



**Loose Cannon's Conditioning 10m TT**  
**Incorporating the**  
**East District Road Bike Championships**

**10<sup>th</sup> September 2023**  
**B10/36r**

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

Thank you all for participating in the inaugural LCC TT.

The following prize list was up for grabs....

**1st Place: £100 cash + £50 Le Col voucher + Handcrafted LCC Trophy**

**2nd Place: £50 cash + £40 Le Col voucher**

**3rd Place: £40 cash + £30 Le Col voucher**

**4th Place: £30 cash**

**5th Place: £20 cash**

**ROAD BIKE ONLY TEAM PRIZES AVAILABLE**

**1st £75**

**2nd £50**

And here are the winners..

<b>ROAD BIKE TEAM</b>			
<b>1ST</b>	IPSWICH BICYCLE CLUB		
	Joe Shaw	Matt Peck	Chris Parker
	22.57mins	23.08min	23.18mins
	01:09:23		
<b>2ND</b>	PLOMESGATE CYCLING CLUB		
	Jonathon Bolton	Peter Williamson	John Vidler
	29.06min	30.01min	32.01mins
	01:31:08		



Female Road Bike Podium		
1st	Polly Mason - Ride Harder	23.32 mins
2nd	Kerry Brennand - Newmarket Cycling & Tri	25.04 mins
3rd	Rita Rue - West Suffolk wheelers	30.47 mins
4th	/	/
5th	/	/

Male Road Bike Podium		
1st	Colin Ward - Essex Roads	20.12 mins
2nd	Yanto Barker - LC_CC	20.34 mins
3rd	Louis Genin - Colchester Rovers	20.54 mins
4th	<b>Samuel McClean - Loose Cannon's Conditioning(EDCA Champion)</b>	21.05 mins
5th	Stephan Clark - Orwell Velo	

Female TT Bike Podium		
1st	Denise Hurren - Sole Bay Cycle Club	22.53 mins
2nd	Lara Franklin - SDCC	24.12 mins
3rd	Kristine Hudson Plomesgate CC	26.24 mins
4th	/	/
5th	/	/

Male Road Bike Podium		
1st	Mark Richards - DAP Cycling Club	19.43 mins
2nd	Dan Blackburn - Epic Orange	20.13 mins
3rd	Nick Partridge - Sole Bay Cycle Club	20.19 mins
4th	Mark Ash - Cake Gang	20.36 mins
5th	Julian Bosley - SDCC	21.13 mins





Thank you to the following sponsors of this event.

The Learning Turner for the handcrafted bespoke trophies

[https://www.instagram.com/the\\_learning\\_turner/](https://www.instagram.com/the_learning_turner/)

Unscrambled LTD for a cash donation

<https://www.unscrambled.co.uk/home>

J. White Plumbing and Heating LTD for a cash donation

<https://www.facebook.com/jwhiteplumbingheating/>

LeCol Cycling clothing and Apparel for the vouchers and cash donation

[lecol.cc](http://lecol.cc)

We welcome any feedback. As this is our first event and wish to hold more in years to come and any tips or ideas you may have that can help your experience racing, then we are all ears!

**Organiser details**

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**Officials**

Pete Wheelan – Plomesgate Cycling Club

Bev Wheelan – Plomesgate Cycling Club

*LCC would also like to thank fellow club Plomesgate CC for their help and assistance in the loan of their race numbers, signs and professional expertise.*

*Mark Fairhead from CC Breckland for the help with administrations*