



PLOMESGATE CYCLING CLUB

(www.plomesgate.org.uk)



Open 10 MILE Time Trial 'Wickham Market 10'

Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on

Sunday 9th September 2018 on the B10/36R course.

Officials:

Timekeepers: Mrs B. Whelan & Mr P Whelan (Plomesgate CC).
Marshals & Helpers: Members & friends of Plomesgate CC

Event Secretary: Stuart Fairweather
17 Tidy Road
Rendlesham
Woodbridge
Suffolk
IP12 2FD

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Tel: 01394 420188 / 07799 737881

Event HQ: Hatcheston Village Hall, Hatcheston, IP13 0DR. Car parking at Village Hall – please park considerately. HQ will be open for signing-on from 07:00 am.

B10/36R Course: Start opposite eastern edge of manhole cover on B1078 road at Campsea Ashe, approx. 11 metres east of entrance to slip road leading south to Wickham Market bypass (A12). proceed to slip road 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 cat's-eye south of large dot sign in lay-by signed 'Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

Course record: 19:22 (Lloyd Chapman, 2016)

Directions to the start: Turn right out of Hatcheston Village Hall car park. Follow the road (B1116) for 1.2 miles to the roundabout. Cross the roundabout (2nd exit), proceed over the bridge, the start is just past the slip road on the right.

Awards (one prize per rider except team)

Scratch

1 st	£20
2 nd	£15

3rd £10

Vet. on Standard

1st £20

2nd £15

3rd £10

1st Lady £20

1st Junior £15

Team £10 each rider

EAST DISTRICT REGULATIONS

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

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. (*The road between the HQ and the start, and beyond to the village of Campsea Ash provides a perfect road to warm up on*).

Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

CYCLE HELMETS

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise the wearing of 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. It is the responsibility of the rider (or parent of guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection against head injury and does not restrict the rider's vision or hearing and (b) ensure that the helmet is properly fitted, undamaged and in good condition.

REAR LED LIGHT

Cycling Time Trials strongly recommends that riders use a rear light, either flashing or constant, visible to other road users and active while the machine is in use.

START SHEET

Number	Name	Club	Cat	Std Time	Time Off
1	Peter Williamson	Plomesgate CC	V	00:27:32	08:01
2	Richard Allen	VC Baracchi	V	00:27:38	08:02
3	Leon Welford	Plomesgate CC	J		08:03
4	Daryl Butcher	Wolsey RC	V	00:27:44	08:04
5	Rickaby Shearly-Sanders	Hadleigh Cycling Club	V	00:29:02	08:05
6	Alan Mcguire	Ipswich BC	V	00:26:59	08:06
7	Damon Parker	Plomesgate CC	S		08:07
8	Callam Stewart	Stowmarket & District CC	S		08:08
9	Amanda Mallett	Plomesgate CC	WV	00:29:03	08:09
10	Phil Bailey	Basildon CC	V	00:27:14	08:10
11	Derek Cawston	Wolsey RC	V	00:26:41	08:11
12	Paul Reed	VC Baracchi	S		08:12
13	Chris Parker	Ipswich BC	V	00:26:23	08:13
14	Stephen Upson-smith	Plomesgate CC	V	00:26:27	08:14
15	Bob Quarton	Wolsey RC	V	00:28:06	08:15
16	Alex He	VC Baracchi	V	00:26:45	08:16
17	Matthew Peck	Ipswich BC	S		08:17
18	Stuart Chase	VC Baracchi	V	00:26:13	08:18
19	Denise Hurren	Sole Bay Cycle Sport	WV	00:29:09	08:19
20	Gary Johnson	CC Sudbury	V	00:27:04	08:20
21	Andrew Taylor	VC Norwich	S		08:21
22	Dan Baxter	West Suffolk Wheelers	V	00:26:09	08:22
23	Trevor Caley	Plomesgate CC	V	00:26:59	08:23
24	Antony Birt	Team Bottrill / Vanguard	V	00:26:18	08:24
25	Francesca Hall	D A P Cycling Club	W		08:25
26	Paul Hayward	VC Baracchi	V	00:25:59	08:26
27	James Potter	Ipswich BC	S		08:27
28	Paul Dennington	VC Baracchi	V	00:27:04	08:28
29	Adrian Pettitt	Stowmarket & District CC	V	00:26:41	08:29
30	Lee Garrod	Sole Bay Cycle Sport	V	00:26:45	08:30
31	Simon Daw	Velo Schils Interbike RT	V	00:27:04	08:31
32	Lee Kennedy	Army Cycling Union	S		08:32
33	Nick Partridge	Plomesgate CC	V	00:25:59	08:33
34	Lucas He	VC Baracchi	J		08:34
35	Steve Cave	Plomesgate CC	V	00:26:32	08:35
36					08:36
37	Joe Spaulding	Ipswich BC	S		08:37
38					
39	Matt O'Brien	Plomesgate CC	V	00:25:59	08:39

40					08:40
41	Mark Richards	D A P Cycling Club	S		08:41
42					08:42
43	Lloyd Chapman	Plomesgate CC	S		08:43
44					08:44
45	Andy Proffitt	Ipswich BC	V	00:26:23	08:45