



# Norwich Amateur Bicycle Club

Open 10 mile time trial to be held on Saturday 12<sup>th</sup> September 2020

*Promoted for and on behalf of Cycling Time Trials under their rules and regulations*

<b>Course</b>	B10/43
<b>Event headquarters</b>	Wortwell Community Centre Tunbeck Close Wortwell IP20 0HS
<b>Timekeepers</b>	Mike Johnson Richard Smith
<b>Recorders</b>	Barney Horne
<b>Starting stewards</b>	Graham Dilks
<b>Results board</b>	Jason Turner
<b>Safety Officer</b>	Ed Dean
<b>Marshals</b>	Andy Blackwell Sandy Telfer Ed Dean
<b>Event organiser</b>	Kate Lucas 58 Albini Way Wymondham Norfolk NR18 0UJ

Contact:  
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# Course details

**B10/43:** <https://www.cyclingtimetrials.org.uk/course-details/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 records

Category	Time	Rider	Date
Solo male	19:10	Jason Boutell	30/09/2017
Solo female	22:16	Rebecca Johnson	07/05/2018
Solo male (Junior)	23:12	Arthur Hitchen	06/07/2019
Sole female (Junior)	25:18	Isabella Johnson	06/07/2019
Tandem	20:17	Gary Pamment Barry Mcdonald	30/09/2017

## Local regulations

Numbers will be at the Headquarters (not the start).

No warming up on the course once the event has started. U-turns are not permitted on the course or roads adjacent to the start or finish areas whilst the event is in progress.

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)

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.

## 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 !**

## Prizes *(awarded on a one rider, one prize basis)*

### Scratch (men and women)

1st	£25 plus digital image
2nd	£15
3rd	£10

### Fastest veterans on standard (men and women)

1st	£25 plus digital image
2nd	£15
3rd	£10

### Fastest tandem

1st	£20 each plus digital image
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With thanks to our prize sponsors

Jelignite Photography – Digital images of all competitors will be available on the website soon after the event ([Jelignite Photography - Cycling images](#))

COURSE RECORD PRIZE - £20 to any rider who breaks the existing records stated

#	Time	Name	Club	M/F	Cat
1	14:01	Andrew Hutchison	Lowestoft Wheelers Cycling Club	M	Vet
1	14:01	Catherine Hutchison	Lowestoft Wheelers Cycling Club	F	Vet
2	14:02	Mark Fraser	citycyclecentre	M	Vet
2	14:02	James Fraser	CC Ashwell	M	Jun
3	14:03	John Swanbury	VC Baracchi	M	Vet
3	14:03	Kate Churchill	VC Baracchi	F	Vet
4	14:04	Christopher York	Maldon & District CC	M	Vet
4	14:04	Joanne York	Maldon & District CC	F	Vet
5	14:05	Jamie Bretton	VC Baracchi	M	Juv
6	14:06	Ryan Coles	VC Baracchi	M	Jun
7	14:07	Joseph Smith	Iceni Velo	M	Jun
8	14:08	Jane Blackwell	Norwich A B C	F	Vet
9	14:09	Cheryl Tye	Plomesgate CC	F	Vet
10	14:10	Sally Withey	Team Swift	F	Vet
11	14:11	Sharon Bennett	Team Velovelocity	F	Vet
12	14:12	Amy Marks	Team LDN	F	Sen
13	14:13	Charlotte Smith	Ride Harder	F	Vet
14	14:14	Dawn Collyer	North Norfolk Whs	F	Vet
15	14:15	Verity Smith	Loose Cannon's Conditioning	F	Vet
16	14:16	Jan Smith	Great Yarmouth C C	F	Vet
17	14:17	Francesca Hall	Team Boompods	F	Sen
18	14:18	Graham Hurst	Norwich A B C	M	Vet
19	14:19	Derek Jones	Walden Tri	M	Vet
20	14:20	Simon Smith	Ride Harder	M	Vet
21	14:21	Mark Eastwood	West Suffolk Wheelers	M	Vet
22	14:22	Andy Kennedy	Ipswich BC	M	Vet
23	14:23	Nigel Hodge	Tri-Anglia Triathlon Club	M	Vet
24	14:24	Gavin Mortlock	Colchester Rovers CC	M	Vet
25	14:25	Richard Penska	Norwich A B C	M	Vet
26	14:26	Mark Carroll	VC Baracchi	M	Vet
27	14:27	Keith Dorling	Team Bottrill	M	Vet

