

ANGLIA VELO

Affiliated to: Cycling Time Trials (CTT), East District Cycling Association (EDCA)
Eastern Counties Cycling Association (ECCA)

Anglia Velo 10 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under its rules & regulations.

Course: B10/3a on Saturday 20th July 2019. (First rider off at 16.01)

Event Sec: Stephen Penney, 3 Blackberry Close, Dereham, Norfolk NR20 3TB			
Tel: 07984 147 118		Email:	smpenney@outlook.com
TimeKeeper-Start:	Christine Cooke	Timekeepers-Finish	Andy Moore / Sharon Empson
Pusher Off:	Joe Empson	Results Board:	Stephen Penney
Marshals & Observers:	Simon James Scott, Bruce Williams, Phil Hollingsworth, Roger Sayer, Verity Holmes, Paul Spencer,		
Refreshments	Maggie, Sam & Charlotte Penney		

H.Q. and Parking, Village Hall, Golf Links Road, Morley St Peter, Wymondham, NR18 9SU. Village Hall will be open from 1400. Please park with consideration to fellow competitors and local residents. There is plentiful parking available at the village hall and carefully along Golf Course Road.

Please note the following.

Numbers and signing in/out sheet will be at HQ and NOT at the start, please ensure that you sign-on when you collect your number, **Please note that all competitors are required to PERSONALLY sign the sign-out sheet when returning their race number. Failure to do will result in the competitor being recorded as DNF.**

Course Details: B10/3a (Attleborough ↔ Browick Junction)

Start at paint mark on road, B1172, approx. 500 yds from junction with sliproad to A11 at Besthorpe Bridge.

Proceed to A11 sliproad junction, turn left and join A11 eastbound.

Proceed east to Browick junction, sliproad signed 'Mulbarton'.

Take sliproad and proceed to RAB (1), take 3rd exit and proceed over bridge to RAB (2).

Take 2nd exit and proceed west down sliproad to join A11 westbound.

Proceed west on A11 to Finish at large green MOT sign just past BP garage.

Continue along A11 and leave the A11 at the next slip road. Turn right and proceed over bridge. Turn LEFT onto Norwich road and follow for ½ mile back to Morley Village Hall.

Heads up and have a safe and fast ride !

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Course Records:

Men:	Nino Picolli	18:48 (2009)
Lady:	Yvonne McGregor	21:15 (1997)
Tandem:	Glen Taylor / Mark Arnold	17:59 (2018)

Prizes

	1st	2nd	3rd
Scratch:	£20	£15	£10
Ladies:	£20	£15	
Vets on Std:	£20	£15	£10
Tandem	2 x £15		
Team (3 riders)	£10 each		

Maximum one prize per winner (except Team).

CTT EAST DISTRICT LOCAL REGULATIONS 8,11,12

(8) U Turns: U turns will not be permitted on courses or roads adjacent to start / finish areas whilst a race 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.

Definition: 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.

(11) Numbers: and signing in/out sheet will be at HQ and NOT at the start.

(12) Warming up: No riding along the course by competitors once an event has started.

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.

Rear Light:

CYCLING TIME TRIALS strongly recommend that riders use a rear light, either flashing or constant, visible to following road users and is active while the machine is in use.

NOTE: These are recommendations only and cannot be imposed should a rider not comply with either.

