

**GREAT YARMOUTH C.C./PEDAL REVOLUTION/1ST CALL CAR PARTS**

**GOOD FRIDAY 10 MILE TIME TRIAL**

**7TH APRIL 2023**

**COURSE: B10/43 – T.O.S. 8.00AM**

Event Secretary: Lynn Evans, 160 Kimberley Road, Lowestoft, Suffolk, NR33 0UA. Tel: (01502) 800603

Mobile: 07946466139

Handicapper: East District Handicap Book

Timekeepers: Mr P Vergette , Mr M Johnson, Miss L Evans

Recorder: Mr T. Parker

C.T.T. Observers: Mr Dominic Austrim, Mr Jonny Hawes

**Course: B10/43:**

**START** at white paint mark on kerb on A143 near junction with Church Lane, Redenhall and 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 1<sup>st</sup> driveway 200 metres west of junction of A143 & B1062.

**Numbers:** Will be at the HQ and not at the start where you will need to sign in before being provided with your number and it can be exchanged for a free drink after the event.

**NOTE: All competitors – Please note that from 2017 ALL COMPETITORS are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do so will result in the competitor being recorded as D.N.F.**

**Parking:** At the HQ – Wortwell Community Centre, Tunbeck Close, Wortwell, IP20 0HS. The hall will be open from 6.45am.

**No Parking:** At start or finish areas. **PARKING ONLY AT HQ PLEASE. THERE IS PLENTY OF ROOM. PLEASE DO NOT PARK ON THE GRASS AREA AT END OF CAR PARK. PLEASE PARK IN A TIDY MANNER.**

**At HQ:** Toilets are provided. Please do not change in the hall. **WE ARE IN THE CONFERENCE ROOM AGAIN THIS YEAR.**

**C.T.T. REGULATIONS AND LOCAL EAST DISTRICT RULES FOR TIME-TRIALS:**

1. **NO WARMING-UP** on **ANY** part of the course once the event is in progress.
2. **‘U-TURNS’** will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress.

Note: Any breaking of these regulations in the first case may mean disqualification from the event.

Further cases will be referred to the District Committee.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with machine walk across the road).

**CTT REG 13 – NEW OR IMPROVED PERFORMANCES :- PLEASE PAY ATTENTION TO THE RULES**

**REGARDING HANDICAPS ( RULE 13 PAGE 340 CTT HANDBOOK).**

For handicap and time category events, any improvement or new performance occurring more than 3 days before the event must be notified in writing, by telephone, by fax, or by email to the promoting Secretary. This must be done within 3 days of the new improved performance. Any improvement made within 3 clear days of the event shall be ignored, except for second or lower class events where entry is restricted by performance.

**CTT REG 14 (j & k) :- ALL COMPETITORS TO BE AWARE OF THIS RULE (PAGE 341 CTT HANDBOOK)**

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

(k) **No competitors** shall be permitted to **START** in either a Type A or Type B event unless such a competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**NO FRONT OR REAR LIGHT – NO RIDE**

**CTT REG 15 – PROTECTIVE HELMETS:- (PAGE 341 CTT HANDBOOK) - ALL competitors MUST**

wear a properly affixed helmet which must be of hard/shell construction. Helmets should conform to a standard such as SNELLB95, ANSI Z90.4, AUS/NZS 2063.96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:-

(a) Select a helmet that offers protection against head injury and does not restrict the riders vision or hearing.

(b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

**NO HELMET – NO RIDE**

**CTT REG 20 – OBSERVANCE OF THE LAW:- (PAGE 343 CTT HANDBOOK)** – All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. But without prejudice to the general principles of this Regulation, competitors must:

(a) Not ride in a manner that is unsafe either to themselves or to other road users;

(b) Ride on the left-hand side of the road except for safe overtaking and when making right hand turns;

(c) Conform to all traffic signs and direction indicators;

(d) In making any turn before, during or after the event, ensure that it is safe to do so.

Event officials must not seek to regulate or interfere with other traffic.

N.B. For the purposes of Regulation 20(b):

(1) In the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway: and

(2) In the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left lane of such carriageway.

**CLOTHING:** It is strongly recommended that riders **DO NOT** wear black or dark clothing during an event held on public roads.

