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| Orwell Velo20 Mile Open 2up TTT and Solo Time TrialIncorporating the Renny Stirling Memorial Trophy |
| Promoted for and on behalf of Cycling Time Trials under their rules and regulations |
| **Saturday 03 June 2017**14.07 Start | **Orwell Velo Sponsors**C:\Users\currys\AppData\Local\Microsoft\Windows\INetCache\Content.Word\P11 light blue logo.pngVINCE WHEELS | **Car Parking**There is a large car park at the HQ  |
| **Course**BS33 | Strictly no parking at the start, finish or on any part of the course. |
| **Start Time Keeper**Graham Berry (SDCC) |  |
| **Finish Time Keeper**Pete Whelan (Plomesgate CC) | **Refreshments**Johanna CookeElizabeth Lovemott |
| **Marshall’s/Helpers**Warren CoeSimon JarroldKristian MobbsMartin WatersPaul Wright |  | **Event Headquarters**Debenham Sports & Leisure CentreGracechurch StreetDebenhamStowmarketSuffolkIP14 6BL |
| **Signing on from 13.00** |
| Numbers and signing on at HQ |
|  |  | **Event Secretary**Chris Leggett53 Castle BrooksFramlinghamIP13 9SGTel: 07988 903465Tel: 01728 724260Email: Leggett.christopher@yahoo.co.uk |
| **Course Details** |

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| **BS33 Course Details** (Winston-Pettaugh-Ashfield-Occold-Debenham) |
| START 300 meters Debenham side of Winston Church Lane on B1077. Proceed along B1077 towards Debenham, turn left to Pettaugh (1.3 Miles), In Pettaugh turn left onto A1120 (you have right of way). Proceed along A1120 to turn left after seven miles towards Kenton, Bedingfield and Occold. At fifteen miles turn left at junction onto B1077, and proceed along B1077 to FINISH at the speed sign at North edge of Debenham (20 Miles). |

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| **CTT East District Local Regulations** |

**U-Turns** will not be permitted on the course or on roads adjacent to the start and finish areas whilst the race is in progress.

**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 should dismount, check the road is clear in both directions, then with machine walk across the road).

**NOTE:** Any breaking of these regulations in the first case will mean disqualification from the event. Further cases will be referred to the District Committee.

**Warming Up:** No warming up along the course by competitors once the event has started.

**Turbo Trainers:** The use of Turbo Trainers is banned at all events with an AM start time.

**LED rear lights**: Cycling Time Trials and the Event Promoter strongly recommend that riders use a rear light, either flashing or constant, fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

**Cycling Helmets:** IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoter strongly advise you to wear a hard-shell helmet that meets internationally accepted safety standard.

All competitors under the age of 16 years and/or juniors must wear properly affixed protective helmets which must be of hard/soft shell construction. Helmets should conform to recommended standard such as SHELL B95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078. It is the responsibility of the rider (or parent/guardian) if the rider is under 18 years of age to:

1. Select a standard of protective headgear that offers protection against head injury and does not restrict the rider’s vision or hearing and,
2. Ensure that the headgear is properly fitted, is undamaged and in good condition

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| **Awards – Renny Stirling Memorial Trophy** |

This is the second year of the Renny Stirling Memorial Trophy. The first year was won by Stuart Fairweather of Plomesgate CC with a time of 45.16. Unfortunately Stuart is unable to enter this year to defend his title. It’s disappointing entry numbers are down this year, but I suspect this is due to the clash with Half Term and holiday season. For those of you not familiar with Renny and his life please read a bit about his decorated life below.

Renny’s Palmarès

Renny’s first club was Glade Cycling Club and soon established himself as a key member and frequently leader of the Glade’s successful time trial squad.  As a junior he set a club place-to-place record from London to Southend and back. He was club senior best all-rounder champion six times between 1971 and 1977.

He achieved national prominence in 1975 with both tandem and tricycle competition records. His 59:28 to win the Tricycle Association championship not only set a new individual record, but led a team whose time has since been improved by less than a minute in the ensuing 38 years. Further tandem and tricycle team competition records followed in 1976.

Renny thrived in good teams. In 1977 he moved from the Glade to the Unity CC where he rode alongside Pete Wells and Dave Cunningham to form the BBAR-winning team in 1978.  Renny’s BBAR average speed was 24.513 mph.

Renny rode for a couple of years with the Edgware RC and in 1980 he joined with Paul Bennett, Ian Cammish and Pete Wells to come third in the national championship 100km team time trial.

In 1986 Renny moved to a rejuvenated Leo Road Club where he achieved most of his personal bests, especially in 1987 when he finished 7th in the BBAR recording an average speed of 25.085 mph from times for 50 miles: 1:50:16, 100 miles: 3:52:01 and 12hrs: 266.241 miles. That year, the Leo squad of Renny, Ian Silvester and Shay Giles won medals for second BBAR team.

In 1988, the Leo team of Renny, Ian Browning, Shay Giles and Antony Stapleton came third in the national championship 100km team time trial.

In 1989, Renny and Antony Stapleton set a new Road Records Association straight out tandem record of 41.04 - this national record still stands.

