Stowmarket & District Cycling Club

Open 10 Mile Time Trial

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

Website: sdcc.bike

Sunday 4th August 2019 - Course B10/36R - Start Time 7.30am.

**Event Secretary**: Emma Taylor, 27 Wells Way, Debenham, Stowmarket, Suffolk, IP14 6SL

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**Time Keepers**: John Adams & Graham Berry (Both Stowmarket & District Cycling Club)

**Marshalls & Helpers**: Members & Friends of Stowmarket & District Cycling Club

**Course Details: B10/36R (Wickham Market - Woodbridge - Wickham Market)**

START opposite eastern edge of manhole cover on B1078 road at Campsea Ashe, approx 11 metres east of entrance to sliproad leading south to Wickham Market bypass (A12). Proceed to sliproad where turn left to join A12 southbound, proceed on A12 to Melton roundabout (5.2 miles). Take 3rd exit & retrace north on A12 to FINISH at 10th catseye south of large DoT sign in lay-by signed ‘Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

**Course Records:**

Mens: 19:22 Lloyd Chapman (2016)

Womens: 22:26 Rebecca Johnson (2018)

Tandem: 21:09 Gary Pamment & Barry McDonald (2017)

**Event Headquarters - Hacheston Village Hall - IP13 0DW**

Parking in the Car Park at the Village Hall. Please park considerately.

Numbers and Sign on will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event. PLEASE NOTE THAT ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER ( SEE CTT HANDBOOK, RULE 17B, PAGE 343).

FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F.

**EAST DISTRICT LOCAL REGULATIONS**

**“U” TURNS** will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the district committee.

A “U” turn is defined as a 180-degree turn completed within the width of the carriageway whilst astride the machine (It is recommended that riders should dismount, check the road is clear in both directions then, with machine, walk across the road.).

**WARMING UP** - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited.

IN THE INTERESTS of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

Cycling Time Trials strongly recommend that riders use a REAR LIGHT either flashing or constant, visible to following road users and is active while the machine is in use.

**All competitors under the age of 18 and/or juniors must wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI**

**Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.**

**Prizes: (one rider-one prize, except team)**

**Scratch** 1st £20 2nd £15 3rd £10

**Fastest Lady** 1st £20 2nd £15

**Fastest Team of 3** £10 each

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| **No.** | **Name** | **Club** | **Category** | **Start Time** |
| 1 | Simon Hance | Stowmarket & District CC | V40 | 07:31 |
| 2 | Susan Triplow | CC Sudbury | W/V50 | 07:32 |
| 3 | Matt Jacobs | Plomesgate CC | S | 07:33 |
| 4 | Jo Fisk | Ride Harder | W/V40 | 07:34 |
| 5 | Ross Fawcett | Pedal Power Cycles Ipswich | S | 07:35 |
| 6 | Chris Nudds | CC Breckland | V70 | 07:36 |
| 7 | Karle Howard | Ride Harder | V40 | 07:37 |
| 8 | Alan Mcguire | Ipswich BC | V50 | 07:38 |
| 9 | Nicola Powell | Stowmarket & District CC | W/S | 07:39 |
| 10 | Matt O'brien | Plomesgate CC | V40 | 07:40 |
| 11 | Lee Garrod | Sole Bay Cycle Sport | V50 | 07:41 |
| 12 | Keith Randle | Amis Velo Racing Team | V40 | 07:42 |
| 13 | James Sherwood | Orwell Velo | S | 07:43 |
| 14 | John Bonnyhood | CC Sudbury | V60 | 07:44 |
| 15 | David Crisp | 3T-Racing | V40 | 07:45 |
| 16 | Peter Kerry | Ipswich Velo | V40 | 07:46 |
| 17 | Denise Hurren | Team Velovelocity | W/V50 | 07:47 |
| 18 | Kate Lucas | Norwich ABC | W/V40 | 07:48 |
| 19 | Ron Back | West Suffolk Wheelers | V80 | 07:49 |
| 20 | Stuart Fairweather | Team Velovelocity | V40 | 07:50 |
| 21 | Adrian Pettitt | Stowmarket & District CC | V50 | 07:51 |
| 22 | Trevor Caley | Plomesgate CC | V50 | 07:52 |
| 23 | Kerry Tate | Newmarket Cycling & Tri Club | W/S | 07:53 |
| 24 | Michael Bell | Stowmarket & District CC | S | 07:54 |
| 25 | Paul Jay | Team Velovelocity | V40 | 07:55 |
| 26 | James Potter | Ipswich BC | S | 07:56 |
| 27 | Anthony Bye | Wisbeech Whs | V60 | 07:57 |
| 28 | Chris Cantwell | West Suffolk Wheelers | V60 | 07:58 |
| 29 | Linda Hones | Newmarket Cycling & Tri Club | W/V50 | 07:59 |
| 30 | Andy Proffitt | Ipswich BC | V40 | 08:00 |
| 31 | Simon Daw | Datalynx-Parenesis Cycling | V50 | 08:01 |
| 32 | Chris Crabtree | Orwell Velo | S | 08:02 |