

# CYCLING CLUB BRECKLAND



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## CC BRECKLAND OPEN 25 MILE TIME TRIAL

Promoted for and on behalf of Cycling Time Trials under its rules and regulations on  
Wednesday 5th June 2019 - Course B25/8 - Start Time 19:01 hours

TIMEKEEPERS START Val Hester CC BRECKLAND  
PUSHER OFF Don Saunders CC BRECKLAND  
MARSHALLS CC BRECKLAND and friends

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

REFRESHMENTS Maggie Hamon Verulam CC/ CC BRECKLAND

### COURSE DETAILS: B25/8

**START** at paint mark on kerb - by drain - on B1111 in underpass under A11 at LARLING. Proceed to turn LEFT onto slip road to A11 EASTBOUND to join A11 carriageway. Proceed EAST via ATTLEBOROUGH roundabout to slip road signed MULBARTON. Take slip road and proceed to BROWICK roundabout (1). Take 3rd exit and proceed over bridge (13.2 miles) to BROWICK roundabout (2). Take 2nd exit to rejoin A11 WESTBOUND and proceed via ATTLEBOROUGH roundabout to **FINISH** at paint mark on kerb - at point ½ way along layby between SNETTERTON and LARLING.

**ROUTE BACK TO HQ** – After FINISH proceed to next exit, turn LEFT and continue on road back to the HQ.

### EVENT HEADQUARTERS

**EAST HARLING SPORTS and SOCIAL CLUB, CHURCH ROAD, EAST HARLING, NORFOLK. NR16 2NA.**

**Parking:** There is ample parking space at the Village Hall please park with consideration as there may be other people using the hall on the same day, there is off road (grass verge) parking nearer to the START. Showers (possibly cold!) and changing rooms may be available.

**Numbers and signing on/out sheet will be at the HQ and NOT at the start. Numbers can be exchanged for a free drink after the event.**

**Attn. All competitors – Please note that all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.**

**DIRECTIONS TO START** – Turn LEFT from HQ – proceed along the B1111 passing St Georges Distillery, over the railway crossing – START is located under the A11 road bridge.

### EAST DISTRICT LOCAL REGULATIONS

**U-TURNS** will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. 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 riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

**WARMING UP** - NO warming-up along the course once the event has started.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a **HARD SHELL HELMET** that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors **MUST** wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

**THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS. AS THIS IS AN EVENING EVENT, AND COULD BE OVERCAST AND CLOUDY CONDITIONS, WE STRONGLY ADVISE THAT YOU USE A REAR LIGHT**

The road surface on parts of the course near to the BP & Shell garages near Besthorpe and the Concrete section is not in great order – some patching up has been done although these patches are slight raised and are a bit bumpy – still better than falling in a hole, there are cracks, bumps and holes – please take care to keep your head raised and be mindful not to serve into path of traffic.

**HEADS UP AND RIDE SAFE.**

<b>PRIZES</b>	<b>ONE RIDER: ONE PRIZE EXCEPT TEAM</b>		
<b>SCRATCH</b>	<b>1<sup>st</sup> £30</b>	<b>2<sup>nd</sup> £25</b>	<b>3<sup>rd</sup> £20</b>
<b>WOMEN</b>	<b>1<sup>st</sup> £30</b>	<b>2<sup>nd</sup> £25</b>	<b>3<sup>rd</sup> £20</b>
<b>VET on STANDARD</b>	<b>1<sup>st</sup> £30</b>	<b>2<sup>nd</sup> £25</b>	<b>3<sup>rd</sup> £20</b>
<b>TEAM OF THREE</b>	<b>£10 each</b>		

