

#	Name			Cat	Club	District	Start
1	Alan	McGuire	Male	Veteran	Ipswich BC	East	19:01
2	Karim	Ouaddane	Male	Veteran	Tri-Anglia Triathlon Club	East	19:02
3	Simon	Fawcett	Male	Veteran	Walden Tri	London East	19:03
4	Nick	Parravani	Male	Veteran	CC Breckland	East	19:04
5	Cindy	Berry	Female	Senior	Pedal Power Cycles Ipswich	East	19:05
6	Mark	Fairhead	Male	Veteran	CC Breckland	East	19:06
7	Rachel	Holman	Female	Veteran	Ride Harder	East	19:07
8	Steve	Stringer	Male	Veteran	D A P Cycling Club	East	19:08
9	Kay	Burgess	Female	Veteran	Kings Lynn CC	East	19:09
10	Jennifer	Smart	Female	Veteran	VC Norwich	East	19:10
11	Oliver	Milk	Male	Senior	Tri-Anglia Triathlon Club	East	19:11
12	James	Walsgrove	Male	Senior	Ride Harder	East	19:12
13	Gary	Smith	Male	Veteran	Team Velovelocity	East	19:13
14	Angus	Jardine	Male	Veteran	Ipswich BC	East	19:14
15	Stuart	Fairweather	Male	Veteran	Team Velovelocity	East	19:15
16	Steve	Cave	Male	Veteran	Plomesgate CC	East	19:16
17	Mark	Smart	Male	Veteran	VC Norwich	East	19:17
18	Mandy	Bunn	Female	Veteran	CC Sudbury	East	19:18
19	Adam	Cross	Male	Senior	CC Breckland	East	19:19
20	Ben	Stancombe	Male	Senior	Team Velovelocity	East	19:20
21	David	Procter	Male	Veteran	Team Velovelocity	East	19:21
22	Chris	Nudds	Male	Veteran	CC Breckland	East	19:22
23	John	Bradbury	Male	Veteran	CC Sudbury	East	19:23
24	Richard	Carrington	Male	Veteran	West Suffolk Wheelers	East	19:24
25	Matthew	Senter	Male	Senior	Team Velovelocity	East	19:25
26	Ben	Keeley	Male	Senior	Team Velovelocity	East	19:26
27	Harley	Matthews	Male	Senior	D A P Cycling Club	East	19:27

**PRIZES : I'll be contacting riders separately regarding the prize list, but this will have no effect on EDCA circuit championship awards, which will be presented later in the year.**

**PLEASE REMEMBER TO SIGN BACK IN AFTER THE EVENT**

**HEADS UP WHEN RIDING AND REMEMBER THAT YOUR SAFETY AND THAT OF OTHER ROAD USERS IS ALWAYS THE MOST IMPORTANT CONSIDERATION**

**This is a women's BBAR qualifying event**

# CYCLING CLUB BRECKLAND



## CC Breckland Open 25 Mile Time Trial Incorporating EDCA Circuit Championships

### **"Potholes and Pigshit"**

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations on  
**Wednesday 6th June 2018 on *Emergency alternative to Course BS35***

Event Secretary: Geoff Muller, The Old Chapel, Mill Lane, Carbrooke, Thetford, Norfolk, IP25 6TD  
01953 883768  
07504 313707

[geoff@2upltd.co.uk](mailto:geoff@2upltd.co.uk)



Proud to Support  
East Anglia's  
Childrens Hospices

Timekeepers: Mrs. Heather Saunders, Mrs Heidi Davis, Mrs Val Hester

**HQ:** is Carbrooke Village Hall from approx. 1730. Streetmap here: <http://www.streetmap.co.uk/map.srf?x=594892&y=302203&z=106&sv=594892,302203&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=718&ax=594892&ay=302203&lm=0>

**Parking:** There is parking at the hall sufficient for most cars if people park sensibly. Please be considerate if you park in the street.

**Numbers:** will be available at the HQ, and can be exchanged for a drink after the event.

Peacocks have been less of a problem lately, but riders are likely to notice the reason for the change of name of this event when turning down Bell Lane. NCC have engaged in their customary road surface repairs, lobbing shovelfuls of tarmac into holes from the back of a lorry, so be aware that this course has a 'challenging' surface, with some loose stuff on bends. Please ride carefully to avoid gravel rash.

**To get to the start from HQ:** turn right from the hall, then first left into Broadmoor Road. Continue just over a mile to X-roads with B1108 where turn left towards Norwich. Back Lane is the 2nd R turn, after about 1000 metres.

**Course Details** - START at 'Give Way' sign in Back Lane, Scoulton, Proceed onto B1108 and proceed west to Xrds, turn left onto B1077 and proceed to T junction, Turn left and proceed on B1077 to Rockland staggered Xrds (4.7 miles), Turn left and proceed towards Scoulton to T junction, turn left and proceed to T junction with B1108 to complete circuit (7.4 miles) End of 2nd Circuit - 14.7 miles, End of 3rd Circuit - 22.0 miles, At end of 3rd turn left onto B1108 and proceed west to Xrds. Turn left and proceed to FINISH at point 11 metres beyond road direction sign *Attleborough left B1077 / Caston right*

## CTT EAST DISTRICT LOCAL REGULATIONS

**WARMING UP:** No riding along the course by competitors once the event has started.

**U TURNS:** U turns will not be permitted on courses or roads adjacent to Start and Finish areas while an event is in progress.

**NOTE:** Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

**NOTE:** 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 the rider(s) should dismount, check the road is clear in both directions, then, with machine, walk across the road.

**TURBO TRAINERS:** The use of turbo trainers is banned at all events with a.m. start times.

## 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. In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

- Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing
- Ensure that the helmet is properly fitted, is undamaged and in good condition

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road