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**Sporting 21 mile Time Trial & Medium Gear Saturday 16th March 2019**

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

**Course: BS 31R Time of Start: 14:01 hours H.Q. Risby Village Hall (open from 12:45)**

**Event Secretary:** Mark Eastwood **Timekeeper:** N. Pettitt

 22 Severn Road **Assistant Timekeeper:** D. Ballam

 Bury St Edmunds

 Suffolk IP32 6NG

 Tel: 01284 705004

 Mobile: 07915935861

**Course Details**

**Start** in lane out of Risby village to Tuddenham opposite Risby sign. Proceed towards Tuddenham and at 1st road junction turn **left (M)** and head south to junction with old A45 where **left (M)** to Risby and **left (M)** through Risby village and thence straight on to junction with A1101 at Flempton where **left (M)** with **GREAT CARE**. Proceed north to Lackford where **left (M)** along Icknield Way to junction with lane to Risby/Tuddenham where **left (M)** and back to junction with old A45. Repeat circuit to Poor Mans Heath, where **left (M)** to **Finish** opposite start.

**Prize: Scratch 1st to 3rd** £25.00, £20.00, £15.00

 **Vets on Standard 1st to 3rd** £25.00, £20.00, £15.00

 **Lady 1st to 3rd** £25.00, £20.00, £15.00

 **Team on Scratch 1st** West Suffolk Wheelers & Tri Club Medals

 **Medium Gear 1st** £10.00

Vets Standards calculated as 21/25 of ‘25’ Standard Times

**CTT East District Regulations:**

7. **U-TURNS** will not be permitted on the course, or roads adjacent to Start and Finish areas while an event is in progress. **NOTE:** a **U-Turn** is defined as a 180 degree turn completed within the width of the carriageway whilst astride the machine. Any breaking of this Regulation, in the first case, may mean disqualification from the event; further cases will be referred to the District Committee.

10. **NUMBERS** will be available at the HQ and not at the start.

11. **WARMING UP:** no riding along the course by competitors once an event has started.

15. **RIDERS NOTE! FOR THIS EVENT HARD SHELL HELMETS THAT MEET INTERNATIONALLY ACCEPTED SAFETY STANDARDS AND WORKING REAR LIGHTS EITHER FiXED OR FLASHING ARE, STRONGLY RECOMMENDED.**

