

Important – Please Read

The following instructions outline the “special circumstances” for this event due to COVID-19. These instructions are correct at the time of issuing but may change due to updated risk assessment or changing government advice. Any changes will be detailed at the HQ on the day of the event.

Competitors

- Competitors MUST NOT attend if they feel ill in ANY way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere. Please be mindful of how your actions may be viewed by passers-by.

HQ Building

- There will be NO access to the HQ building, except to use the toilets (see below).
- Simply Just Coffee will be present in the HQ area selling a selection of drinks and cakes. After completing their ride, each competitor can “exchange” their number for one of the following drinks: Tea, Coffee, Hot Chocolate or Espresso. To “claim” your free drink, show your number to Simply Just Coffee when making your order. Once you have ordered, dispose of the number as indicated.

Toilets

- The toilets at the HQ building will be made accessible with a one person at a time policy.
- Hand sanitiser (supplied) MUST be used on entering the toilets AND upon leaving the toilets.

Sign-on/sign-out

- Bring your own pen to sign in and out.
- Signing on will be done one at a time. Queue orderly and maintain 2m whilst waiting. My daughter, Amelia, will be present and has promised to monitor competitor’s behaviour. She is 7 years old, very bossy and will happily tell people off for breaking the 2m rule!
- Disposable numbers will be issued. Once you have finished your event you can “exchange” the number for a free warm drink (see HQ building above).

Warming-up

- As the road space to warm-up is limited, turbo trainers are permitted at this event provided strict social distancing can be maintained.

Start area

- Please arrive at the start no more than 7 minutes BEFORE your start time.
- There will be NO pusher off AND the start timekeeper will be more than 2m from the start.
- Competitors MUST NOT leave any personal items with the timekeeper. Any items left in the start area are done so at the owners’ own risk.

During the event

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.



EAST DISTRICT CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP
B10/37R, SATURDAY 5th June 2021

(PROMOTED FOR AND ON BEHALF OF **CYCLING TIME TRIALS** UNDER THEIR RULES AND REGULATIONS)

EVENT SECRETARY: Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS daniel_bloy@hotmail.com 07786 085 257

TIMEKEEPERS: Start: Peter Church, Bruce Williams; Finish: Andy Moore, Naomi Lucas

HELPERS: Abby Marshall, Amelia Bloy, David Bethell, Ellie Marshall, Tim Spencer

- HEAD QUARTERS:** Tottenhill Village Hall, 10 Whin Common Road, Tottenhill, King's Lynn PE33 0RS
Numbers and facilities will be available at the village hall.
- SIGNING ON:** All riders must collect their **own numbers** and **sign on** and read any information relevant to the event.
- SIGNING OFF:** Please note that all competitors are now required personally to sign the signing out sheet when returning their number. **Failure to do will result in the competitor being recorded as DNF.**
- PARKING:** Parking is available at the H/Q, on hard standing and on the grass-area as directed. Please avoid parking on the common as it has resulted in access problems for some of the village community.
Strictly no parking on A10 or A134.
After finishing event, take the first left to return to H/Q.

CYCLE HELMETS:

IN THE INTERESTS OF YOUR SAFETY, **CYCLING TIME TRIALS** and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. **All competitors under the age of 18** 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, ANZI Z90.4, AUS/NZS, DIN 35/954, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if rider is under 18 years) to:

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

LOCAL REGULATIONS:

U-Turns will not be permitted on course or roads adjacent to Start and Finish areas while the race 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.

Definition: A U-Turn is defined as a 180-degree turn completed within the highway 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).

Numbers will be at the H.Q. where you will need to sign in before being provided with your number and can be exchanged for a drink after the event. **Note:** All competitors – Please note that from 2017 all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

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

Turbo trainers: The use of turbo-trainers is banned at all events with a.m. start times.

LIGHTS:

All competitors – please be aware of CTT Regulation 14(i):

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 REAR LIGHT – NO RIDE.

COURSE: B10/37R

WOMENS RECORD: 21.48, Francesca Hall (2020)