**POSITIONING OF RACE NUMBER:** Numbers should be position low on the back/bum in the lumber region so as to be visible from behind – riders using NO PINS type pockets should be encouraged to call out their number when passing the timekeepers.

**THE USE OF TURBO TRAINERS IS BANNED AT ALL EVENTS WITH AM START TIMES.**

**‘PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES &REGULATIONS’**

**PRIZES:**

**Women`s and Juniors Event:**

Fastest Lady: 1<sup>st</sup> £40                      1<sup>st</sup> Juvenile/Junior £20

1<sup>st</sup> Lady On H/Cap: £40

1<sup>st</sup> Lady Vet on Std: £40

**Men`s and Vets Event:**

Fastest: 1<sup>st</sup> £40, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20

H/Cap: 1<sup>st</sup> £40 + Derek Evans Memorial Handicap Award, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20

Vets on Std: 1<sup>st</sup> £40, 2<sup>nd</sup> £30, 3<sup>rd</sup> £20

Team: Bidlake System (Fastest 3<sup>rd</sup> rider) 3 riders £15 each

**ONE RIDER, ONE PRIZE EXCEPT TEAM**

NO	NAME	CLUB	H/CAP	CAT	T.O.S	
1	Jenny	Anderson	Great Yarmouth C C	8.44	L/V 31.25	08:01
2	Sue	Chittock	Ipswich BC	10.29	L/V 29.48	08:02
3	Abigail	Bremner	Beccles Tri Club	11.41	L	08:03
4	Caroline	Wyke	CC Sudbury	13.21	L/V 31.36	08:04
5	Becky	Ridge	Loose Cannon's Conditioning	4.26	L/V 28.42	08:05
6	Toby	Barnes	Great Yarmouth C C	7.40	JUV	08:06
7	Suzy	Esser	Beccles Tri Club	10.58	L/V 28.38	08:07
8	Josephine	Rosier	Ipswich BC	11.40	L/V 29.41	08:08
9	Rachel	Plant	Beccles Tri Club	13.46	L	08:09
10	Hannah	O'Brien	Loose Cannon's Conditioning	4.12	L/V 29.02	08:10
11	Denise	Hurren	Sole Bay Cycle Sport	5.02	L/V 30.15	08:11
12	Kerstin	Langer	Great Yarmouth C C	9.39	L/V 30.08	08:12

Men`s and Vets Event:

NO	NAME	CLUB	H/CAP	CAT	T.O.S
21	Johnathan Lincoln	Great Yarmouth C C	5.22	V 26.46	08:21
22	Nathan Franklin	Stowmarket & District CC	5.16	S	08:22
23	David Gill	Diss & District CC	6.52	V 27.51	08:23
24	Lee Cheung	D A P Cycling Club	8.24	S	08:24
25	Lee Garrod	Sole Bay Cycle Sport	3.35	V 27.12	08:25
26	Ian Newby	Diss & District CC	4.51	V 27.07	08:26
27	Mark Fairhead	CC Breckland	6.10	V 27.44	08:27
28	Charlie Heeks	CC Sudbury	7.28	S	08:28
29	Roland Shaw	Beccles Tri Club	NOVICE	V 28.39	08:29
30	Dan Blackburn	Epic Orange Race Team	2.31	V 26.27	08:30
31	Lee Shipp	Diss & District CC	4.05	V 26.19	08:31
32	Mark Ash	Cake Gang	5.12	V 26.27	08:32
33	Peter Johnson	Norwich A B C	NIL	V 27.44	08:33
34	Adam Glover	Great Yarmouth C C	8.04	V 27.24	08:34
35	Lewis Roberts	Blackspokes RT	3.18	S	08:35
36	Andy Grant	Chelmer CC	4.46	V 28.22	08:36
37	Matt Haigh	Colchester Rovers CC	6.08	V28.58	08:37
38	Daniel Sayer	Beccles Tri Club	7.34	V26.51	08:38
39	Mark Carroll	VC Baracchi	10.17	V 28.13	08:39
40	James Potter	Loose Cannon's Conditioning	2.20	V 26.14	08:40
41	David Ackerley	Team JMC	4.01	V 26.23	08:41
42	Andrew Skiggs	Tri Harder	NIL	V 26.36	08:42
43	Brian Carr	Great Yarmouth C C	6.47	V 28.58	08:43
44	Ian Lomas	Godric CC	8.02	V 28.58	08:44
45	Matthew Peck	Ipswich BC	3.13	V 26.10	08:45
46	Roy Rowland	Loose Cannon's Conditioning	4.30	S	08:46
47	Paul Dennington	VC Baracchi	5.57	V 27.44	08:47
48	Mark Crookes	Iceni Velo	7.26	V 27.07	08:48
49	Clinton Button	Great Yarmouth C C	9.48	V 26.10	08:49
50	Nick Partridge	Sole Bay Cycle Sport	2.06	V 26.27	08:50
51	Jamie Watson	Colchester Rovers CC	4.00	V 27.12	08:51
52	Richard Postance	Norwich A B C	5.05	S	08:52
53	Phil Bailey	Loose Cannon's Conditioning	6.44	V 27.58	08:53
54	Stanley Worrell	VC Baracchi	8.04	V 28.06	08:54
55	Oliver Milk	Epic Orange Race Team	3.05	V 26.23	08:55
56	James Bullen	TrainSharp	4.21	S	08:56
57	Phil Jarvis	Colchester Rovers CC	5.50	V 27.37	08:57

