

# Orwell Velo

20 Mile 2up TTT plus Solo Time Trial,  
Incorporating the Renny Stirling Memorial Trophy

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

**Saturday 30 March 2019**  
14.02 Start

**Course**  
BS33

**Start Time Keeper**  
Graham Berry (SDCC)

**Finish Time Keeper**  
Pete Whelan (Plomesgate)

## Marshall's/Helpers

Simon Jarrold  
Simon Boyle  
Steve Sexton  
Dave Clark  
Paul Wright  
Darren Vincent  
Keith Tilley

## Orwell Velo Sponsors



## Car Parking

There is a large car park at the HQ  
Strictly no parking at the start, finish  
or on any part of the course.

## Refreshments

Dayle Bayliss  
Elizabeth Love-Mott

## Event Headquarters

Debenham Sports & Leisure Centre  
Gracechurch Street  
Debenham  
Stowmarket  
Suffolk  
IP14 6BL

## Signing on from 13.00

Numbers and signing on at HQ

## Event Secretary

Chris Leggett  
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Grove Road  
Bentley  
IP9 2DD

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Email: [leggett.christopher@yahoo.co.uk](mailto:leggett.christopher@yahoo.co.uk)

## Course Details

### BS33 Course Details (Winston-Pettaugh-Ashfield-Occold-Debenham)

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

## 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.

**DEFINITION:** A U turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider should dismount, check the road is clear in both directions, then with machine walk across the road).

**NOTE:** Any breaking of these regulations in the first case will mean disqualification from the event. Further cases will be referred to the District Committee.

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

**Turbo Trainers:** The use of Turbo Trainers is banned at all events with an AM start time.

**Cycling Helmets:** All competitors under the age of 18 years 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. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

### Awards - 'Renny Stirling Memorial Trophy'

Renny Stirling was not only a revered time triallist but also a close friend to riders in many clubs, including many of the members of Orwell Velo. The club wanted to celebrate his cycling life by introducing an annual time trial called the Renny Stirling Memorial Trophy. The Debenham 20 course has been chosen because Renny lived only a few miles from the circuit and enjoyed these very roads whilst training.

#### Renny's Palmarès

Renny's first club was Glade Cycling Club and soon established himself as a key member and frequently leader of the Glade's successful timetrial squad. As a junior he set a club place-to-place record from London to Southend and back. He was club senior best all-rounder champion six times between 1971 and 1977.

He achieved national prominence in 1975 with both tandem and tricycle competition records. His 59:28 to win the Tricycle Association championship not only set a new individual record, but led a team whose time has since been improved by less than a minute in the ensuing 38 years. Further tandem and tricycle team competition records followed in 1976.

Renny thrived in good teams. In 1977 he moved from the Glade to the Unity CC where he rode alongside Pete Wells and Dave Cunningham to form the BBAR-winning team in 1978. Renny's BBAR average speed was 24.513 mph.

Renny rode for a couple of years with the Edgware RC and in 1980 he joined with Paul Bennett, Ian Cammish and Pete Wells to come third in the national championship 100km team time trial.

In 1986 Renny moved to a rejuvenated Leo Road Club where he achieved most of his personal bests, especially in 1987 when he finished 7<sup>th</sup> in the BBAR recording an average speed of 25.085 mph from times for 50 miles: 1:50:16, 100 miles: 3:52:01 and 12hrs: 266.241 miles. That year, the Leo squad of Renny, Ian Silvester and Shay Giles won medals for second BBAR team.

In 1988, the Leo team of Renny, Ian Browning, Shay Giles and Antony Stapleton came third in the national championship 100km team time trial.

In 1989, Renny and Antony Stapleton set a new Road Records Association straight out tandem record of 41.04 - this national record still stands.

Renny famously quipped that he did not believe in 'celebrating mediocrity', therefore it seems fitting to award the Renny Stirling Memorial Trophy to the fastest person on the day. The trophy will be presented by Renny's widow, Christine Stirling. We would invite all competitors to enjoy refreshments at the HQ until after the presentation has been made to the winner.

## 2up TTT Prizes

1<sup>st</sup> £30 (per team of 2)

## Solo Prizes

### Scratch

### 1<sup>st</sup> in each Age Category £10

### Lady

1<sup>st</sup> £30 and trophy

2<sup>nd</sup> £20

3<sup>rd</sup> £10

< 23yrs A

23-39 B

40-49 C

50-59 D

60-69 E

70+ F

1<sup>st</sup> £30

### Team (Solo)

Fastest 3 £5 each

**ONE RIDER ONE PRIZE** (Except Team). In the event of being eligible for two or more prizes the one of greatest value will be awarded.

## Riders Notes

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

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. This route will be sign posted.

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.

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

**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!**

The minor road between the A1120 and Occold has not fared well over recent winters and the road surface is in poor condition in places. Please check behind you for rear advancing traffic before navigating safely around any imperfections.

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

Heads up and have a safe ride!!