

CYCLING CLUB BRECKLAND



PLEASE CONTACT: EVENT SECRETARY Sally Withey

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CLUB WEBSITE www.ccbreckland.info

Cycling Club Breckland Open 10 miles Time Trial

**Promoted for and on behalf of Cycling Time Trials under its rules and regulations on
Saturday 5 March 2022 – Course B10/19 – Start Time 14:01**

TIMEKEEPERS START Don Saunders, CC Breckland

FINISH Heather Saunders, CC Breckland and Andy Moore, King's Lynn CC

MARSHALLS Members of Cycling Club Breckland and friends of.

Please take note of the following Covid 19 guidance.

**Although restrictions are no longer mandatory, please be respectful to all riders,
helpers, marshals and timekeepers, help keep us all safe.**

**Please do not attend the event if you or any member of your
support crew or family shows symptoms of Covid 19.**

Course Details: B10/19

START at paint mark on B1108, opposite garage, outside Lincoln's Hall (HQ) Hingham. Proceed west on B1108 to Carbrooke roundabout (5.5 miles). Encircle roundabout to retrace on B1108 to FINISH on B1108 near farm track approx. 0.5 miles before Woodrising Road.

Course records:

Men: 20.18 Lloyd Chapman (Banks/Catford CC) 2017

Women: 21.56 Kimberley Morrison (Drag2Zero) 2018

Tricycle 28.42 Don Saunders (C C Breckland) 2013

Event headquarters – Lincoln Hall, The Fairland, Hingham NR9 4HW

The hall is in the heart of the village so please be respectful of the facilities and the location. As this is a residential area, please DO NOT use the car park or area in front of the hall as a changing room.

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Please bring your own pen for signing and if possible, your own safety pins if needed. Please use provided sanitiser.

After finishing and signing off please place your number in the orange bucket.

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

CYCLING CLUB BRECKLAND are proud to support



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.

CLOTHING – It is recommended that riders **do not** wear black or dark clothing during an event held on public roads.

CTT Regulations:

FRONT LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

No front or rear light – no ride

Covering the Course

The onus of keeping to the course rests with each rider.

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

HELMETS

All competitors 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. It is the responsibility of the rider to:

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

Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – head down riding will not be tolerated.

Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:

20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

The road surface in general has held up pretty well during the winter – however there are some potholes – most are easy to spot. There is one on the return section just before the cemetery sign that is in shade that can be difficult to spot. Please check on the day for any other warnings that may occur.

HEADS UP AND RIDE SAFE.

Prizes

Men: 1st £25; 2nd £20; 3rd £15

Lady: 1st £25; 2nd £20; 3rd £15

Vets on standard: 1st £25; 2nd £20; 3rd £15

Team of three: £10 each

One rider, one prize except team

1	14:01:00	Mark	Fairhead	CC Breckland	Male	Veteran
2	14:02:00	Mark	Ramsdale	Great Yarmouth C C	Male	Veteran
3	14:03:00	Adam	Baker	West Suffolk Wheelers	Male	Veteran
4	14:04:00	Mark	Philo	Tri-Anglia Triathlon Club	Male	Veteran
5	14:05:00	Paul	Hayward	VC Baracchi	Male	Veteran
6	14:06:00	Graham	Denny	North Norfolk Whs	Male	Veteran
7	14:07:00	Johnathan	Lincoln	Great Yarmouth C C	Male	Veteran
8	14:08:00	Simon	Hardy	Kings Lynn CC	Male	Veteran
9	14:09:00	Aimee	Hockley-Righton	Ely & District CC/B&T Motor Repairs	Female	Senior
10	14:10:00	Jordan	Black	West Suffolk Wheelers	Male	Senior
11	14:11:00	Ian	Pike	Lincoln Wheelers CC	Male	Veteran
12	14:12:00	Hannah	O'Brien	Loose Cannon's Conditioning	Female	Veteran
13	14:13:00	Dean	Buckingham	Velouse Flyers	Male	Senior
14	14:14:00	David	Young	West Suffolk Wheelers	Male	Senior
15	14:15:00	Graham	Rudd	API-Metrow	Male	Veteran
16	14:16:00	Mike	Watson	Lowestoft Wheelers Cycling Club	Male	Veteran

17	14:17:00	Verity	Smith	Loose Cannon's Conditioning	Female	Veteran
18	14:18:00	Iain	Dawson	CC Breckland	Male	Unknown
19	14:19:00	Paul	Johnson	Kings Lynn CC	Male	Veteran
20	14:20:00	Joe	Skipper	Team Skipper	Male	Senior
21	14:21:00	Ben	Keeley	Team Velovelocity	Male	Senior
22	14:22:00	Mathew	Shotbolt	Loose Cannon's Conditioning	Male	Senior
23	14:23:00	John	Swanbury	VC Baracchi	Male	Veteran
24	14:24:00	Jonathan	Hawes	Velouse Flyers	Male	Veteran
25	14:25:00	Ian	Short	Team Salesengine.co.uk	Male	Veteran
26	14:26:00	Gary	Johnson	CC Sudbury	Male	Veteran
27	14:27:00	Chris	Nudds	CC Breckland	Male	Veteran
28	14:28:00	Patrick	Ellis	Diss & District CC	Male	Veteran
29	14:29:00	Marion	Denby	Newmarket Cycling & Triathlon Club	Female	Senior
30	14:30:00	Keith	Dorling	Team Bottrill	Male	Veteran
31	14:31:00	Ryan	Gray	Ride Harder	Male	C5
32	14:32:00	Chris	Tye	Plomesgate CC	Male	Veteran
33	14:33:00	Simon	Butteriss	Ely & District CC/B&T Motor Repairs	Male	Veteran
34	14:34:00	Ben	Dean	Loose Cannon's Conditioning	Male	Senior
35	14:35:00	John	Bradbury	CC Sudbury	Male	Veteran
36	14:36:00	Philip	Watkins	North Norfolk Whs	Male	Veteran
37	14:37:00	Ian	Newby	Diss & District CC	Male	Veteran
38	14:38:00	Ann	Shuttleworth	Cambridge CC	Female	Veteran
39	14:39:00	Dan	Simkins	Velouse Flyers	Male	Senior
40	14:40:00	Matt	O'Brien	Loose Cannon's Conditioning	Male	Veteran
41	14:41:00	Oliver	Cozens	Norwich A B C	Male	Senior
42	14:42:00	David	Ackerley	Team JMC	Male	Veteran
43	14:43:00	Isabella	Johnson	Datalynx-Parenesis Cycling	Female	Espoir
44	14:44:00	Rob	Harlow	Great Yarmouth C C	Male	Senior
45	14:45:00	Thomas	Carroll	CC Breckland	Male	Veteran
46	14:46:00	Daniel	Bloy	Team Velovelocity	Male	Veteran
47	14:47:00	James	Moore	VC Baracchi	Male	Senior
48	14:48:00	Brian	Carr	Great Yarmouth C C	Male	Veteran
49	14:49:00	Ian	Nixon	Cake Gang	Male	Veteran
50	15:00:00	Lloyd	Chapman	Loose Cannon's Conditioning	Male	Senior