

**DAP CYCLING CLUB**

**OPEN 10 MILE TIME TRIAL**

**Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on**

**Saturday 18nd September on the B10/43 Course.**

**OFFICIALS:**

Timekeepers: Paul Vergette (Godric CC), Peter and Pam Milner (Godric CC)

Marshals: Members and friends of DAP CC

Event Secretary: Mark Richards

 64 Rotterdam Road

 Lowestoft

 Suffolk

 NR32 2HA

**Event HQ:** Wortwell Community Centre, Tunbeck Cl, Wortwell, IP20 0HS. There is plenty of parking available at the HQ, But please park considerately. HQ will be open for sign on from 13:00.

**Course: 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 Record:** 19:10 (Jason Bouttell, 2017)

**Awards:** (one prize per rider except team)

Scratch

1st £30

2nd £25

3rd £20

Vet. On standard

1st £30

2nd £25

3rd £20

Ladies

1st £30

2nd £25

3rd £20

Tandem

1st £15 each

Team

£10 each

**EAST DISTRICT REGULATIONS**

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst

the race is in progress.

Warming up: No warming up along the course by competitors once the event has started.

Turbo trainers: The use of turbo trainers is banned at all events with an AM start time.

Note: Any breaking of the above regulations, in the first case, may mean disqualification from

the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

**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. (Compulsory for riders under 18 years of age)

**REAR LED LIGHT**

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.