28	14:28	Neil Stevens	Team PedalRevolution.co.uk	M	Vet
29	14:29	Brian Carr	Great Yarmouth C C	M	Vet
30	14:30	Richard Collyer	North Norfolk Whs	M	Vet
31	14:31	John Steed	West Suffolk Wheelers	M	Vet
32	14:32	James Young	Plomesgate CC	M	Vet
33	14:33	Dan Foster	3T-RACING	M	Vet
34	14:34	Karl Wilford	Leicester Forest CC	M	Vet
35	14:35	Steven Carruthers	Rock Estate	M	Vet
36	14:36	Tony Howard	Colchester Rovers CC	M	Vet
37	14:37	Mark Richards	D A P Cycling Club	M	Sen
38	14:38	Paul Hayward	VC Baracchi	M	Vet
39	14:39	Stuart Supple	VC Baracchi	M	Vet
40	14:40	Roy Rowland	Loose Cannon's Conditioning	M	Sen
41	14:41	Richard Glover	CC Ashwell	M	Vet
42	14:42	Mathew Eley	Ely & District CC/B&T Motor Repairs	M	Vet
43	14:43	Phil Jarvis	Colchester Rovers CC	M	Vet
44	14:44	Jason Corner	Retro Racing	M	Vet
45	14:45	Paul Reed	VC Baracchi	M	Sen
46	14:46	Brian Davies	Lowestoft Wheelers Cycling Club	M	Vet
47	14:47	Matt O'Brien	Loose Cannon's Conditioning	M	Vet
48	14:48	James Potter	Orwell Velo	M	Sen
49	14:49	Mike Watson	Lowestoft Wheelers Cycling Club	M	Vet
50	14:50	Edward Day	Norwich A B C	M	Sen
51	14:51	Dave Schindler	Stowmarket & District CC	M	Sen
52	14:52	Timothy Torrie	TBW23 Stuart Hall Cycling P/b Trainsharp	M	Esp
53	14:53	Paul Dennington	VC Baracchi	M	Vet
54	14:54	Chris Womack	VC Baracchi	M	Vet
55	14:55	Steve Dickens	Ride Harder	M	Vet
56	14:56	Andy Mulligan	Tri-Anglia Triathlon Club	M	Sen
57	14:57	Stuart Fairweather	Loose Cannon's Conditioning	M	Vet
58	14:58	Chris Tye	Plomesgate CC	M	Vet
59	14:59	James Hayward	Ipswich Tri Club	M	Sen

60	15:00	Paul Moss	Stowmarket & District CC	M	Vet
61	15:01	Richard Sargeant	Tri-Anglia Triathlon Club	M	Vet
62	15:02	Ben Beynon	Strada 2020	M	Sen
63	15:03	Keith Randle	Amis Velo Racing Team	M	Vet
64	15:04	Tom Burgess	Velo Schils Interbike RT	M	Sen
65	15:05	Simon Brown	VC Norwich	M	Sen
66	15:06	Mark Munnings	Lowestoft Wheelers Cycling Club	M	Vet
67	15:07	Lloyd Chapman	Loose Cannon's Conditioning	M	Sen
68	15:08	Derek Ricketts	Ely & District CC/B&T Motor Repairs	M	Vet
69	15:09	Patrick Ellis	Diss & District CC	M	Vet
70	15:10	Ian Newby	Diss & District CC	M	Vet
71	15:11	David Fenn	CC Sudbury	M	Vet
72	15:12	Jordan Black	Loose Cannon's Conditioning	M	Sen
73	15:13	Ryan Gray	Tri Harder	M	C5
74	15:14	Mark Ready	Diss & District CC	M	Vet
75	15:15	Alan McGuire	Ipswich BC	M	Vet
76	15:16	David Young	West Suffolk Wheelers	M	Sen
77	15:17	William Perrett	AeroLab Ward WheelZ	M	Sen