



STOWMARKET & DISTRICT CYCLE CLUB

Sponsored by Fast Test
Presents 10 mile time trial

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

Sunday 5th Sept 2021

07:31 start

Course

B10/38 (revised 2019)

Start Time Keeper

Graham Berry (SDCC)

Finish Time Keeper

Gary Buckle (SDCC)



FAST TEST

Car Parking

There is a large car park at the HQ (New Green Centre)
Strictly no parking at the start, finish or on any part of the course

Refreshments

Refreshments provided by Colleen Buckle

Event Headquarters

New Green Centre
New Green Avenue,
Thurston, Bury St Edmunds
IP31 3TG
Tel (01359) 232439
What3words.com
///popped.overheard.aimlessly

Signing on from 06h30

Numbers and signing on at HQ

Event Secretary

Robin Scrivener
5 Laurel Drive, Gt. Blakenham,
Suffolk IP6 0HR
Tel: 07508 561036
Email:
robinscrivener@btinternet.com

Course Records:

Solo Male 18:55 Jason Bouttell 29-May-17

Solo Female 22:29 Verity Smith 29-May-17

Solo Male (Junior) Callum Biggs 21:16 6Sep20

Solo Female (Junior) Isabella Johnson 24:17 6Sep20

Tandem 19:34 Rachael Elliott, Ian Greenstreet 6Sep20

B10/38rev Course Details START (what3words.com ///sisters.abstracts.expired), at paint mark on kerb on (new) Bury relief road from Thurston prior to roundabout to Suffolk Business Park approx. 500m from limit of merge point with A14 (junction 45 Eastbound). Proceed to join A14 eastbound and continue eastward to sliproad signed Woolpit and Elmswell (junction 47) then bear left onto slip road and at roundabout turn left over A14 bridge and keeping left follow the road to join the A14 westbound heading for Bury St Edmunds. Continue on A14 to FINISH at white paint mark /

checkerboard by kerb prior to nursery lay-by and 200m short of service road bridge over A14 at Rougham (junction 45).

NOTE: On completing the event, riders MUST NOT STOP on A14 but continue on to the Rougham slip road (junction 45) and return to HQ by the same route taken to the start.

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

Rider 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 .

Riders are reminded that the rules of the road **MUST** be obeyed. Riders crossing the white centre line **WILL** be disqualified, **YOU HAVE BEEN WARNED!**

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

- a. numbers and signing on at the HQ and NOT at the start
- b. no support can be provided to riders on the course, so you are advised to carry sufficient spares/pumps to be self-sufficient in the event of a mechanical
- c. remember to sign out and return race numbers at the HQ
- d. **Results and prizes will be notified as soon as possible after the event by email – important – winners will have 72 hrs to provide their correct bank details for bank transfer of prizes. Failure to provide correct details within this time limit will result in prize money being donated to the East Anglian Air Ambulance charity.**

The **START** is approximately a **TEN MINUTE RIDE** from the HQ and is located on the entry slip to the A14 Eastbound of junction 45 A14 close to the Suffolk Business Park (was Rougham Industrial Estate). Please ensure you are familiar with the route and you are at the start point in good time. (what3words.com ///sisters.abstracts.expired)

Heads up and have a safe ride!!

Awards

Scratch		1 st in each of following categories £10				Female	
1 st	£30	<40yrs	A	1 st	£30		
2 nd	£25	40-49	B	2 nd	£25		
3 rd	£20	50-59	C	3 rd	£20		
		60-69	D				
		70-79	E	Team	Fastest 3 £10 each		

One Rider : One prize except team.