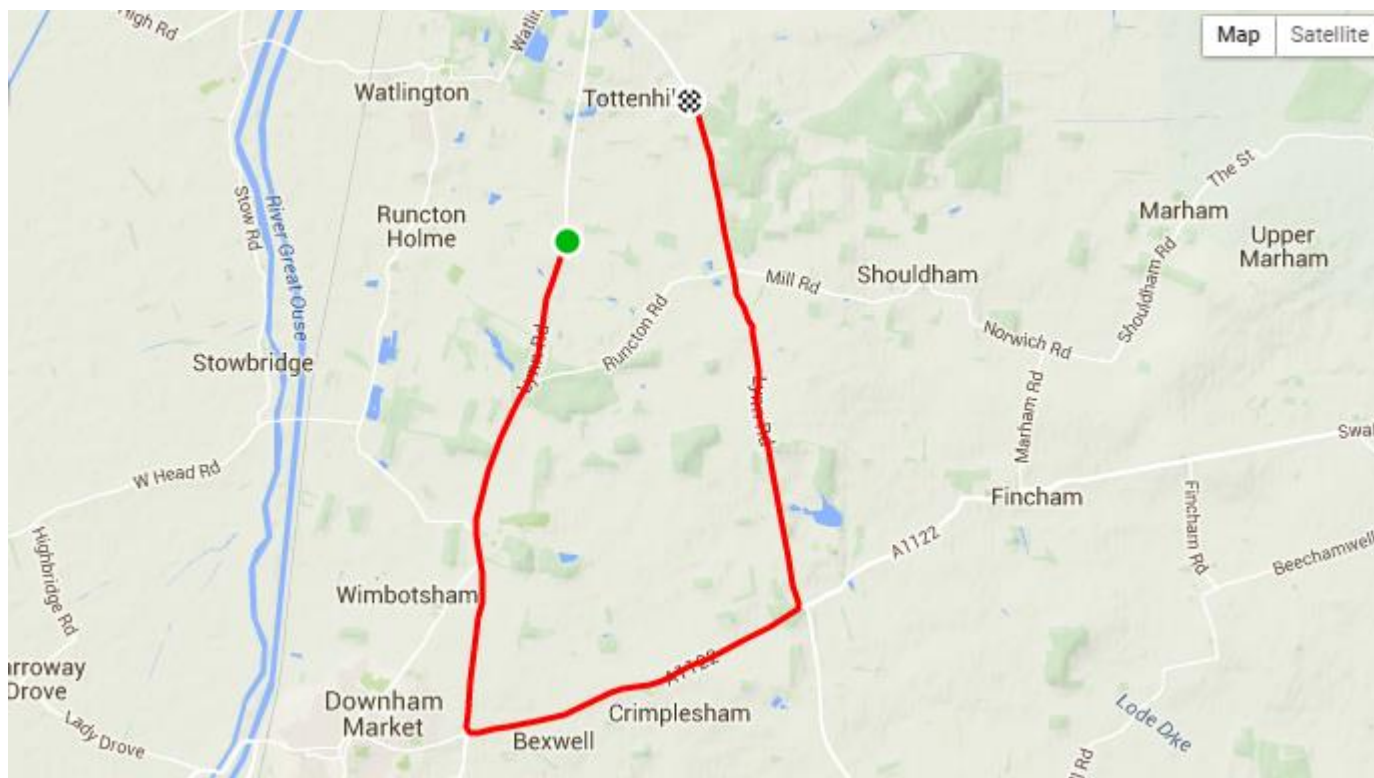
MENS RECORD: 19.24, William Perrett (2020)

START on A10 in lay-by 200 yards north of church at South Runcton between Kings Lynn and Downham Market. Proceed south on A10 to Bexwell R/A junction of A1122 (3.7m) (M). (extra care). Take first left along A1122 to Stradsett x-roads junction of A134 (6.3m) (M). Take left turn (extra care) and continue along A134 to finish 60 yards past signpost for Church Lane, Tottenhill

At the Stradsett turn do not go over the centre white line on the A134. You may be disqualified

Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind.

The course is available on Strava at: <http://www.strava.com/segments/1323188>



PRIZES:



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.

