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| **Sponsored by Fast Test****Presents****20 mile time trial**Promoted for and on behalf of Cycling Time Trials under their rules and regulations |
| **Saturday 1st April 2017**14:01 start |  | **Car Parking**There is a large car park at the HQ (Debenham Leisure Centre) |
| **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** John Adams (SDCC) | **Refreshments**Colleen Buckle and friend |
| **Marshall’s/Helpers**Members of Stowmarket andDistrict CC |  | **Event Headquarters**Debenham Leisure CentreGracechurch St. IP14 6BLTel (01728) 861101 |
| **Signing on from 12.30** |
| Numbers and signing on at HQ |
| **Qualifying event for SPOCO East 2017**Make sure that you have entered BEFORE the event for your points to count**BS33 Course Details**  |  | **Event Secretary**Verity Smith75 Christchurch StreetIpswichSuffolk IP4 2DDPhone 07760 111932Email: verity@smith-e.com |

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

**Course Records**

Mark Arnold (CC Desiragear) 42:55 (2016)

Becky Schofield (Tri-Anglia) 51.15 (2016)

**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.
**Note-**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 bicycle, it is recommended that riders dismount, check the road is clear and then walk across the road

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

**Riders Notes**

**As per the special conditions applicable to this event, in the interests of your own safety, Cycling Time Trials and the Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard and display of a working rear red LED light .**

Generally the course is in good condition but there are a few spots to be wary of. Please ensure you read the risk assessment when signing on

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

Changing facilities and showers are available by the sports hall at the HQ

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

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

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!**

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

Heads up and have a safe ride!!

