

# **VTTA (East Anglia Group) 10 mile Open**

**'Wickham Market 10' Promoted for and on behalf of Cycle  
Time Trials under their Rules & Regulations**

**21/04/2019 07:30**

**b10/36r**

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



## Headquarters

Hatcheston Village Hall, Hatcheston, IP13 0DR. Car parking at Village Hall – please park considerately. HQ will be open for signing-on from 06:30 am.

## Route from HQ to start

**Directions to the start:** Turn right out of Hatcheston Village Hall car park. Follow the road (B1116) for 1.2 miles to the roundabout. Cross the roundabout (2<sup>nd</sup> exit), proceed over the bridge, the start is just past the slip road on the right.

## Course details

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'.

## Local regulations

### EAST DISTRICT REGULATIONS

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst the race is in progress.

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. (*The road between the HQ and the start, and beyond to the village of Campsea Ash provides a perfect road to warm up on*).

Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign- in and sign-out themselves.

## Organiser contact details

Antony Birt  
4 Roundwood Road Ipswich  
07512 745371

antony.birt1@btinternet.com

## Time keepers/officials

Timekeepers: Mrs B. Whelan & Mr P Whelan (Plomesgate CC).

Marshals & Helpers: Members & friends of Plomesgate CC, Ipswich Bicycle club and VTTA.

## Course records

**Course record:**19:22 (Lloyd Chapman, 2016)

## Awards/prizes

**Awards**(one prize per rider except team)

Scratch 1<sup>st</sup>£20

Male Vet. on Standard 1<sup>st</sup>£20 2<sup>nd</sup>£15 3<sup>rd</sup>£10

Lady Vet. On Standard 1<sup>st</sup>£20 2<sup>nd</sup>£15

Spot Prize courtesy of Elmy Cycles Ipswich

## **NOTES TO COMPETITORS:**

### 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## VTTA (East Anglia Group) 10 mile Open

| Start Number | Start Time | Rider            | Club                               | Gender | Category |
|--------------|------------|------------------|------------------------------------|--------|----------|
| 1            | 07:31:00   | Cheryl Tye       | Plomesgate CC                      | Female | Vet      |
| 2            | 07:32:00   | John Vidler      | Plomesgate CC                      | Male   | Vet      |
| 3            | 07:33:00   | Alan Mcguire     | Ipswich BC                         | Male   | Vet      |
| 4            | 07:34:00   | Amanda Mallett   | Plomesgate CC                      | Female | Vet      |
| 5            | 07:35:00   | Damon Parker     | Plomesgate CC                      | Male   | Vet      |
| 6            | 07:36:00   | Davina Greenwell | Plomesgate CC                      | Female | Senior   |
| 7            | 07:37:00   | Nick Parvanni    | CC Breckland                       | Male   | Vet      |
| 8            | 07:38:00   | Ron Back         | West Suffolk Wheelers              | Male   | Vet      |
| 9            | 07:39:00   | James Bromley    | Becontree Wheelers CC              | Male   | Vet      |
| 10           | 07:40:00   | Steve De Boltz   | Plomesgate CC                      | Male   | Vet      |
| 11           | 07:41:00   | Jan Smith        | Great Yarmouth C C                 | Female | Vet      |
| 12           | 07:42:00   | Chris Cantwell   | West Suffolk Wheelers              | Male   | Vet      |
| 13           | 07:43:00   | Jim Reed         | Colchester Rovers CC               | Male   | Vet      |
| 14           | 07:44:00   | Paul Moss        | Stowmarket & District CC           | Male   | Vet      |
| 15           | 07:45:00   | Keith Randle     | Amis Velo Racing Team              | Male   | Vet      |
| 16           | 07:46:00   | James Rush       | CC Sudbury                         | Male   | Vet      |
| 17           | 07:47:00   | Ben Bradley      | Rapha Cycling Club                 | Male   | Vet      |
| 18           | 07:48:00   | Denise Hurren    | Team Velovelocity                  | Female | Vet      |
| 19           | 07:49:00   | Sue Rust         | Kettering CC                       | Female | Vet      |
| 20           | 07:50:00   | Gary Johnson     | CC Sudbury                         | Male   | Vet      |
| 21           | 07:51:00   | Patrick Charlton | Wolsey RC                          | Male   | Vet      |
| 22           | 07:52:00   | Jordan Black     | Newmarket Cycling & Triathlon Club | Male   | Espoir   |
| 23           | 07:53:00   | Trevor Caley     | Plomesgate CC                      | Male   | Vet      |
| 24           | 07:54:00   | Chris Nudds      | CC Breckland                       | Male   | Vet      |
| 25           | 07:55:00   | Paul Hayward     | VC Baracchi                        | Male   | Vet      |
| 26           | 07:56:00   | Jackie Field     | CC Ashwell                         | Female | Vet      |
| 27           | 07:57:00   | James Potter     | Ipswich BC                         | Male   | Senior   |
| 28           | 07:58:00   | Mark Fairhead    | CC Breckland                       | Male   | Vet      |
| 29           | 07:59:00   | Chris Dyason     | Cambridge CC                       | Male   | Vet      |
| 30           | 08:00:00   | Adrian Pettitt   | Stowmarket & District CC           | Male   | Vet      |
| 31           | 08:01:00   | Lee Garrod       | Sole Bay Cycle Sport               | Male   | Vet      |
| 32           | 08:02:00   | Simon Daw        | Datalynx-Parenesis Cycling         | Male   | Vet      |
| 33           | 08:03:00   | David Crisp      | 3T-RACING                          | Male   | Vet      |

| <b>Start Number</b> | <b>Start Time</b> | <b>Rider</b>    | <b>Club</b>              | <b>Gender</b> | <b>Category</b> |
|---------------------|-------------------|-----------------|--------------------------|---------------|-----------------|
| 34                  | 08:04:00          | Julian Bosley   | Stowmarket & District CC | Male          | Vet             |
| 35                  | 08:05:00          | Chris Tye       | Plomesgate CC            | Male          | Vet             |
| 36                  | 08:06:00          | Ken Platts      | Cambridge CC             | Male          | Vet             |
| 37                  | 08:07:00          | Nick Partridge  | VC Baracchi              | Male          | Vet             |
| 38                  | 08:08:00          | Damon Day       | CC Sudbury               | Male          | Vet             |
| 39                  | 08:09:00          | Andrew Grant    | Cambridge CC             | Male          | Vet             |
| 40                  | 08:10:00          | Dan Blackburn   | VC Norwich               | Male          | Vet             |
| 41                  | 08:11:00          | Martin Reynolds | Cambridge CC             | Male          | Vet             |
| 42                  | 08:12:00          | Andy Proffitt   | Ipswich BC               | Male          | Vet             |