**EVENT HQ: RISBY VILLAGE HALL WHICH WILL BE OPEN FROM APPROX 12:45PM**

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| **No** | **Firstname** | **Lastname** | **Club** | **Vets Standard** | **Start Time** |   |
| 1 | Nicola | Powell | Stowmarket & District CC |   | 14:01:00 | MG (L) |
| 2 | Boyd | Nicholas | West Suffolk Wheelers | 57-13 | 14:02:00 | MG |
| 3 | Richard | Hutt | Harp RC | 59-03 | 14:03:00 | MG |
| 4 | David | Young | West Suffolk Wheelers |   | 14:04:00 |   |
| 5 | Chris | Tye | Plomesgate CC | 57-13 | 14:05:00 |   |
| 6 | Ross | Edgar | Lea Valley CC | 55-12 | 14:06:00 |   |
| 7 | Richard  | O’rourke | Team Vision Racing - Silverhook | 56-04 | 14:07:00 |   |
| 8 | Pip | Moore | West Suffolk Wheelers | 56-33 | 14:08:00 |   |
| 9 | Peter | Kennedy | West Suffolk Wheelers | 58-48 | 14:09:00 |   |
| 10 | John | Mulvey | ActiveEdge Race Team P/B Cooper/BMW Inchcape  |   | 14:10:00 |   |
| 11 | Simon | Daw | Datalynx-Parenesis Cycling | 57-34 | 14:11:00 |   |
| 12 | James | Wood | West Suffolk Wheelers | 57-46 | 14:12:00 |   |
| 13 | Mark | Fairhead | CC Breckland | 57-46 | 14:13:00 |   |
| 14 | Ben | Loxton | West Suffolk Wheelers |   | 14:14:00 |   |
| 15 | Antony | Birt | Plomesgate CC | 56-04 | 14:15:00 |   |
| 16 | Charlie | Knowler | West Suffolk Wheelers |   | 14:16:00 |   |
| 17 | Patrick | Ellis | Diss & District CC | 56-43 | 14:17:00 |   |
| 18 | Henry  | Wood | West Suffolk Wheelers | 59-51 | 14:18:00 |   |
| 19 | David | Fenn | CC Sudbury | 1-01-08 | 14:19:00 |   |
| 20 | Matt | O'brien | Plomesgate CC | 55-12 | 14:20:00 |   |
| 21 | Chris | Nudds | CC Breckland | 1-01-54 | 14:21:00 |   |
| 22 | Andrew | Bright | Chronos RT | 56-53 | 14:22:00 |   |
| 23 | Alan | Mcguire | Ipswich BC | 57-34 | 14:23:00 |   |
| 24 | Nick | Parvanni | CC Breckland | 1-02-46 | 14:24:00 |   |
| 25 | John  | Bradbury | CC Sudbury | 56-33 | 14:25:00 |   |
| 26 | Chris | Womack | VC Baracchi | 1-02-46 | 14:26:00 |   |
| 27 | Jordan | Black | Newmarket Cycling & Triathlon Club |   | 14:27:00 |   |
| 28 | Adam | Baker | West Suffolk Wheelers | 56-04 | 14:28:00 |   |
| 29 | Laura | Brown | West Suffolk Wheelers |   | 14:29:00 | L |
| 30 | Leon | West | CC Sudbury | 55-12 | 14:30:00 |   |
| 31 | Andy | Kennedy | Ipswich BC | 57-34 | 14:31:00 |   |
| 32 | Paul | Rooke | West Suffolk Wheelers |   | 14:32:00 |   |
| 33 | Jennifer | Smart | Team Velovelocity | 1-00-43 | 14:33:00 | L |
| 34 | Hans | Verschueren | Cambridge University CC |   | 14:34:00 |   |
| 35 | Barry | Mcdonald | 3T-RACING | 56-24 | 14:35:00 |   |
| 36 | Mark | Smart | VC Norwich | 57-03 | 14:36:00 |   |
| 37 | Nicholas | Webber | Hadleigh Cycling Club | 58-35 | 14:37:00 |   |
| 38 | Rosamund | Bradbury | Sigma Sports |   | 14:38:00 | L |
| 39 | Steven | Rue | West Suffolk Wheelers | 1-00-27 | 14:39:00 |   |
| 40 | Stuart | Fairweather | Team Velovelocity | 55-34 | 14:40:00 |   |
| 41 | Julian | Bosley | Stowmarket & District CC | 56-33 | 14:41:00 |   |
| 42 | Jan | Ertner | Cambridge CC | 57-13 | 14:42:00 |   |
| 43 | Peter | Kerry | Ipswich Velo | 55-23 | 14:43:00 |   |
| 44 | Gary | Johnson | CC Sudbury | 57-46 | 14:44:00 |   |
| 45 | Paul | Vickers | West Suffolk Wheelers | 56-24 | 14:45:00 |   |
| 46 | Mark | Ready | Diss & District CC | 58-22 | 14:46:00 |   |
| 47 | Isabella | Johnson | Datalynx-Parenesis Cycling |   | 14:47:00 | L |
| 48 | Jonathan | Howe | Team Velovelocity | 57-34 | 14:48:00 |   |
| 49 | Oliver | Ingwall King | West Suffolk Wheelers | 55-12 | 14:49:00 |   |
| 50 | Daniel | Bloy | Team Velovelocity | 55-23 | 14:50:00 |   |
| 51 | Richard | Farrow | West Suffolk Wheelers | 55-54 | 14:51:00 |   |
| 52 | Stuart | Emmett | Wisbech Whs | 56-14 | 14:52:00 |   |
| 53 | Chris | Cantwell | West Suffolk Wheelers | 58-35 | 14:53:00 |   |
| 54 | Bryan | Long | Velo Schils Interbike RT | 57-13 | 14:54:00 |   |