No	Name	Clubs	Cat	Vet Std	Start time
1	Mark Fairhead	CC Breckland	Vet.	01:09:03	19:01:00
2	Gary Smith	Team Velovelocity	Vet.	01:07:16	19:02:00
3	Jason Turner	Norwich ABC	Vet.	01:07:40	19:03:00
4	Joy Payne	Amersham Road CC	L/Vet.	01:16:54	19:04:00
5	<b>James Rush</b>	<b>CC Sudbury</b>	<b>Vet.</b>	<b>01:06:27</b>	<b>19:05:00</b>
6	Julian Claxton	Great Yarmouth CC	Senior		19:06:00
7	Paul Hayward	VC Baracchi	Vet.	01:06:00	19:07:00
8	Nigel Hodge	Tri-Anglia Triathlon Club	Vet.	01:08:15	19:08:00
9	Gillian Reynolds	Willesden CC	L/Vet.	01:20:08	19:09:00
10	<b>Lloyd Chapman</b>	<b>Plomesgate CC</b>	<b>Senior</b>		<b>19:10:00</b>
11	Adrian Pettitt	Stowmarket & District C C	Vet.	01:08:03	19:11:00
12	Paul Sexton	CC Breckland	Vet.	01:06:14	19:12:00
13	Mark Ready	Diss & District C C	Vet.	01:09:44	19:13:00
14	James Scarth	Bishop's Stortford CC	Vet.	01:06:14	19:14:00
15	<b>Damon Day</b>	<b>CC Sudbury</b>	<b>Vet.</b>	<b>01:08:38</b>	<b>19:15:00</b>
16	John Swindells	Iceni Velo – Duff Morgan	Vet.	01:06:52	19:16:00
17	Jonny Hawes	Great Yarmouth CC	Senior		19:17:00
18	Bob Quarton	Wolsey RC	Vet.	01:11:44	19:18:00
19	Ken Platts	Cambridge CC	Vet.	01:12:27	19:19:00
20	<b>Stuart Fairweather</b>	<b>Team Velovelocity</b>	<b>Vet.</b>	<b>01:06:27</b>	<b>19:20:00</b>
21	Richard Carrington	West Suffolk Wheelers	Vet.	01:06:40	19:21:00
22	Geoff Perry	Born to Bike – Bridgetown Cycles	Vet.	01:09:59	19:22:00
23	Chris Womack	VC Baracchi	Vet.	01:14:40	19:23:00
24	Ivan Carr	Team PedalRevolution.co.uk	Vet.	01:08:15	19:24:00
25	<b>Dan Blackburn</b>	<b>VC Norwich</b>	<b>Vet.</b>	<b>01:06:14</b>	<b>19:25:00</b>
26	Simon Boyle	Orwell Velo	Vet.	01:08:03	19:26:00
27	James Walsgrove	Ride Harder	Vet.	01:06:00	19:27:00
28	Mike Watson	CC Breckland	Vet.	01:09:03	19:28:00
29	Jan Smith	Great Yarmouth CC	L/Vet.	01:14:17	19:29:00
30	<b>Mark Richards</b>	<b>DAP Cycling Club</b>	<b>Senior</b>		<b>19:30:00</b>
31	Michael Martin	CC Ashwell	Vet.	01:08:51	19:31:00
32	Philip Watkins	North Norfolk Wheelers	Vet.	01:09:16	19:32:00
33	Chanel Mason	Storey Racing	Lady		19:33:00
34	Patrick Charlton	Wolsey RC	Vet.	01:10:30	19:34:00
35	<b>John Surtees</b>	<b>CES Sport</b>	<b>Vet.</b>	<b>01:08:26</b>	<b>19:35:00</b>
36	Chris Tye	Plomesgate CC	Vet.	01:08:26	19:36:00
37	Thomas Carroll	CC Breckland	Senior		19:37:00
38	Philip Waring	Cambridge CC	Vet.	01:08:03	19:38:00
39	Phil Wright	Hartlepool CC	Vet.	01:11:24	19:39:00
40	<b>Harley Matthews</b>	<b>DAP Cycling Club</b>	<b>Senior</b>		<b>19:40:00</b>
41	Tim Phillips	St Ives CC	Vet.	01:07:51	19:41:00
42	Antony Birt	Plomesgate CC	Vet.	01:07:05	19:42:00