

DAP C.C.

DAP CYCLING CLUB OPEN 10 MILE TIME TRIAL

17/09/2022 14:00

B10/43

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



Headquarters

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.

Route from HQ to start

Course details

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.

Local regulations

CTT Regulation and Local East District regulations & Recommendations for Time Trialling events.

15. Protective 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.

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. (During Covid 19 times you may be required to just place your number in a collection box or bucket)

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.

Positioning of race numbers: Numbers should be position low on the back/Bum in the lumbar region so as to be visible from behind – riders using No Pinz type pockets should be encouraged to call out their number when passing the timekeepers.

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.

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

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.

(j) 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.

NO FRONT or REAR LIGHT – NO RIDE

Clothing: It is strongly recommended that riders do not wear black or dark clothing during an event held on public roads.

CTT Reg. 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. 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.**

Event officials must not seek to regulate or interfere with other traffic.

N.B. For the purposes of Regulation 20(b):

- (i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; and**
- (ii) in the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left hand side of the left lane of such carriageway.**

Organiser contact details

Mark Richards
64 Rotterdam Road Lowestoft
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Time keepers/officials

Timekeepers: Paul Vergette (Godric CC), Mike Johnson (NABC)

Marshals: Members and friends of DAP CC

Course records

Solo Male

00:19:10

Jason Bouttell

30-Sep-17 | norwich abc

Solo Female

00:21:56

Laura Davies

02-May-22 | Velo Club Baracchi

Solo Male (Junior)

00:22:17

Joseph Smith

12-Sep-20 | Norwich ABC

Solo Female (Junior)

00:25:18

Isabella Johnson

06-Jul-19 | National Youth Championship (East DC)(under 17 on 31 August)(championship entry forms only)

Tandem

00:20:17

Gary Pamment, Barry McDonald

30-Sep-17 | norwich abc (tandems)(fee per rider)

Awards/prizes

(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

Team

£10 each

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

DAP C.C.

Start Number	Start Time	Rider	Club	Gender	Category
4	14:04:00	Caroline Wyke	CC Sudbury	female	Vet
5	14:05:00	Megan Free	West Suffolk Wheelers	female	Espoir
6	14:06:00	Michelle Sayer	Beccles Tri Club	female	Vet
7	14:07:00	Jenny Anderson	Great Yarmouth C C	female	Vet
8	14:08:00	Julia Freeman	Easterley Road Club	female	Vet
9	14:09:00	Denise Hurren	Sole Bay Cycle Sport	female	Vet
10	14:10:00	Becky Ridge	TPH Racing	female	Vet
12	14:12:00	Daniel Sayer	Beccles Tri Club	male	Vet
13	14:13:00	Lee Garrod	Sole Bay Cycle Sport	male	Vet
14	14:14:00	Terry Garlinge	Easterley Road Club	male	Vet
15	14:15:00	Matthew Leeks	Ipswich BC	male	Vet
16	14:16:00	Tony Howard	Colchester Rovers CC	male	Vet
17	14:17:00	Mark Eastwood	West Suffolk Wheelers	male	Vet
18	14:18:00	John Shellard	VTTA (East Anglia Group)	male	Vet
19	14:19:00	Gerry Barton	West Suffolk Wheelers	male	Vet
20	14:20:00	Mark Carroll	VC Baracchi	male	Vet
21	14:21:00	Peter Kennedy	West Suffolk Wheelers	male	Vet
22	14:22:00	David Fenn	CC Sudbury	male	Vet
23	14:23:00	Nick Parravani	CC Breckland	male	Vet
24	14:24:00	Kieran Bell-Tye	Diss & District CC	male	Senior
25	14:25:00	John Steed	West Suffolk Wheelers	male	Vet
26	14:26:00	Stanley Worrell	VTTA (East Anglia Group)	male	Vet
27	14:27:00	Michael Fry	Glendene CC	male	Vet
28	14:28:00	Mark Munnings	Lowestoft Wheelers Cycling Club	male	Vet
29	14:29:00	Harley Wenman	Stowmarket & District CC	male	Vet
30	14:30:00	David Young	West Suffolk Wheelers	male	Senior
31	14:31:00	Toby Barnes	Great Yarmouth C C	male	Junior
32	14:32:00	David Gill	Diss & District CC	male	Vet
33	14:33:00	Alan McGuire	Plomesgate CC	male	Vet
34	14:34:00	Toby Bell-Tye	Diss & District CC	male	Senior
35	14:35:00	Martin Pyne	West Suffolk Wheelers	male	Vet
36	14:36:00	Patrick Ellis	Diss & District CC	male	Vet
37	14:37:00	Chris Womack	VC Baracchi	male	Vet
38	14:38:00	Paul Rooke	West Suffolk Wheelers	male	Vet
39	14:39:00	Rory Florence	Diss & District CC	male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
40	14:40:00	Paul Dennington	VC Baracchi	male	Vet
41	14:41:00	Peter Tibbitts	Ford CC	male	Vet
42	14:42:00	Brian Carr	Great Yarmouth C C	male	Vet
43	14:43:00	Mark Fairhead	CC Breckland	male	Vet
44	14:44:00	Andrew Bright	Chronos RT	male	Vet
45	14:45:00	Mark Ready	Diss & District CC	male	Vet
46	14:46:00	Trevor Caley	Plomesgate CC	male	Vet
47	14:47:00	Sandy Telfer	Norwich A B C	male	Senior
48	14:48:00	Johnathan Lincoln	Great Yarmouth C C	male	Vet
49	14:49:00	Matthew Holland	D A P Cycling Club	male	Espoir
50	14:50:00	Joe Empson	Anglia Velo	male	Vet
51	14:51:00	Chris Nudds	CC Breckland	male	Vet
52	14:52:00	Jamie Bretton	Stonham Barns Park – SYRT	male	Espoir
53	14:53:00	Nick Esser	Beccles Tri Club	male	Vet
54	14:54:00	James Moore	VC Baracchi	male	Senior
55	14:55:00	Dominic Lowden	Diss & District CC	male	Vet
56	14:56:00	Jolyon Glynn	Cambridge CC	male	Espoir
57	14:57:00	Alex Warburton	Schils - Doltcini RT	male	Senior
58	14:58:00	Tom Hartwell	TS Racing - OTR	male	Senior
59	14:59:00	James Hayward	Ipswich Tri Club	male	Senior
60	15:00:00	Derek Ricketts	Ely & District CC/B&T Motor Repairs	male	Vet
61	15:01:00	Neil Empson	Wisbech Whs	male	Senior
62	15:02:00	Andy Kennedy	Ipswich BC	male	Vet
63	15:03:00	Gary Pamment	CC Sudbury	male	Vet
64	15:04:00	Matthew Peck	Ipswich BC	male	Vet
65	15:05:00	Oliver Milk	Epic Orange Race Team	male	Vet
66	15:06:00	Neil Hughes	Schils - Doltcini RT	male	Vet
67	15:07:00	Jordan Black	West Suffolk Wheelers	male	Senior
68	15:08:00	Julian Bosley	Stowmarket & District CC	male	Vet
69	15:09:00	Darran Bennett	Ely & District CC/B&T Motor Repairs	male	Vet
70	15:10:00	Paul Jay	DRAG2ZERO	male	Vet
71	15:11:00	Nick Partridge	VC Baracchi	male	Vet
72	15:12:00	Piotr Zulawski	Didcot Phoenix CC	male	Senior
73	15:13:00	Mark Richards	D A P Cycling Club	male	Senior