

Wisbech Wheelers (District Championship)

EAST DISTRICT CYCLING ASSOCIATION 25 MILE TIME TRIAL CHAMPIONSHIP (PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS)

13/06/2021 08:00

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

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Headquarters

Tilney St Lawrence Village Hall

Magdalen Rd
Tilney St Lawrence
Kings Lynn
PE34 4RF

There is ample parking at the village hall, please park sensibly. You can park in the large laybys along church road at your own risk.(PROMOTED FOR

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.**

Route from HQ to start

The start is 3.3 miles from the HQ.

From the HQ turn right onto Magdalen Road; after 0.2 miles turn right onto Church Road (at the Buck Inn). Follow this road over the flyover, past the Coach and Horses, and continue to the start roundabout.

Once you have finished the course, continue along the road, past the Coach and Horses, over the flyover, and turn left at the Buck Inn, back to the HQ.

Route will be signposted.

Course details

Start: at clearway sign – Farm Road at Shoreboat roundabout on A47 leading to westbound carriageway. (approx. 5 miles south west of King's Lynn on the A47 at the junction of the road to Tilney High End). Proceed to join A47 (dual carriageway) westbound and continue to Wisbech Wurzels roundabout (A47/B198), (6.11 miles). **Take care when moving to the outside lane.** Encircle roundabout taking 4th exit and retrace along A47 eastbound carriageway to Shoreboat roundabout (A47), (12.034 miles). **Take care when moving to the outside lane.** Encircle roundabout taking 3rd exit onto westbound carriageway (A47). Repeat for 2nd lap. At Shoreboat roundabout take 1st exit to Tilney High End (care – sharp left hand turn) to finish at end of 6th kerbstone west of L.p.39.

Local regulations

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. 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.**

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.

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).

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.

Warming-up

- You can warm up along church road, please note that once the event has started you cannot go to the start roundabout as this will be on the course. The finish line will be signed for reference.

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.

Organiser contact details

Neil Empson
2 Saltpans Close King's Lynn PE30 2AT
07720 932922
neil-empson@hotmail.co.uk

Time keepers/officials

Timekeepers: Peter Chuch, Andy Moore, Naomi Lucas

Helpers: Jon Talbot, Pete Baldwin, Daniel Bloy, Martin Gordon, Joe Empson, Sharon Empson, Roger Sewell

Course records

Solo Male

49:40

Matthew Senter

Solo Female

55:07

Kimberley Morrison

Tandem

1:00:55

Carl Murley, Paul Sims

Awards/prizes

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

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Wisbech Wheelers (District Championship)

Start Number	Start Time	Rider	Club	Gender	Category
3	08:03:00	Matthew Clarkson	Wisbech Whs	Male	Vet
4	08:04:00	Lauren Pike	Lincoln Wheelers CC	Female	Senior
5	08:05:00	Jamie Sparrow	Kings Lynn CC	Male	Vet
6	08:06:00	Robert Staines	Loose Cannon's Conditioning	Male	Senior
7	08:07:00	Wayne Hill	Bourne Wheelers	Male	Vet
8	08:08:00	Thomas Batchelor	COBL Cycling Club	Male	Senior
9	08:09:00	William Horspool	Boston Wheelers CC	Male	Juvenile
10	08:10:00	Kevin Hobbs	Peterborough CC	Male	Vet
11	08:11:00	Phil Lee	Wisbech Whs	Male	Vet
12	08:12:00	John Swanbury	VC Baracchi	Male	Vet
13	08:13:00	Graham Horspool	Wisbech Whs	Male	Vet
14	08:14:00	John Royle	Fenland Clarion CC	Male	Vet
15	08:15:00	Rory Havis	Ely & District CC/B&T Motor Repairs	Male	Vet
16	08:16:00	Mike Watson	Lowestoft Wheelers Cycling Club	Male	Vet
17	08:17:00	Stefan Hurst	Ronde Cycling Club	Male	Senior
18	08:18:00	Mark Fairhead	CC Breckland	Male	Vet
19	08:19:00	Graham Hurst	Norwich A B C	Male	Vet
20	08:20:00	Dan Blackburn	Epic Orange Race Team	Male	Vet
21	08:21:00	Ryan Gray	Ride Harder	Male	Senior
22	08:22:00	Richard Crook	Fenland Clarion CC	Male	Senior
23	08:23:00	Robert McAlinden	Spalding CC	Male	Senior
24	08:24:00	Andrew Jenkins	Wisbech Whs	Male	Vet
25	08:25:00	David Halliday	Newmarket Cycling & Triathlon Club	Male	Senior
26	08:26:00	Craig Lamb	Alford Whs	Male	Vet
27	08:27:00	Thomas Stegeman	Fenland Clarion CC	Male	Espoir
28	08:28:00	Simon Wright	Spalding CC	Male	Vet
29	08:29:00	Bethany Spencer	Kettering CC	Female	Espoir

Start Number	Start Time	Rider	Club	Gender	Category
30	08:30:00	Adam Fisher	Cambridge CC	Male	Senior
31	08:31:00	Joshua Wallis	Spalding CC	Male	Senior
32	08:32:00	Dave Clark	Orwell Velo	Male	Vet
33	08:33:00	Verity Smith	Loose Cannon's Conditioning	Female	Vet
34	08:34:00	James Hayward	Ipswich Tri Club	Male	Senior
35	08:35:00	Matthew McClure	Wisbech Whs	Male	Senior
36	08:36:00	Simon Daw	Datalynx-Parenesis Cycling	Male	Vet
37	08:37:00	Ian Pike (Trike)	Lincoln Wheelers CC	Male	Vet
38	08:38:00	Andrew Bowser	Spalding CC	Male	Vet
39	08:39:00	Philip Merritt	Fenland Clarion CC	Male	Vet
40	08:40:00	Lloyd Chapman	Loose Cannon's Conditioning	Male	Senior