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start_time	Race Number	firstname	lastname	club
1601	1	Glenn	Taylor	Shorter Rochford RT
		Mark	Arnold	VTTA (East Anglia Group)
1603	3	Gary	Pamment	3T-RACING
		Barry	Mcdonald	3T-RACING
1605	68 / 65	John	Iszatt	Team Vision Racing - Silverhook
		Dean	Lubin	Team Vision Racing - Silverhook
1606	6	Thomas	Carroll	CC Breckland
1607	7	Gary	Smith	Team Velovelocity
1608	8	Mark	Ready	Diss & District CC
1609	9	Terry	Law	CC Sudbury
1610	10	Nick	Partridge	VC Baracchi
1611	11	Steve	Cave	Plomesgate CC
1612	12	Jon	Talbot	Wisbech Whs
1613	13	Mike	Watson	CC Breckland
1614	14	Markos	Janes	VC Norwich
1615	15	Terry	Garlinge	Easterley Road Club
1616	16	Lee	Garrod	Sole Bay Cycle Sport
1617	17	Will	Shepherd	Ely & District CC/B&T Motor Repairs
1618	18	Michael	Fry	Glendene CC
1619	19	Greg	Elliott	Harworth and District Cycling Club
1620	20	Paul	Jay	Team Velovelocity
1621	21	Richard	O'rourke	Team Vision Racing - Silverhook
1622	22	John	Manlow	Ely & District CC/B&T Motor Repairs
1623	23	Julia	Freeman	Easterley Road Club
1624	24	Kate	Lucas	Norwich A B C
1625	25	Murat	Ozdenya	Team Vision Racing - Silverhook
1626	26	Adrian	Pettitt	Stowmarket & District CC
1627	27	Chris	Roberts	Team PedalRevolution.co.uk
1628	28	Sarah	Senderski	Team Bottrill
1629	29	Denese	Hallahan	Wisbech Whs
1630	30	Matt	O'brien	Plomesgate CC
1631	31	Richard	Carrington	West Suffolk Wheelers
1632	32	Paul	Dennington	VC Baracchi
1633	33	Denise	Hurren	Team Velovelocity
1634	34	Brian	Carr	Great Yarmouth C C

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1635	35	David	Crisp	3T-RACING
1636	36	Colin	Lizieri	Cambridge CC
1637	37	Mark	Farrow	Team PedalRevolution.co.uk
1638	38	Jennifer	Smart	Team Velovelocity
1639	39	Jemma	Redhead	Wisbech Whs
1640	40	Lloyd	Chapman	Plomesgate CC
1641	41	Ian	Pike	Lincoln Wheelers CC
1642	42	Neil	Empson	Wisbech Whs
1643	43	Patrick	Charlton	Wolsey RC
1644	44	Peter	Aldred	Great Yarmouth C C
1645	45	Jorge	Vieira	Team PedalRevolution.co.uk
1646	46	Julian	Bosley	Stowmarket & District CC
1647	47	Mark	Smart	VC Norwich
1648	48	Johnathan	Lincoln	Great Yarmouth C C
1649	49	Leon	Welford	Plomesgate CC
1650	50	Simon	Hance	Stowmarket & District CC
1651	51	Jordan	Black	Newmarket Cycling & Triathlon Club
1652	52	Derek	Ricketts	Ely & District CC/B&T Motor Repairs
1653	53	Martin	Pyne	Anglia Velo
1654	54	John	Royle	Fenland Clarion CC
1655	55	Rory	Havis	Ely & District CC/B&T Motor Repairs
1656	56	Andy	Stuart	Velo Club St Raphael
1657	57	Chris	Nudds	CC Breckland
1658	58	Graham	Dilks	Norwich A B C
1659	59	Lauren	Pike	Sleaford Wheelers Cycling Club
1700	60	Ben	Stancombe	Team Velovelocity
1701	61	Dan	Blackburn	VC Norwich
1702	62	Chris	Tye	Plomesgate CC
1703	63	Steve	Peck	Ely & District CC/B&T Motor Repairs
1704	64	Callum	Stedman	Tri Harder
1705	65	Dean	Lubin	Team Vision Racing - Silverhook
1706	66	James	Scarth	Bishop's Stortford CC
1707	67	Roger	Sewell	Wisbech Whs
1708	68	John	Iszatt	Team Vision Racing - Silverhook
1709	69	Nick	Parravani	CC Breckland
1710	70	David	Mcgaw	Cambridge CC

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