



Norwich Amateur Bicycle Club

Open 10 mile time trial to be held on Saturday 12th September 2020

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

| | |
|---------------------------|---|
| Course | B10/43 |
| Event headquarters | Wortwell Community Centre Tunbeck Close Wortwell IP20 0HS |
| Timekeepers | Mike Johnson Richard Smith |
| Recorders | Barney Horne |
| Starting stewards | Graham Dilks |
| Results board | Jason Turner |
| Safety Officer | Ed Dean |
| Marshals | Andy Blackwell Sandy Telfer Ed Dean |
| Event organiser | Kate Lucas 58 Albini Way Wymondham Norfolk NR18 0UJ 07879 814683 k8alucas@gmail.com |

Prizes (awarded on a one rider, one prize basis)

Scratch (men and women)

| | |
|-----|------------------------|
| 1st | £25 plus digital image |
| 2nd | £15 |
| 3rd | £10 |

Fastest veterans on standard (men and women)

| | |
|-----|------------------------|
| 1st | £25 plus digital image |
| 2nd | £15 |
| 3rd | £10 |

Fastest tandem

| | |
|-----|-----------------------------|
| 1st | £20 each plus digital image |
|-----|-----------------------------|

With thanks to our prize sponsors

Jelignite Photography – Digital images of all competitors will be available on the website soon after the event ([Jelignite Photography - NABC 10 \(Sept 2020\)](#))

COURSE RECORD PRIZE - £20 to any rider who breaks the existing records stated

Course records (before event)

| Category | Time | Rider | Date |
|----------------------|-------|--------------------------------|------------|
| Solo male | 19:10 | Jason Boutell | 30/09/2017 |
| Solo female | 22:16 | Rebecca Johnson | 07/05/2018 |
| Solo male (Junior) | 23:12 | Arthur Hitchen | 06/07/2019 |
| Sole female (Junior) | 25:18 | Isabella Johnson | 06/07/2019 |
| Tandem | 20:17 | Gary Pamment Barry Mcdonald | 30/09/2017 |

Results

Tandem

| Pos | Riders | Club(s) | Gender | Cat | Time | Vet+ Time |
|-----|---|---------------------------------|--------|------------|-------|-----------|
| 1 | Andrew Hutchison Catherine Hutchison | Lowestoft Wheelers Cycling Club | M/F | Vet Vet | 22:33 | +04:46 |
| 2 | Mark Fraser James Fraser | citycyclecentre CC Ashwell | M/M | Vet Jun | 23:11 | |
| 3 | John Swanbury Kate Churchill | VC Baracchi | M/F | Vet Vet | 24:06 | +04:33 |
| 4 | Christopher York Joanne York | Maldon & District CC | M/F | Vet Vet | 25:03 | +01:50 |