HEADS UP AND HAVE A FAST AND SAFE RIDE

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
1	2:01 PM							
2	2:02 PM							
3	2:03 PM	Men	Gerry Barton	West Suffolk Wheelers	East	B	71	29:30
4	2:04 PM	Men	Paul Johnson	Kings Lynn CC	East	B	53	27:07
5	2:05 PM	Men	David Broadbent	Moda Racing Team	Central	A	62	28:06
6	2:06 PM	Ladies	Catrin Brown	Cycle Specific	South Wales	R	45	28:57
7	2:07 PM	Men	Trevor Roberts	Wolsey RC	East	B	47	26:36
8	2:08 PM	Men	John Steed	West Suffolk Wheelers	East	B	72	29:42
9	2:09 PM	Men	Wayne Hill	Bourne Wheelers	Lincolnshire	C	54	27:12
10	2:10 PM	Men	Mark Eastwood	West Suffolk Wheelers	East	B	56	27:24
11	2:11 PM	Men	Rob Goult	Ely & District CC/B&T Motor Repairs	East	B	55	27:18
12	2:12 PM	Men	David Young	West Suffolk Wheelers	East	B	36	
13	2:13 PM	Men	David Fenn	CC Sudbury	East	B	71	29:30
14	2:14 PM	Juvenile	William Horspool	Boston Wheelers CC	Lincolnshire	C	13	
15	2:15 PM	Ladies	Sally Withey	Swift Racing	Yorkshire	V	52	29:35
16	2:16 PM	Men	Stuart Howlett	Velouse Flyers	East	B	55	27:18
17	2:17 PM	Men	Graham Horspool	Wisbech Whs	East	B	44	26:23
18	2:18 PM	Espoir	Jolyon Glynn	Cambridge CC	London East	E	18	
19	2:19 PM	Men	Simon Hardy	Kings Lynn CC	East	B	52	27:01
20	2:20 PM	Men	Paul Moss	Stowmarket & District CC	East	B	53	27:07
21	2:21 PM	Men	Adrian McHale	Peterborough CC	South East Midlands	N	45	26:27
22	2:22 PM	Men	Thomas Dean	Royal Air Force Cycling Association	Yorkshire	V	40	26:06
23	2:23 PM	Men	Aaron Bates	West Suffolk Wheelers	East	B	46	26:32
24	2:24 PM	Ladies	Cindy Beynon	Epic Orange Race Team	East	B	26	
25	2:25 PM	Men	Mark Ready	Diss & District CC	East	B	60	27:51
26	2:26 PM	Men	Mark Fairhead	CC Breckland	East	B	57	27:30
27	2:27 PM	Men	Philip Merritt	Fenland Clarion CC	South East Midlands	N	59	27:44
28	2:28 PM	Men	Jason Turner	Norwich A B C	East	B	50	26:51
29	2:29 PM	Ladies	Hannah O'Brien	Loose Cannon's Conditioning	East	B	44	28:52
30	2:30 PM	Men	Patrick Charlton	Wolsey RC	East	B	63	28:13

Number	Start Time	Category	Name	Club	District	Code	Age	Vet Standard
31	2:31 PM	Men	Phil Lee	Wisbech Whs	East	B	52	27:01
32	2:32 PM	Men	Antony Stapleton	North Essex Velo	London East	E	55	27:18
33	2:33 PM	Men	Stuart Supple	VC Baracchi	East	B	45	26:27
34	2:34 PM	Men	Justin Gyton	Kings Lynn CC	East	B	44	26:23
35	2:35 PM	Men	Chris Nudds	CC Breckland	East	B	72	29:42
36	2:36 PM	Men	Mike Watson	Lowestoft Wheelers Cycling Club	East	B	57	27:30
37	2:37 PM	Men	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	B	47	26:36
38	2:38 PM	Men	Martin Atkinson	Peterborough CC	South East Midlands	N	44	26:23
39	2:39 PM	Men	Derek Ricketts	Ely & District CC/B&T Motor Repairs	East	B	58	27:37
40	2:40 PM	Men	Philip Watkins	North Norfolk Whs	East	B	58	27:37
41	2:41 PM	Men	John Manlow	Ely & District CC/B&T Motor Repairs	East	B	52	27:01
42	2:42 PM	Men	Paul Hayward	VC Baracchi	East	B	42	26:14
43	2:43 PM	Men	Neil Empson	Wisbech Whs	East	B	36	
44	2:44 PM	Men	Michael Martin	CC Ashwell	London North	F	56	27:24
45	2:45 PM	Men	Jamie Sparrow	Kings Lynn CC	East	B	46	26:32
46	2:46 PM	Espoir	Robert Staines	Loose Cannon's Conditioning	East	B	21	
47	2:47 PM	Men	John Bradbury	CC Sudbury	East	B	50	26:51
48	2:48 PM	Men	Elliot Hibell	Kings Lynn CC	East	B	23	
49	2:49 PM	Men	James Potter	Loose Cannon's Conditioning	East	B	40	26:06
50	2:50 PM	Men	David Halliday	Newmarket Cycling & Triathlon Club	East	B	37	
51	2:51 PM	Men	Thomas Carroll	CC Breckland	East	B	40	26:06
52	2:52 PM	Men	Glenn Taylor	Shorter Rochford RT	London North	F	53	27:07
53	2:53 PM	Men	Dan Blackburn	Epic Orange Race Team	East	B	43	26:19
54	2:54 PM	Men	Ben Beynon	ROTOR Race Team	Midland	K	27	
55	2:55 PM	Men	Keith Dorling	Team Bottrill	Central	A	62	28:06
56	2:56 PM	Men	Nick Partridge	VC Baracchi	East	B	43	26:19
57	2:57 PM	Men	Zachary Herrod	AeroLab Ward WheelZ	Midland	K	23	
58	2:58 PM	Men	Mark Richards	D A P Cycling Club	East	B	35	
59	2:59 PM	Men	Lloyd Chapman	Loose Cannon's Conditioning	East	B	31	
60	3:00 PM	Men	Ben Stancombe	Peterborough CC	South East Midlands	N	31	