Renny famously quipped that he did not believe in ‘celebrating mediocrity’, therefore it seems fitting to award the Renny Stirling Memorial Trophy to the fastest person on the day. We would invite all competitors to enjoy refreshments at the HQ until after the presentation has been made to the winner.

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| **Scratch** | **1st in each Category £5** | **Lady** |
|  |  |  |  |  |  |
| 1st | £20 and trophy | < 40yrs | A | 1st | £20 |
| 2nd | £15 | 40-49 | B |  |  |
| 3rd | £10 | 50-59 | C |  |  |
|  |  | 60-69 | D |  |  |
|  |  | 70-79  | E | **Team** |
|  |  |  |  |  |  |
|  |  |  |  | Fastest 3 | £5 each |

**ONE RIDER ONE PRIZE** (Except Team). In the event of being eligible for two or more prizes the one of greatest value will be awarded.

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| **Riders Notes** |

Numbers and signing on at the HQ and NOT at the start.

The **START** is approximately a **TEN MINUTE RIDE** from the HQ. From the HQ car park turn right towards Debenham. At the T-Junction turn right with care. Continue along this road until you reach the start on the RHS towards the top of the hill. This route will be sign posted.

If you continue past the start you will reach a T-Junction. If the race has already started please dismount and turn back otherwise you will be riding on the course and could face disqualification.

**NO U-TURNS!** Dismount and cross carefully.

**Riders are reminded that the rules of the road MUST be obeyed. Riders crossing the white centre line WILL be disqualified. This is especially important at the left hand turn from the A1120 onto the minor road to Kenton and Occold, which has a very fast downhill approach. YOU HAVE BEEN WARNED!**

The minor road between the A1120 and Occold has not fared well over recent winters and the road surface is in poor condition in places. Please check behind you for rear advancing traffic before navigating safely around any imperfections.

Please hand your ride number in after the event at HQ where it can be exchanged for a drink.

Heads up and have a safe ride!!

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|  |  |  |  | **Order of Start** |  |  |  |
|  |  |  |  |  |  |  |  |
| No |  | Forename | Surname | Club | Cat | Age Cat | Start Time |
| 7 |  | Jason | Corner | Diss & District CC | V | B | 14.07 |
| 8 |  | Becky | Ridge | Manningtree Wheelers BC | LS | A | 14.08 |
| 9 |  | David | Sawyer | Wolsey RC | V | C | 14.09 |
| 10 |  | Angus | Jardine | Ipswich BC | V | C | 14.10 |
| 11 |  | Chris | Womack | VC Baracchi | V | E | 14.11 |
| 12 |  | Paul | Seaman | Wolsey RC | V | C | 14.12 |
| 13 |  | David | Baxter | MG Cycling Team | V | D | 14.13 |
| 14 |  | Phil | Bailey | Basildon CC | V | C | 14.14 |
| 15 |  | Paul | Hayward | VC Baracchi | S | A | 14.15 |
| 16 |  | Lee | Woodcock | HKR XC TEAM | S | A | 14.16 |
| 17 |  | Andrew | Vaughan | Bonito Squadra Corse | V | B | 14.17 |
| 18 |  | Amanda | Mallett | Plomesgate CC | LV | C | 14.18 |
| 19 |  | Ethan | Cawston | Wolsey RC | S | A | 14.19 |
| 20 |  | James | Rush | CC Sudbury | V | B | 14.20 |
| 21 |  | Kevin | Norman | Stowmarket & District CC | V | C | 14.21 |
| 22 |  | Adrian | Manley | Colchester Rovers CC | V | C | 14.22 |
| 23 |  | Adam | O'Keeffe | Plomesgate CC | V | B | 14.23 |
| 24 |  | Barry | Lee | CC Sudbury | V | E | 14.24 |
| 25 |  | Gary | Smith | Team Velovelocity | V | B | 14.25 |
| 26 |  | Trevor | Caley | Plomesgate CC | V | C | 14.26 |
| 27 |  | Nick | Parravani | CC Breckland | V | E | 14.27 |
| 28 |  | David | Staff | Diss & District CC | V | B | 14.28 |
| 29 |  | Derek | Cawston | Wolsey RC | V | B | 14.29 |
| 30 |  | Leon | West | CC Sudbury | S | A | 14.30 |
| 31 |  | Julian | Bosley | Stowmarket & District CC | V | B | 14.31 |
| 32 |  | Paul | Moss | Stowmarket & District CC | V | B | 14.32 |
| 33 |  | Brian | Carr | Great Yarmouth C C | V | D | 14.33 |
| 34 |  | Alan | Smith | Ipswich BC | V | D | 14.34 |
| 35 |  | Paul | Rooke | West Suffolk Whs & Triathlon Club | S | A | 14.35 |
| 36 |  | John | Bradbury | CC Sudbury | V | B | 14.36 |
| 37 |  | Verity | Smith | Stowmarket & District CC | LV | B | 14.37 |
| 38 |  | Martin | Pyne | Anglia Velo | V | D | 14.38 |
| 39 |  | Colin | Clarke | Wolsey RC | V | C | 14.39 |
| 40 |  | Glenn | Taylor | Shorter Rochford RT | V | B | 14.40 |
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