Stowmarket & District Cycling Club

Open 10 Mile Time Trial

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

Website: sdcc.bike

Sunday 6th August 2017 - Course B10/36R - Start Time 7.30am.

**Event Secretary**: Emma Taylor, 27 Wells Way, Debenham, Stowmarket, Suffolk, IP14 6SL

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**Time Keepers**: John Adams & Graham Berry (Both Stowmarket & District Cycling Club)

**Marshalls & Helpers**: Members & Friends of Stowmarket & District Cycling Club

**Course Details: B10/36R (Wickham Market - Woodbridge - Wickham Market)**

START opposite eastern edge of manhole cover on B1078 road at Campsea Ashe, approx 11 metres east of entrance to sliproad leading south to Wickham Market bypass (A12). Proceed to sliproad where turn left to join A12 southbound, proceed on A12 to Melton roundabout (5.2 miles). Take 3rd exit & retrace north on A12 to FINISH at 10th catseye south of large DoT sign in lay-by signed ‘Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

**Event Headquarters - Hacheston Village Hall - IP13 0DW**

Parking in the Car Park at the Village Hall. Please park considerately.

Numbers and Sign on will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event. PLEASE NOTE THAT FOR 2017 ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER ( SEE CTT HANDBOOK, RULE 17B, PAGE 343).

FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F.

**EAST DISTRICT LOCAL REGULATIONS**

**“U” TURNS** will not be permitted on the course or roads adjacent to the start and finish whilst the event 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.

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

**WARMING UP** - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited.

IN THE INTERESTS of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

**All competitors under the age of 18 and/or juniors 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.**

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A RED L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS.