Solo

| Pos | Rider | Club | Gender | Cat | Time | Vet+ Time |
|-----|--------------------|---|--------|-----------|-------|-----------|
| 1 | William Perrett | AeroLab Ward WheelZ | M | Sen | 19:23 | |
| 2 | Timothy Torrie | TBW23 Stuart Hall Cycling P/b Trainsharp | M | Esp | 19:46 | |
| 3 | Ben Beynon | Strada 2020 | M | Sen | 20:03 | |
| 4 | Lloyd Chapman | Loose Cannon's Conditioning | M | Sen | 20:06 | |
| 5 | Mark Richards | D A P Cycling Club | M | Sen | 20:20 | |
| 6 | Matt O'Brien | Loose Cannon's Conditioning | M | Vet | 20:20 | 05:52 |
| 7 | James Young | Plomesgate CC | M | Vet | 20:28 | 05:39 |
| 8 | Stuart Fairweather | Loose Cannon's Conditioning | M | Vet | 21:12 | 05:05 |
| 9 | Keith Dorling | Team Bottrill | M | Vet | 21:24 | 06:21 |
| 10 | James Potter | Orwell Velo | M | Sen | 21:28 | |
| 11 | Ryan Gray | Tri Harder | M | C5 | 21:37 | |
| 12 | Mathew Eley | Ely & District CC/B&T Motor Repairs | M | Vet | 21:42 | 04:20 |
| 13 | Paul Hayward | VC Baracchi | M | Vet | 21:55 | 04:17 |
| 14 | Francesca Hall | Team BoomPods | F | Sen CR | 21:57 | |
| 15 | James Hayward | Ipswich Tri Club | M | Sen | 22:11 | |
| 16 | Stuart Supple | VC Baracchi | M | Vet | 22:12 | 04:10 |
| 17 | Keith Randle | Amis Velo Racing Team | M | Vet | 22:12 | 04:28 |
| 18 | Joseph Smith | Iceni Velo | M | Jun CR | 22:17 | |
| 19 | Chris Tye | Plomesgate CC | M | Vet | 22:18 | 04:45 |
| 20 | Edward Day | Norwich A B C | M | Sen | 22:31 | |
| 21 | Andy Kennedy | Ipswich BC | M | Vet | 22:49 | 04:23 |
| 22 | Tom Burgess | Velo Schils Interbike RT | M | Sen | 23:07 | |
| 23 | Paul Dennington | VC Baracchi | M | Vet | 23:11 | 04:06 |
| 24 | Ian Newby | Diss & District CC | M | Vet | 23:11 | 03:43 |
| 25 | Derek Ricketts | Ely & District CC/B&T Motor Repairs | M | Vet | 23:13 | 04:15 |
| 26 | Roy Rowland | Loose Cannon's Conditioning | M | Sen | 23:26 | |

| | | | | | | |
|-----|-------------------|---------------------------------|---|-----|-------|--------|
| 27 | Dan Foster | 3T-RACING | M | Vet | 23:32 | 03:35 |
| 28 | Patrick Ellis | Diss & District CC | M | Vet | 23:38 | 03:16 |
| 29 | Phil Jarvis | Colchester Rovers CC | M | Vet | 23:40 | 03:32 |
| 30 | Gavin Mortlock | Colchester Rovers CC | M | Vet | 23:44 | 03:10 |
| 31 | Mike Watson | Lowestoft Wheelers Cycling Club | M | Vet | 23:51 | 03:26 |
| 32 | Amy Marks | Team LDN | F | Sen | 23:55 | |
| 33 | Simon Smith | Ride Harder | M | Vet | 23:55 | 02:36 |
| 34 | Verity Smith | Loose Cannon's Conditioning | F | Vet | 24:05 | 04:31 |
| 35 | Simon Brown | VC Norwich | M | Sen | 24:06 | |
| 36 | Richard Collyer | North Norfolk Whs | M | Vet | 24:14 | 02:44 |
| 37 | Alan McGuire | Ipswich BC | M | Vet | 24:15 | 02:57 |
| 38 | Brian Carr | Great Yarmouth C C | M | Vet | 24:16 | 04:05 |
| 39 | Dave Schindler | Stowmarket & District CC | M | Sen | 24:28 | |
| 40 | Steve Dickens | Ride Harder | M | Vet | 24:28 | 02:49 |
| 41 | Charlotte Smith | Ride Harder | F | Vet | 24:32 | 03:59 |
| 42 | Mark Ready | Diss & District CC | M | Vet | 24:42 | 02:57 |
| 43 | Richard Penska | Norwich A B C | M | Vet | 24:46 | 02:21 |
| 44 | Nigel Hodge | Tri-Anglia Triathlon Club | M | Vet | 24:58 | 02:00 |
| 45 | Steven Carruthers | Rock Estate | M | Vet | 24:58 | 01:56 |
| 46 | Karl Wilford | Leicester Forest CC | M | Vet | 25:13 | 01:32 |
| 47 | Richard Glover | CC Ashwell | M | Vet | 25:27 | 05:55 |
| 48 | Sally Withey | Team Swift | F | Vet | 26:00 | 03:11 |
| 49 | David Young | West Suffolk Wheelers | M | Sen | 26:00 | |
| 50 | Jan Smith | Great Yarmouth C C | F | Vet | 26:07 | 03:20 |
| 51 | Sharon Bennett | Team Velovelocit | F | Vet | 26:10 | 03:06 |
| 52 | Paul Reed | VC Baracchi | M | Sen | 26:32 | |
| 53 | Mark Munnings | Lowestoft Wheelers Cycling Club | M | Vet | 26:32 | 01:01 |
| 54 | Ryan Coles | VC Baracchi | M | Jun | 26:34 | |
| 55 | Dawn Collyer | North Norfolk Whs | F | Vet | 27:07 | 01:07 |
| 56 | Graham Hurst | Norwich A B C | M | Vet | 27:28 | 01:02 |
| 57 | Jamie Bretton | VC Baracchi | M | Juv | 27:39 | |
| 58 | David Fenn | CC Sudbury | M | Vet | 28:14 | 00:44 |
| 59 | John Steed | West Suffolk Wheelers | M | Vet | 28:30 | 00:50 |
| 60 | Cheryl Tye | Plomesgate CC | F | Vet | 29:02 | 00:14 |
| 61 | Jane Blackwell | Norwich A B C | F | Vet | 29:45 | 00:24 |
| 62 | Mark Carroll | VC Baracchi | M | Vet | 30:48 | -03:09 |
| 63 | Tony Howard | Colchester Rovers CC | M | Vet | 31:47 | -00:25 |
| 64 | Derek Jones | Walden Tri | M | Vet | 35:27 | -05:14 |
| DNF | Mark Eastwood | West Suffolk Wheelers | M | Vet | | |
| DNS | Neil Stevens | Team PedalRevolution.co.uk | M | Vet | | |
| DNS | Jason Corner | Retro Racing | M | Vet | | |
| DNS | Brian Davies | Lowestoft Wheelers Cycling Club | M | Vet | | |
| DNS | Chris Womack | VC Baracchi | M | Vet | | |
| DNS | Paul Moss | Stowmarket & District CC | M | Vet | | |
| DNS | Richard Sargeant | Tri-Anglia Triathlon Club | M | Vet | | |
| DNS | Jordan Black | Loose Cannon's Conditioning | M | Sen | | |

