



Norwich Amateur Bicycle Club

Open 10 mile time trial to be held on Saturday 4th September 2021

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

Course B10/43

Event headquarters Wortwell Community Centre, Tunbeck Close,
Wortwell, IP20 0HS

Timekeepers Jenny Lusher , Peter Milner

Recorder Pam Milner

Starting stewards Peter Bussey

Results board James Lucas

Safety Officer Ed Dean

Marshalls Andy Blackwell , Sandy Telfer

Event organiser Kate Lucas

58 Albini Way
Wymondham
Norfolk
NR18 0UJ

Contact:
07879 814683
k8alucas@gmail.com

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 M	19:10	Jason Boutell	30/09/2017
Solo F	21.57	Francesca Hall	12/09/2020
Solo M (Junior)	22.17	Joseph Smith	12/09/2020
Solo F (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 any way 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
- 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 a pusher-off but this is of course optional. Please inform the starting steward if you do not wish to be held at the start.**
- **At the headquarters: FACE COVERING is still recommended when inside the building to use the toilet facilities. Please use the hand sanitiser provided before entering the building and collecting your number**
- **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**
- **HAVE A GREAT RIDE!**
- **AFTER YOUR RACE – DON'T FORGET TO SIGN OUT AND RETURN YOUR NUMBER!**

Prizes (one prize per rider unless spot prize / CR)

Scratch (men and women)

1st	£30
2nd	£15
3rd	£10

Fastest Vets on standard (men and women)

1st	£30
2nd	£15
3rd	£10

Fastest road bike - £20

Course record - £30 to any rider who breaks the existing records stated

Num	Start Time	Name	Club	Cat
Tandems				
1	14:02	Alistair Banks	VC Baracchi	M Vet
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Solos				
4	14:04	Matthew Clements	UpShift Nutrition Race Team	M Sen
5	14:05	Caroline Wyke	CC Sudbury	F Vet
6	14:06	Peter Kennedy	West Suffolk Wheelers	M Vet
7	14:07	Brian Davies	Anglia Velo	M Vet
8	14:08	Cheryl Tye	Plomesgate CC	F Vet
9	14:09	Christopher Warman	Tri-Anglia Triathlon Club	M Vet
10	14:10	Trevor Roberts	Wolsey RC	M Vet
11	14:11	John Steed	West Suffolk Wheelers	M Vet
12	14:12	Nick Parravani	CC Breckland	M Vet
13	14:13	David Young	West Suffolk Wheelers	M Sen
14	14:14	James Oxbury	Norwich A B C	M Vet
15	14:15	Gary Matthews	Sole Bay Cycle Sport	M Vet
16	14:16	David Fenn	CC Sudbury	M Vet
17	14:17	Oskar Everett	Stowmarket & District CC	M Juv
18	14:18	Tom Moore	Great Yarmouth C C	M Sen
19	14:19	Mark Eastwood	West Suffolk	M Vet

				Wheelers		
20	14:20	Sally	Withey	Swift Racing	F	Vet
21	14:21	Jo	Fisk	Godric CC	F	Vet
22	14:22	Jenny	Anderson	Great Yarmouth C C	F	Vet
23	14:23	Chris	Cantwell	West Suffolk Wheelers	M	Vet
24	14:24	Adrian	Osborn	Stratford Cycling Club	M	Vet
25	14:25	Gary	Smith	Team Velovelocity	M	Vet
26	14:26	Graham	Dilks	Norwich A B C	M	Vet
27	14:27	Becky	Robertson	Epic Orange Race Team	F	Vet
28	14:28	Brian	Carr	Great Yarmouth C C	M	Vet
29	14:29	Dean	Buckingham m	Velouse Flyers	M	Sen
30	14:30	Matthew	Holland	Great Yarmouth C C	M	Esp
31	14:31	Isabella	Johnson	Datalynx-Parenesis Cycling	F	Esp
32	14:32	Martin	Pyne	West Suffolk Wheelers	M	Vet
33	14:33	Denise	Hurren	Sole Bay Cycle Sport	F	Vet
34	14:34	Nicholas	Webber	CC Sudbury	M	Vet
35	14:35	Patrick	Ellis	Diss & District CC	M	Vet
36	14:36	Karle	Howard	Godric CC	M	Vet
37	14:37	Andy	Kennedy	Ipswich BC	M	Vet
38	14:38	Paul	Dennington	VC Baracchi	M	Vet
39	14:39	Dominic	Lowden	Lewes Wanderers CC	M	Vet

40	14:40	Edward	Scarrow	VC Norwich	M	Sen
41	14:41	Rhys	Payne	Porth & District CC	M	Sen
42	14:42	Alex	Warburton	Velo Schils Interbike RT	M	Sen
43	14:43	Gary	Johnson	CC Sudbury	M	Vet
44	14:44	Angus	Jardine	Ipswich BC	M	Vet
45	14:45	Paul	Rooke	West Suffolk Wheelers	M	Vet
46	14:46	Lee	Garrod	Sole Bay Cycle Sport	M	Vet
47	14:47	Paul	Hayward	VC Baracchi	M	Vet
48	14:48	Gary	Pamment	CC Sudbury	M	Vet
49	14:49	Dave	Clark	Orwell Velo	M	Vet
50	14:50	John	Bradbury	CC Sudbury	M	Vet
51	14:51	Mark	Carroll	VC Baracchi	M	Vet
52	14:52	Lloyd	Chapman	Loose Cannon's Conditioning	M	Sen