veteran |
| 37 | 14:37:00 | Daniel | Sayer | Beccles Tri Club | Male | Veteran |
| 38 | 14:38:00 | Lee | Cheung | D A P Cycling Club | Male | Senior |
| 39 | 14:39:00 | Phil | Bailey | Basildon CC | Male | Veteran |
| 40 | 14:40:00 | David | Young | West Suffolk Wheelers | Male | Senior |
| 41 | 14:41:00 | Andrew | Grant | Chelmer CC | Male | Veteran |
| 42 | 14:42:00 | Ben | Dean | Tri-Anglia Triathlon Club | Male | Senior |
| 43 | 14:43:00 | Oliver | Wilkens | VC Norwich | Male | Veteran |
| 44 | 14:44:00 | Paul | Reed | VC Baracchi | Male | Senior |
| 45 | 14:45:00 | Siggi | Martinsson | Cambridge CC | Male | Veteran |
| 46 | 14:46:00 | Chris | Cantwell | West Suffolk Wheelers | Male | Veteran |
| 47 | 14:47:00 | James | Moore | VC Baracchi | Male | Senior |
| 48 | 14:48:00 | Alan | McGuire | Ipswich BC | Male | Veteran |
| 49 | 14:49:00 | Thomas | Dean | Royal Air Force Cycling Association | Male | Senior |
| 50 | 14:50:00 | Edward | Day | Norwich A B C | Male | Senior |
| 51 | 14:51:00 | Iain | Dawson | CC Breckland | Male | Unknown |
| 52 | 14:52:00 | Gavin | Mortlock | Colchester Rovers CC | Male | Veteran |
| 53 | 14:53:00 | James | Rush | CC Sudbury | Male | Veteran |
| 54 | 14:54:00 | Kevin | Hickman | API-Metrow | Male | Veteran |
| 55 | 14:55:00 | Chris | Womack | VC Baracchi | Male | Veteran |
| 56 | 14:56:00 | Jan | Ertner | Cambridge CC | Male | Veteran |
| 57 | 14:57:00 | Lee | Cook | Rock Estate | Male | Senior |
| 58 | 14:58:00 | Brian | Carr | Great Yarmouth C C | Male | Veteran |
| 59 | 14:59:00 | Luke | Lynds | Tri-Anglia Triathlon Club | Male | Espoir |
| 60 | 15:00:00 | Jack | Ibbotson | Doncaster Wheelers C.C. | Male | Senior |
| 61 | 15:01:00 | Mick | Stevens | Melton Olympic CC | Male | Veteran |
| 62 | 15:02:00 | Steven | Carruthers | Rock Estate | Male | Veteran |
| 63 | 15:03:00 | John | Iszatt | Team Vision Racing - Silverhook | Male | Veteran |
| 64 | 15:04:00 | Trevor | Banham | Diss & District CC | Male | Veteran |
| 65 | 15:05:00 | Mark | Munnings | Lowestoft Wheelers Cycling Club | Male | Veteran |
| 66 | 15:06:00 | Jason | Turner | Norwich A B C | Male | Veteran |
| 67 | 15:07:00 | Johnathan | Lincoln | Great Yarmouth C C | Male | Veteran |
| 68 | 15:08:00 | Martin | Pyne | Anglia Velo | Male | Veteran |
| 69 | 15:09:00 | Nicholas | Webber | Hadleigh Cycling Club | Male | Veteran |
| 70 | 15:10:00 | Dave | Clark | Orwell Velo | Male | Veteran |
| 71 | 15:11:00 | Nigel | Hodge | Tri-Anglia Triathlon Club | Male | Veteran |
| 72 | 15:12:00 | Andrew | Bright | Chronos RT | Male | Veteran |
| 73 | 15:13:00 | Stuart | Supple | VC Baracchi | Male | Veteran |
| 74 | 15:14:00 | Hugh | Williams | Redbridge CC | Male | Veteran |
| 75 | 15:15:00 | Phil | Jarvis | Colchester Rovers CC | Male | Veteran |
| 76 | 15:16:00 | Paul | Dennington | VC Baracchi | Male | Veteran |
| 77 | 15:17:00 | Mark | Lloyd | Colchester Rovers CC | Male | Veteran |
| 78 | 15:18:00 | Trevor | Caley | Plomesgate CC | Male | Veteran |
| 79 | 15:19:00 | Chris | Nudds | CC Breckland | Male | Veteran |
| 80 | 15:20:00 | Simon | Boyle | Orwell Velo | Male | Veteran |
| 81 | 15:21:00 | Gary | Pamment | CC Sudbury | Male | Veteran |
| 82 | 15:22:00 | Barry | Holderness | Essex Roads CC | Male | Veteran |
| 83 | 15:23:00 | Paul | Hayward | VC Baracchi | Male | Veteran |
| 84 | 15:24:00 | Chris | Tye | Plomesgate CC | Male | Veteran |
| 85 | 15:25:00 | Gary | Freeman | Pedal Power Cycles Ipswich | Male | Senior |
| 86 | 15:26:00 | Scott | Leeson | London Dynamo | Male | Senior |
| 87 | 15:27:00 | Andy | Kennedy | Ipswich BC | Male | Veteran |
| 88 | 15:28:00 | Gary | Record | West Kent RC | Male | Senior |
| 89 | 15:29:00 | Simon | Daw | Datalynx-Parenesis Cycling | Male | Veteran |
| 90 | 15:30:00 | Morris | Bacon | D A P Cycling Club | Male | Senior |
| 91 | 15:31:00 | Ian | Short | Team Salesengine.co.uk | Male | Veteran |
| 92 | 15:32:00 | John | Bradbury | CC Sudbury | Male | Veteran |
| 93 | 15:33:00 | Daniel | Homer | London Phoenix CC | Male | Veteran |
| 94 | 15:34:00 | James | Potter | Orwell Velo | Male | Senior |
| 95 | 15:35:00 | Mark | Arnold | VTTA (East Anglia Group) | Male | Veteran |
| 96 | 15:36:00 | Matthew | Peck | Ipswich BC | Male | Senior |
| 97 | 15:37:00 | Paul | Jay | DRAG2ZERO | Male | Veteran |
| 98 | 15:38:00 | Dan | Blackburn | Epic Orange/Physio Resolutions | Male | Veteran |
| 99 | 15:39:00 | James | Young | Plomesgate CC | Male | Veteran |
| 100 | 15:40:00 | Oliver | Handley | Orwell Velo | Male | Senior |
| 101 | 15:41:00 | Keith | Dorling | Team Bottrill | Male | Veteran |
| 102 | 15:42:00 | Jordan | Black | Loose Cannon's Conditioning | Male | Senior |
| 103 | 15:43:00 | Nick | Partridge | VC Baracchi | Male | Veteran |
| 104 | 15:44:00 | Matt | O'Brien | Loose Cannon's Conditioning | Male | Veteran |
| 105 | 15:45:00 | Timothy | Torrie | TBW23 Stuart Hall Cycling P/b Trainsharp | Male | Espoir |
| 106 | 15:46:00 | Stuart | Fairweather | Loose Cannon's Conditioning | Male | Veteran |
| 107 | 15:47:00 | Mark | Richards | D A P Cycling Club | Male | Senior |
| 108 | 15:48:00 | Lloyd | Chapman | Loose Cannon's Conditioning | Male | Senior |