| | | | | | | |
|-----------|---------------|---------------------------|---|-----|--|--|
| DQ | Andy Mulligan | Tri-Anglia Triathlon Club | M | Sen | | |
|-----------|---------------|---------------------------|---|-----|--|--|

Juvenile/Junior

| Pos | Rider | Club | Gender | Cat | Time |
|-----|---------------|-------------|--------|-----|-------------|
| 1 | Joseph Smith | Iceni Velo | M | Jun | 22:17 CR |
| 2 | Ryan Coles | VC Baracchi | M | Jun | 26:34 |
| 3 | Jamie Bretton | VC Baracchi | M | Juv | 27:39 |

Women

| Pos | Rider | Club | Cat | Time | Vet+ Time |
|-----|-----------------|-----------------------------|-----|-------------|--------------|
| 1 | Francesca Hall | Team BoomPods | Sen | 21:57 CR | |
| 2 | Amy Marks | Team LDN | Sen | 23:55 | |
| 3 | Verity Smith | Loose Cannon's Conditioning | Vet | 24:05 | 04:31 |
| 4 | Charlotte Smith | Ride Harder | Vet | 24:32 | 03:59 |
| 5 | Sally Withey | Team Swift | Vet | 26:00 | 03:11 |
| 6 | Jan Smith | Great Yarmouth C C | Vet | 26:07 | 03:20 |
| 7 | Sharon Bennett | Team Velovelocity | Vet | 26:10 | 03:06 |
| 8 | Dawn Collyer | North Norfolk Whs | Vet | 27:07 | 01:07 |
| 9 | Cheryl Tye | Plomesgate CC | Vet | 29:02 | 00:14 |
| 10 | Jane Blackwell | Norwich A B C | Vet | 29:45 | 00:24 |

