



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

Monday 29th May 2017

07:31 start

Course

B10/38 (revised 2017)

Start Time Keeper

Graham Berry (SDCC)

Finish Time Keeper

John Adams (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

Colleen & Hannah Buckle

Event Headquarters

New Green Centre
New Green Avenue
Thurston, Bury St Ed's
IP31 3TG
Tel (01359) 232439

Signing on from 06h30

Numbers and signing on at HQ

Event Secretary

Keith Wolferstan
The Haven
Park Road, Wetherden
IP14 3JS
Phone 07770 640074
Email: kpw.haven@gmail.com

B10/38 (revised 2017) Course Details

START, at white paint mark at south end of lay-by on (new) Bury relief road approx. 350yds 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 on kerb approx. 200 yds beyond nursery lay-by and 100yds 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.

Course Records (previous B10/38 course)

Male: Peter Balls (West Suffolk Wheelers) 19.54 (2009)

Female: Verity Smith 24:06 (SDCC)

Tandem: Don Saunders/Declan Davis 21:09

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

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

Changing facilities are available at the HQ

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 Rougham Ind Est – please see attached details.

NOTE: due to roadworks at the Rougham junction 45 of the A14, there is a revised route to the start/finish point, which is also slightly different from previous years. Please ensure you are familiar with the route and you are at the start point in good time.

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

Heads up and have a safe ride!!

Awards

Scratch		1 st in each of following categories £10				Lady	
1 st	£25	<40yrs	A		1 st	£15	
2 nd	£18	40-49	B				
3 rd	£12	50-59	C		Team		
		60-69	D				
		70-79	E		Fastest 3	£7 each	

Bib	Start Time	First name	Last name	Club	Gender	Category
1	07:31	Paul	Moss	Stowmarket & District CC	Male	Veteran
2	07:32	David	Staff	Diss & District CC	Male	Veteran
3	07:33	Jim	Clayton	Colchester Rovers CC	Male	Veteran
4	07:34	Amanda	Mallett	Plomesgate CC	Female	Veteran
5	07:35	David	Procter	Team Velovelocity	Male	Veteran
6	07:36	Dave	Chesterman	U E A Street Life	Male	Senior
7	07:37	Trevor	Caley	Plomesgate CC	Male	Veteran
8	07:38	Denese	Hallahan	Wisbech Whs	Female	Veteran
9	07:39	Isabella	Johnson	Boxford Bike Club	Female	Juvenile
10	07:40	Robert	Watson	Team Bottrill / HSS Hire	Male	Veteran
11	07:41	Simon	Daw	Velo Schils Interbike RT	Male	Veteran
12	07:42	Verity	Smith	Stowmarket & District CC	Female	Veteran
13	07:43	Jennifer	Andrews	CC Ashwell	Female	Senior
14	07:44	Paul	Coulthead	CC Breckland	Male	Veteran
15	07:45	Nick	Partridge	Plomesgate CC	Male	Senior
16	07:46	Julian	Bosley	Stowmarket & District CC	Male	Veteran
17	07:47	Bob	Quarton	Wolsey RC	Male	Veteran
18	07:48	Colin	Harris	CC Sudbury	Male	Veteran
19	07:49	Roger	Selmes	Wolsey RC	Male	Veteran
20	07:50	Ollie	Jones	Team Onform	Male	Espoir
21	07:51	David	Crisp	Velo Schils Interbike RT	Male	Veteran
22	07:52	Ben	Keeley	Team Velovelocity	Male	Senior
23	07:53	Chris	Steward	Boxford Bike Club	Male	Senior
24	07:54	Peter	Beard	Stowmarket & District CC	Male	Veteran
25	07:55	Richard	Carrington	West Suffolk Whs & Triathlon Club	Male	Veteran
26	07:56	David	Wells	CC Ashwell	Male	Senior
27	07:57	Paul	White	Diss & District CC	Male	Veteran
28	07:58	Emma	Taylor	Stowmarket & District CC	Female	Senior
29	07:59	David	Miller	CC Sudbury	Male	Veteran
30	08:00	Ben	Beynon	Team PedalRevolution.co.uk	Male	Senior
31	08:01	James	Wylie	Velo Schils Interbike RT	Male	Veteran
32	08:02	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
33	08:03	martin	Pyne	Anglia Velo	Male	Veteran
34	08:04	Christine	Cooke	Godric CC	Female	Veteran
35	08:05	James	Rush	CC Sudbury	Male	Veteran
36	08:06	Neil	Empson	Anglia Velo	Male	Senior
37	08:07	Dan	Baxter	West Suffolk Whs & Triathlon Club	Male	Veteran
38	08:08	Janet	Bassett	CC Ashwell	Female	Senior
39	08:09	John	Shellard	Team PedalRevolution.co.uk	Male	Veteran
40	08:10	David	McGaw	Cambridge CC	Male	Senior
41	08:11	Jon	Talbot	Wisbech Whs	Male	Veteran
42	08:12	Gareth	Davies	CC Ashwell	Male	Senior
43	08:13	Jennifer	Smart	VC Norwich	Female	Veteran
44	08:14	Alex	Harrison	Stowmarket & District CC	Male	Junior
45	08:15	Andrew	Grant	Cambridge CC	Male	Veteran
46	08:16	Antony	Birt	Team Bottrill / HSS Hire	Male	Veteran
47	08:17	Owen	Geeson	Stowmarket & District CC	Male	Senior

48	08:18	Kate	Lucas	Norwich A B C	Female	Veteran
49	08:19	Terry	Sykes	Ely & District CC/B&T Motor Repairs	Male	Veteran
50	08:20	Lloyd	chapman	Banks/Catford CC Equipe	Male	Senior
51	08:21	Chris	Dyason	Cambridge CC	Male	Veteran
52	08:22	Mark	Farrow	Team PedalRevolution.co.uk	Male	Veteran
53	08:23	Karl	Wilford	VC Norwich	Male	Veteran
54	08:24	Colin	Clarke	Wolsey RC	Male	Veteran
55	08:25	Antony	Stapleton	Chelmer CC	Male	Veteran
56	08:26	Chris	Roberts	Team PedalRevolution.co.uk	Male	Veteran
57	08:27	Adrian	Pettitt	Stowmarket & District CC	Male	Veteran
58	08:28	David	Fenn	CC Sudbury	Male	Veteran
59	08:29	Phil	Bailey	Basildon CC	Male	Veteran
60	08:30	Matthew	Senter	Team Velovelocity	Male	Senior
61	08:31	Tom	Sykes	Ely & District CC/B&T Motor Repairs	Male	Senior
62	08:32	Mark	Smart	VC Norwich	Male	Veteran
63	08:33	Tom	Burgess	Iceni Velo	Male	Senior
64	08:34	Gary	johnson	CC Sudbury	Male	Veteran
65	08:35	Jason	Bouttell	Team Velovelocity	Male	Senior
66	08:36	Andy	Kennedy	Ipswich BC	Male	Veteran
67	08:37	Will	Shepherd	Ely & District CC/B&T Motor Repairs	Male	Veteran
68	08:38	Chris	Crabtree	Team LCUK	Male	Senior
69	08:39	N J	Parravani	CC Breckland	Male	Veteran