 **Awards**

 **Scratch 1st in each of following categories £10 Lady**

 1st £25 <40yrs A 1st £15

 2nd £18 40-49 B

 3rd £12 50-59 C **Team**

 60-69 D

 70-79 E Fastest 3 £7 each

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| **Bib** | **Start Time** | **Firstname** | **Lastname** | **Club** | **Gender** | **Category** |
| 1 | 14:01 | Julian | Bosley | Stowmarket & District CC | Male | Veteran |
| 2 | 14:02 | Adrian | McTigue | Plomesgate CC | Male | Veteran |
| 3 | 14:03 | Nick | Parravani | CC Breckland | Male | Veteran |
| 4 | 14:04 | Karen | Eaton | Wolsey RC | Female | Veteran |
| 5 | 14:05 | David | Crisp | Velo Schils Interbike RT | Male | Veteran |
| 6 | 14:06 | Kevin | Norman | Stowmarket & District CC | Male | Veteran |
| 7 | 14:07 | Andy | Proffitt | Ipswich BC | Male | Veteran |
| 8 | 14:08 | Cliff | Matthews | Wolsey RC | Male | Veteran |
| 9 | 14:09 | Derek | Cawston | Wolsey RC | Male | Veteran |
| 10 | 14:10 | Gavin | Moore | Pro Cycle Hire UK RT | Male | Senior |
| 11 | 14:11 | Gary | Smith | Team Velovelocity | Male | Veteran |
| 12 | 14:12 | graham | collins | TPH Racing | Male | Senior |
| 13 | 14:13 | Fraser | Elsworth | West Suffolk Whs & Triathlon Club | Male | Junior |
| 14 | 14:14 | Becky | Ridge | Manningtree Wheelers BC | Female | Senior |
| 15 | 14:15 | Chris | Nudds | CC Breckland | Male | Veteran |
| 16 | 14:16 | Keith | Wolferstan | Stowmarket & District CC | Male | Veteran |
| 17 | 14:17 | Jennifer | Smart | VC Norwich | Female | Veteran |
| 18 | 14:18 | Matt | Traynar | CC Sudbury | Male | Senior |
| 19 | 14:19 | Alan | Smith | Ipswich BC | Male | Veteran |
| 20 | 14:20 | Gareth  | Pymm | Team Bottrill / HSS Hire | Male | Senior |
| 21 | 14:21 | chris | womack | VC Baracchi | Male | Veteran |
| 22 | 14:22 | James | Doy  | Sole Bay Cycle Sport | Male | Veteran |
| 23 | 14:23 | Scott | Williams | West Suffolk Whs & Triathlon Club | Male | Senior |
| 24 | 14:24 | Gary | Johnson | CC Sudbury | Male | Veteran |
| 25 | 14:25 | Philip | Watkins | 34 Nomads CC | Male | Veteran |
| 26 | 14:26 | Mark | Smart | VC Norwich | Male | Veteran |
| 27 | 14:27 | Trevor  | Caley | Plomesgate CC | Male | Veteran |
| 28 | 14:28 | Jenny | Anderson | Great Yarmouth C C | Female | Veteran |
| 29 | 14:29 | David | Constable | Ipswich BC | Male | Veteran |
| 30 | 14:30 | James | Rush | CC Sudbury | Male | Veteran |
| 31 | 14:31 | Leon | West | CC Sudbury | Male | Senior |
| 32 | 14:32 | Edmund | Spurgeon | Colchester Rovers CC | Male | Veteran |
| 33 | 14:33 | David | Warwick | Orwell Velo | Male | Senior |
| 34 | 14:34 | James | Potter | Manningtree Wheelers BC | Male | Senior |
| 35 | 14:35 | Angus | Jardine | Ipswich BC | Male | Veteran |
| 36 | 14:36 | Jason | Davies | West Suffolk Whs & Triathlon Club | Male | Veteran |
| 37 | 14:37 | Trevor | Figgitt | Plomesgate CC | Male | Veteran |
| 38 | 14:38 | Adam | lowe | Metropolitan Police Cycle Club | Male | Veteran |
| 39 | 14:39 | David | Miller | CC Sudbury | Male | Veteran |
| 40 | 14:40 | Andre | Dyason | Cambridge CC | Male | Veteran |
| 41 | 14:41 | Andy | Kennedy | Ipswich BC | Male | Veteran |
| 42 | 14:42 | Verity | Smith | Stowmarket & District CC | Female | Veteran |
| 43 | 14:43 | Daniel  | Upton | CC Sudbury | Male | Veteran |
| 44 | 14:44 | Kay | Burgess | Kings Lynn CC | Female | Veteran |
| 45 | 14:45 | Andrew | Leggett | Team Velovelocity | Male | Veteran |
| 46 | 14:46 | Mark | Farrow | Team PedalRevolution.co.uk | Male | Veteran |
| 47 | 14:47 | Paul | Moss | Stowmarket & District CC | Male | Veteran |
| 48 | 14:48 | David | Fenn | CC Sudbury | Male | Veteran |
| 49 | 14:49 | Adam | O'Keeffe | Plomesgate CC | Male | Veteran |

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| **Bib** | **Start Time** | **Firstname** | **Lastname** | **Club** | **Gender** | **Category** |
| 50 | 14:50 | Ollie | Jones | Team Onform | Male | Espoir |
| 51 | 14:51 | Gary | Matthews | Sole Bay Cycle Sport | Male | Veteran |
| 52 | 14:52 | Ben | Keeley | Team Velovelocity | Male | Senior |
| 53 | 14:53 | Henry  | Wood | West Suffolk Whs & Triathlon Club | Male | Veteran |
| 54 | 14:54 | Colin | Harris | CC Sudbury | Male | Veteran |
| 55 | 14:55 | John | Swindells | Iceni Velo | Male | Veteran |
| 56 | 14:56 | Garth | Evans | Boxford Bike Club | Male | Veteran |
| 57 | 14:57 | Adrian | Pettitt | Stowmarket & District CC | Male | Veteran |
| 58 | 14:58 | Peter | gregg | Stowmarket & District CC | Male | Veteran |
| 59 | 14:59 | Colin | Clarke | Wolsey RC | Male | Veteran |
| 60 | 15:00 | Paul | Jay | Team Velovelocity | Male | Veteran |
| 61 | 15:01 | Simon | Daw | Velo Schils Interbike RT | Male | Veteran |
| 62 | 15:02 | Jason | Corner | Diss & District CC | Male | Veteran |
| 63 | 15:03 | Stewart | Kirk | CC Sudbury | Male | Veteran |
| 64 | 15:04 | Matt | Day | Manningtree Wheelers BC | Male | Espoir |
| 65 | 15:05 | Freddie | Grover | Stowmarket & District CC | Male | Junior |