Women Veterans on Standard

| Pos | Rider | Club | Time | Vet+ Time |
|-----|-----------------|-----------------------------|-------|--------------|
| 1 | Verity Smith | Loose Cannon's Conditioning | 24:05 | 04:31 |
| 2 | Charlotte Smith | Ride Harder | 24:32 | 03:59 |
| 3 | Jan Smith | Great Yarmouth C C | 26:07 | 03:20 |
| 4 | Sally Withey | Team Swift | 26:00 | 03:11 |
| 5 | Sharon Bennett | Team Velovelocity | 26:10 | 03:06 |
| 6 | Dawn Collyer | North Norfolk Whs | 27:07 | 01:07 |
| 7 | Jane Blackwell | Norwich A B C | 29:45 | 00:24 |
| 8 | Cheryl Tye | Plomesgate CC | 29:02 | 00:14 |

Men Veterans on Standard

| Pos | Rider | Club | Time | Vet + Time |
|-----|----------------|-----------------------------|-------|---------------|
| 1 | Keith Dorling | Team Bottrill | 21:24 | 06:21 |
| 2 | Richard Glover | CC Ashwell | 25:27 | 05:55 |
| 3 | Matt O'Brien | Loose Cannon's Conditioning | 20:20 | 05:52 |

| | | | | |
|-----------|--------------------|-------------------------------------|-------|--------|
| 4 | James Young | Plomesgate CC | 20:28 | 05:39 |
| 5 | Stuart Fairweather | Loose Cannon's Conditioning | 21:12 | 05:05 |
| 6 | Chris Tye | Plomesgate CC | 22:18 | 04:45 |
| 7 | Keith Randle | Amis Velo Racing Team | 22:12 | 04:28 |
| 8 | Andy Kennedy | Ipswich BC | 22:49 | 04:23 |
| 9 | Mathew Eley | Ely & District CC/B&T Motor Repairs | 21:42 | 04:20 |
| 10 | Paul Hayward | VC Baracchi | 21:55 | 04:17 |
| 11 | Derek Ricketts | Ely & District CC/B&T Motor Repairs | 23:13 | 04:15 |
| 12 | Stuart Supple | VC Baracchi | 22:12 | 04:10 |
| 13 | Paul Dennington | VC Baracchi | 23:11 | 04:06 |
| 14 | Brian Carr | Great Yarmouth C C | 24:16 | 04:05 |
| 15 | Ian Newby | Diss & District CC | 23:11 | 03:43 |
| 16 | Dan Foster | 3T-RACING | 23:32 | 03:35 |
| 17 | Phil Jarvis | Colchester Rovers CC | 23:40 | 03:32 |
| 18 | Mike Watson | Lowestoft Wheelers Cycling Club | 23:51 | 03:26 |
| 19 | Patrick Ellis | Diss & District CC | 23:38 | 03:16 |
| 20 | Gavin Mortlock | Colchester Rovers CC | 23:44 | 03:10 |
| 21 | Mark Ready | Diss & District CC | 24:42 | 02:57 |
| 22 | Alan McGuire | Ipswich BC | 24:15 | 02:57 |
| 23 | Steve Dickens | Ride Harder | 24:28 | 02:49 |
| 24 | Richard Collyer | North Norfolk Whs | 24:14 | 02:44 |
| 25 | Simon Smith | Ride Harder | 23:55 | 02:36 |
| 26 | Richard Penska | Norwich A B C | 24:46 | 02:21 |
| 27 | Nigel Hodge | Tri-Anglia Triathlon Club | 24:58 | 02:00 |
| 28 | Steven Carruthers | Rock Estate | 24:58 | 01:56 |
| 29 | Karl Wilford | Leicester Forest CC | 25:13 | 01:32 |
| 30 | Graham Hurst | Norwich A B C | 27:28 | 01:02 |
| 31 | Mark Munnings | Lowestoft Wheelers Cycling Club | 26:32 | 01:01 |
| 32 | John Steed | West Suffolk Wheelers | 28:30 | 00:50 |
| 33 | David Fenn | CC Sudbury | 28:14 | 00:44 |
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| 35 | Mark Carroll | VC Baracchi | 30:48 | -03:09 |
| 36 | Derek Jones | Walden Tri | 35:27 | -05:14 |