**Prizes: (one rider-one prize, except team)**

**Scratch** 1st £25 2nd £20 3rd £15

**Fastest Lady** 1st £25 2nd £15 3rd £10

**Fastest Junior/Juvenile** 1st £15

**Fastest Vet**  40-49 £10 50-59 £10 60-69 £10 70-79 £10

**Fastest Team of 3** £10 each

**Fastest Tandem** £10 each

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| **No.** | **Name** | **Club** | **Category** | **Start Time** |
| 1 | Gary Pamment  Barry McDonald | Velo Schills Interbike RT | Tandem | 7:31 |
| 3 | John Steed  Mark Eastwood | West Suffolk Wheelers & Tri Club | Tandem | 7:33 |
| 5 | Emma Taylor | Stowmarket & District CC | L/S | 7:35 |
| 6 | Patrick Ellis | Diss & District CC | V40 | 7:36 |
| 7 | Stewart Kirk | CC Sudbury | V60 | 7:37 |
| 8 | Denese Hallahan | Wisbeech Wheelers | L/V60 | 7:38 |
| 9 | Leon Welford | Plomesgate CC | Juvenile | 7:39 |
| 10 | Peter Kerry | Ipswich Velo | S | 7:40 |
| 11 | Oliver Handley | Southampton University Road Club | S | 7:41 |
| 12 | Trevor Caley | Plomesgate CC | V50 | 7:42 |
| 13 | Trevor Roberts | Wolsey RC | V40 | 7:43 |
| 14 | Isabella Johnson | Boxford Bike Club | L/Juvenile | 7:44 |
| 15 | James Wylie | Velo Schills Interbike RT | V40 | 7:45 |
| 16 | Lucas He | VC Baracchi | Junior | 7:46 |
| 17 | Graham Doe | Maldon & District CC | V50 | 7:47 |
| 18 | Phil Bailey | Basildon CC | V50 | 7:48 |
| 19 | Daryl Butcher | Wolsey RC | V60 | 7:49 |
| 20 | Simon Daw | Velo Schills Interbike RT | V50 | 7:50 |
| 21 | Philip Barnes | Hadleigh Cycling Club | S | 7:51 |
| 22 | Andy Proffitt | Ipswich BC | V40 | 7:52 |
| 23 | Daniel Upton | CC Sudbury | V40 | 7:53 |
| 24 | Michael Stollery | Tri - Anglia Triathlon Club | V60 | 7:54 |
| 25 | Anthony Birt | Team Bottrill / HSS Hire | V40 | 7:55 |
| 26 | Chris Parker | Ipswich BC | V40 | 7:56 |
| 27 | Michael Fry | Glendene CC | V50 | 7:57 |
| 28 | Stephen Searby | Wolsey RC | V50 | 7:58 |
| 29 | David Miller | CC Sudbury | V70 | 7:59 |
| 30 | Stuart Fairweather | Team Velo Velocity | V40 | 8:00 |
| 31 | Steve Cave | Wolsey RC | V40 | 8:01 |
| 32 | Martin Pyne | Anglia Velo | V60 | 8:02 |
| 33 | Adam O'Keefe | Plomesgate CC | V40 | 8:03 |
| 34 | Colin Clarke | Wolsey RC | V50 | 8:04 |
| 35 | Andy Kennedy | Ipswich BC | V50 | 8:05 |
| 36 | Stuart Weatherley | Colchester Rovers CC | S | 8:06 |
| 37 | David Howes | West Suffolk Wheelers & Tri Club | V60 | 8:07 |
| 38 | Kay Burgess | Kings Lynn CC | L/V40 | 8:08 |
| 39 | Mary Skelcher | Tri - Anglia Triathlon Club | L/V50 | 8:09 |
| 40 | Ben Stancombe | Kings Lynn CC | S | 8:10 |
| 41 | Simon Hance | Ipswich BC | V40 | 8:11 |
| 42 | Anthony Bye | Wisbeech Wheelers | V60 | 8:12 |
| 43 | Luke Hurst | VC Norwich | S | 8:13 |
| 44 | Amanda Mallett | Plomesgate CC | L/V50 | 8:14 |
| 45 | David Crisp | Velo Scills Interbike RT | V40 | 8:15 |
| 46 | Matt o'Brien | Plomesgate CC | S | 8:16 |
| 47 | James Potter | Manningtree Wheelers BC | S | 8:17 |
| 48 | Alex He | VC Barcchi | V40 | 8:18 |
| 49 | John Vidler | Clarion CC | V70 | 8:19 |
| 50 | Paul Jay | Team Velo Velocity | V40 | 8:20 |
| 51 | Chris Roberts | Team PedalRevolution.co.uk | V70 | 8:21 |
| 52 | Denise Hurren | Sole Bay Cycle Sport | L/V50 | 8:22 |
| 53 | James Stow | Wolsey RC | V60 | 8:23 |
| 54 | Peter Beard | Stowmarket & District CC | V50 | 8:24 |
| 55 | Jon Talbot | Wisbeech Wheelers | V40 | 8:25 |
| 56 | Chris Crabtree | Team LCUK | S | 8:26 |
| 57 | Kathryn Morris | Dulwich Paragon CC | L/S | 8:27 |
| 58 | David Baxter | MG Cycling Team | V60 | 8:28 |
| 59 | Paul Coulthread | CC Breckland | V60 | 8.29 |
| 60 | Lloyd Chapman | Banks/Catford CC Equipe | S | 8.30 |
| 61 | Gary Matthews | Sole Bay Cycle Sport | V50 | 8.31 |
| 62 | Mark Fairhead | CC Breckland | V50 | 8.32 |
| 63 | Gary Johnson | CC Sudbury | V50 | 8.33 |
| 64 | Roger Selmes | Wolsey RC | V70 | 8.34 |
| 65 | Martin Reynolds | Cambridge CC | V50 | 8.35 |
| 66 | Julian Bosley | Stowmarket & District CC | V40 | 8.36 |
| 67 | Patrick Charlton | Wolsey RC | V50 | 8.37 |
| 68 | David Fenn | CC Sudbury | V60 | 8.38 |
| 69 | Stephen Upson Smith | Plomesgate CC | V40 | 8.39 |
| 70 | Mark Arnold | CC Desiragear | V40 | 8.40 |
| 71 | Chris Womack | VC Baracchi | V70 | 8.41 |
| 72 | James Doy | Sole Bay Cycle Sport | V50 | 8.42 |