58	Mark	Munnings	VC Baracchi	7.16	V 27.58	08:58
59	Nick	Parravani	CC Breckland	9.24	V 30.35	08:59
60	Matt	O'Brien	Loose Cannon's Conditioning	2.06	V 26.27	09:00
61	Ryan	Gray	Ride Harder	3.45	S	09:01
62	Nick	Esser	Beccles Tri Club	4.55	V 26.51	09:02
63	Steven	Little	Colchester Rovers CC	6.23	V 26.27	09:03
64	John	Swanbury	VC Baracchi	4.13	V 30.35	09:04
65	Samuel	Asker	Richardsons-Trek RT	3.04	S	09:05
66	Matthew	Holland	D A P Cycling Club	4.16	S	09:06
67	Phillip	Goffin	VC Baracchi	5.35	V 26.46	09:07
68	Steve	Stringer	Ride Harder	NIL	V 27.24	09:08
69	Thomas	Hudson	Loose Cannon's Conditioning	8.56	S	09:09
70	Mark	Richards	D A P Cycling Club	1.53	S	09:10
71	Andy	Kennedy	Ipswich BC	3.40	V 27.37	09:11
72	Mark	Thompson	Great Yarmouth C C	4.55	V 26.46	09:12
73	Jim	Keeble	VC Baracchi	6.17	V 27.58	09:13
74	James	Oxbury	Norwich A B C	7.46	V 26.32	09:14
75	Stuart	Fairweather	Loose Cannon's Conditioning	2.56	V 26.32	09:15
76	Chris	Tye	Plomesgate CC	4.08	V 27.24	09:16
77	Jack	Ibbotson	Doncaster Wheelers C.C.	5.32	S	09:17
78	Tom	Moore	VC Baracchi	7.01	S	09:18
79	Mark	Ramsdale	Great Yarmouth C C	8.52	V 26.14	09:19
80	Lloyd	Chapman	Loose Cannon's Conditioning	1.52	S	09:20
81	Jacob	Chambers	VC Norwich	3.37	S	09:21
82	Dominic	Lowden	Diss & District CC	4.54	V 28.22	09:22
83	Jeff	Wharton	Velo Schils Interbike RT	6.22	V26.56	09:23
84	Lewis	Bird	Great Yarmouth C C	NIL	V 26.32	09:24
85	David	Halliday	Team Bottrill	2.37	S	09:25
86	James	Hayward	Ipswich Tri Club	4.06	S	09:26
87	Andrew	Bright	Chronos RT	5.31	V 27.12	09:27
88	Chris	Nudds	CC Breckland	6.12	V 30.07	09:28
89	Gary	Durrant	Great Yarmouth C C	8.24	V 27.18	09:29

**KEEP YOUR HEADS UP AND HAVE A FAST AND SAFE RIDE!**

**PLEASE NOTE:**

There are some CTT rule changes so please take time to read all these on the Coversheet part of the startsheet.

Lynn Evans

Event Secretary