START SHEET

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| bib | start time | First name | Last name | club | gender | category |
| 2 | 14:02:00 | John | Swanbury | VC Baracchi | Male | Veteran |
| 2 | 14:02:00 | Kate | Churchill | VC Baracchi | Female | Veteran |
| 4 | 14:04:00 | Andrew | Hutchison | Lowestoft Wheelers Cycling Club | Male | Veteran |
| 4 | 14:04:00 | Catherine | Hutchison | Lowestoft Wheelers Cycling Club | Female | Veteran |
| 11 | 14:11:00 | Larissa | Webster | Godric CC | Female | Senior |
| 12 | 14:12:00 | Kerry | Brennand | Newmarket Cycling & Triathlon Club | Female | Veteran |
| 13 | 14:13:00 | Tracy | Youngman  | Rock Estate | Female | Veteran |
| 14 | 14:14:00 | Sally | Withey | Swift Racing | Female | Veteran |
| 15 | 14:15:00 | Siobhan | Curtis | trainSharp | Female | Veteran |
| 16 | 14:16:00 | Gillian | Leech | Loose Cannon's Conditioning | Female | Veteran |
| 17 | 14:17:00 | Julia | Freeman | Easterley Road Club | Female | Veteran |
| 18 | 14:18:00 | Peter | Kennedy | West Suffolk Wheelers | Male | Veteran |
| 19 | 14:19:00 | John  | Shellard | VTTA (East Anglia Group) | Male | Veteran |
| 20 | 14:20:00 | Terry | Garlinge | Easterley Road Club | Male | Veteran |
| 21 | 14:21:00 | Gerry | Barton | West Suffolk Wheelers | Male | Veteran |
| 22 | 14:22:00 | Mark | Carroll | VC Baracchi | Male | Veteran |
| 23 | 14:23:00 | David | Young | West Suffolk Wheelers | Male | Senior |
| 24 | 14:24:00 | Phil | Bailey | Loose Cannon's Conditioning | Male | Veteran |
| 25 | 14:25:00 | Anthony | Whale | Harlow CC | Male | Veteran |
| 26 | 14:26:00 | David | Fenn | CC Sudbury | Male | Veteran |
| 27 | 14:27:00 | Tom | Moore | Great Yarmouth C C | Male | Senior |
| 28 | 14:28:00 | Mark | Eastwood | West Suffolk Wheelers | Male | Veteran |
| 29 | 14:29:00 | Martin  | Simmons  | C C C P | Male | Veteran |
| 30 | 14:30:00 | Martin | Lewis | Ely & District CC/B&T Motor Repairs | Male | Veteran |
| 31 | 14:31:00 | Chris | Cantwell | West Suffolk Wheelers | Male | Veteran |
| 32 | 14:32:00 | Jim | Keeble | Rock Estate | Male | Veteran |
| 33 | 14:33:00 | Lewis | Bird | Great Yarmouth C C | Male | Veteran |
| 34 | 14:34:00 | Chris | Womack | VC Baracchi | Male | Veteran |
| 35 | 14:35:00 | Steve | Stringer | Ride Harder | Male | Veteran |
| 36 | 14:36:00 | Adrian | Osborn | Stratford Cycling Club | Male | Veteran |
| 37 | 14:37:00 | Nathan | Franklin | Stowmarket & District CC | Male | Senior |
| 38 | 14:38:00 | Brian | Carr | Great Yarmouth C C | Male | Veteran |
| 39 | 14:39:00 | Andrew | Bright | Chronos RT | Male | Veteran |
| 40 | 14:40:00 | Mark | Ready | Diss & District CC | Male | Veteran |
| 41 | 14:41:00 | Gavin  | Mortlock | Colchester Rovers CC | Male | Veteran |
| 42 | 14:42:00 | Johnathan  | Lincoln | Great Yarmouth C C | Male | Veteran |
| 43 | 14:43:00 | Martin | Pyne | West Suffolk Wheelers | Male | Veteran |
| 44 | 14:44:00 | Nigel | Hodge | Tri-Anglia Triathlon Club | Male | Veteran |
| 45 | 14:45:00 | Patrick | Ellis | Diss & District CC | Male | Veteran |
| 46 | 14:46:00 | Mark | Thompson | VC Baracchi | Male | Veteran |
| 47 | 14:47:00 | Patrick | Charlton | Wolsey RC | Male | Veteran |
| 48 | 14:48:00 | Paul | Dennington | VC Baracchi | Male | Veteran |
| 49 | 14:49:00 | Rhys | Payne | Porth & District CC | Male | Senior |
| 50 | 14:50:00 | Samuel | Asker | Richardsons-Trek RT | Male | Espoir |
| 51 | 14:51:00 | Edward | Scarrow | VC Norwich | Male | Senior |
| 52 | 14:52:00 | Iain | McWass | Ride Harder | Male | Senior |
| 53 | 14:53:00 | Derek | Ricketts | Ely & District CC/B&T Motor Repairs | Male | Veteran |
| 54 | 14:54:00 | Paul | Rooke | West Suffolk Wheelers | Male | Veteran |
| 55 | 14:55:00 | Andy | Kennedy | Ipswich BC | Male | Veteran |
| 56 | 14:56:00 | Simon | Daw | CC Sudbury | Male | Veteran |
| 57 | 14:57:00 | Paul  | Hayward | VC Baracchi | Male | Veteran |
| 58 | 14:58:00 | Gary | Pamment | CC Sudbury | Male | Veteran |
| 59 | 14:59:00 | Dave | Clark | Orwell Velo | Male | Veteran |
| 60 | 15:00:00 | John | Swanbury | VC Baracchi | Male | Veteran |
| 61 | 15:01:00 | Oliver | Milk | Epic Orange Race Team | Male | Veteran |
| 62 | 15:02:00 | Robert | Watson | Cambridge CC | Male | Veteran |
| 63 | 15:03:00 | John  | Bradbury | CC Sudbury | Male | Veteran |
| 64 | 15:04:00 | Neil | Hughes | Velo Schils Interbike RT | Male | Veteran |
| 65 | 15:05:00 | Stuart | Supple | VC Baracchi | Male | Veteran |
| 66 | 15:06:00 | Jordan | Black | Loose Cannon's Conditioning | Male | Senior |
| 67 | 15:07:00 | Martin | Reynolds | Cambridge CC | Male | Veteran |
| 68 | 15:08:00 | Darran | Bennett | Ely & District CC/B&T Motor Repairs | Male | Veteran |
| 69 | 15:09:00 | Paul | Jay | DRAG2ZERO | Male | Veteran |
| 70 | 15:10:00 | Mark | Richards | D A P Cycling Club | Male | Senior |