Start Sheet:

Bib	Start Time	First name	Last name	Club	Gender	Category
1	07:31	Gareth	Young	Stowmarket & District CC	Male	Veteran
2	07:32	Mark	Carroll	VC Baracchi	Male	Veteran
3	07:33	Sarah	Johnson	CC Sudbury	Female	Veteran
4	07:33	Harley	Wenman	Stowmarket & District CC	Male	Veteran
5	07:34	Trevor	Roberts	Wolsey RC	Male	Veteran
6	07:34	Phil	Bailey	Loose Cannon's Conditioning	Male	Veteran
7	07:37	Siobhan	Curtis	trainSharp	Female	Veteran
8	07:38	David	Fenn	CC Sudbury	Male	Veteran
9	07:39	David	Meyerowitz	Stowmarket & District CC	Male	Senior
10	07:40	Mark	Careless	Newmarket Cycling & Triathlon Club	Male	Veteran
11	07:41	Jamie	Watson	Clacton Cycling & Running Club	Male	Veteran
12	07:42	Nathan	Franklin	Stowmarket & District CC	Male	Senior
13	07:43	Phil	Quantrill	Great Yarmouth C C	Male	Veteran
14	07:44	Lara	Thomas	Stowmarket & District CC	Female	Senior
15	07:45	Laura	Davies	Orwell Velo	Female	Senior
16	07:46	Phil	Jarvis	Colchester Rovers CC	Male	Veteran
17	07:47	Gillian	Leech	Loose Cannon's Conditioning	Female	Veteran
18	07:48	Bob	Quarton	Wolsey RC	Male	Veteran
19	07:49	Isabella	Johnson	Datalynx-Parenesis Cycling	Female	Espoir
20	07:50	Verity	Smith	Loose Cannon's Conditioning	Female	Veteran
21	07:51	Susan	Triplow	CC Sudbury	Female	Veteran
22	07:52	Denise	Hurren	Sole Bay Cycle Sport	Female	Veteran
23	07:53	Hannah	O'Brien	Loose Cannon's Conditioning	Female	Veteran
24	07:54	Patrick	Charlton	Wolsey RC	Male	Veteran
25	07:55	Mark	Booth	Spalding CC	Male	Veteran
26	07:56	Lee	Garrod	Sole Bay Cycle Sport	Male	Veteran
27	07:57	Becky	Ridge	TPH Racing	Female	Veteran
28	07:58	Mathew	Shotbolt	CC Sudbury	Male	Senior
29	07:59	John	Swanbury	VC Baracchi	Male	Veteran
30	08:00	Ian	Pike	Lincoln Wheelers CC	Male	Veteran
31	08:01	Jackie	Field	CC Ashwell	Female	Veteran
32	08:02	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
33	08:03	Gary	Johnson	CC Sudbury	Male	Veteran
34	08:04	Adrian	Pettitt	Stowmarket & District CC	Male	Veteran
35	08:05	Stuart	Supple	VC Baracchi	Male	Veteran
36	08:06	Julian	Bosley	Stowmarket & District CC	Male	Veteran
37	08:07	Andrew	Grant	Cambridge CC	Male	Veteran
38	08:08	Dan	Blackburn	Epic Orange Race Team	Male	Veteran
39	08:09	David	Halliday	Newmarket Cycling & Triathlon Club	Male	Senior
40	08:10	Nick	Partridge	VC Baracchi	Male	Veteran
41	08:11	Alex	Purcell	CC Sudbury	Male	Senior
42	08:12	Paul	Jay	DRAG2ZERO	Male	Veteran
43	08:13	James	Potter	Loose Cannon's Conditioning	Male	Veteran
44	08:14	Matt	O'Brien	Loose Cannon's Conditioning	Male	Veteran
45	08:15	Jon	Surtees	Born to Bike - Bridgtown Cycles	Male	Veteran
46	08:16	Simon	Alexander	Richardsons-Trek RT	Male	Senior

47	08:17	Mark	Richards	D A P Cycling Club	Male	Senior
48	08:18	Lloyd	Chapman	Loose Cannon's Conditioning	Male	Senior
49	08:19	Andy	Proffitt	Arctic Aircon RT	Male	Veteran
50	08:20	Gareth	Young	Stowmarket & District CC	Male	Veteran
51	08:21	Mark	Carroll	VC Baracchi	Male	Veteran
52	08:22	Sarah	Johnson	CC Sudbury	Female	Veteran
53	08:23	Harley	Wenman	Stowmarket & District CC	Male	Veteran
54	08:24	Trevor	Roberts	Wolsey RC	Male	Veteran