



# PLOMESGATE CYCLING CLUB

(www.plomesgate.org.uk)

Presents



## Open 10 MILE Time Trials for Tandems and Solos

(Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations)

To be held on the morning of Sunday 10<sup>th</sup> September 2017 on the B10/36R course.

First rider (#4) off at 08:04 hours

### Officials:

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

Marshals & Helpers: Members & friends of Plomesgate CC

Event Secretary: Stuart Fairweather  
17 Tidy Road  
Rendlesham  
Woodbridge  
Suffolk  
IP12 2FD

Tel: 01394 420188 / 07799 737881

### Event HQ:

Hatcheston Village Hall, Hatcheston, IP13 ODR.

Approx. 1.5 miles to the start. Car parking at Village Hall – please park considerately.

HQ will be open for signing-on from 07:00 am.

### Prize List:

| Scratch             | Vet. on Std         | Women               | Junior              | Tandem             | Team                |
|---------------------|---------------------|---------------------|---------------------|--------------------|---------------------|
| 1 <sup>st</sup> £25 | 1 <sup>st</sup> £25 | 1 <sup>st</sup> £25 | 1 <sup>st</sup> £18 | 1 <sup>st</sup> 20 | Fastest 3 (3 x £10) |
| 2 <sup>nd</sup> £20 | 2 <sup>nd</sup> £20 | 2 <sup>nd</sup> £20 |                     |                    |                     |
| 3 <sup>rd</sup> £15 | 3 <sup>rd</sup> £15 | 3 <sup>rd</sup> £15 |                     |                    |                     |

*Except for team award, applicable rule is One rider, One prize. In the event that a rider is eligible for more than one prize the prize of greater value will be awarded.*

### Course Details B10/36R (Wickham Market – Melton – Wickham Market):

Start opposite eastern edge of manhole cover on B1078 road at Campsea Ashe, approx. 11 metres east of entrance to slip road leading south to Wickham Market bypass (A12). proceed to slip road 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 cats eye south of large sign 'Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

## Course record:

£25 will be awarded to the rider breaking the following categories:

|         |       |                                      |
|---------|-------|--------------------------------------|
| Men:    | 19:22 | Lloyd Chapman (2016)                 |
| Women:  | 23:44 | Denise Hurren (2017)                 |
| Tandem: | 21:09 | Gary Pamment & Barry McDonald (2017) |

**Course Notes:** The course is in good condition. Remember that the course is partially dual and single carriageway so be mindful on the outward leg that it reduces to a single lane. At sign-on you are requested to CAREFULLY pay attention the 'Day of Event Risk Assessment' sheet in which potential trouble spots will be highlighted.

**Directions to start:** From the Hatcheston Village Hall car park turn right on to the B1116. Proceed for approx 1.1 miles until roundabout. Take the roundabout 2<sup>nd</sup> exit (straight over) on to the B1078. Proceed over the A12 bridge and the start is after the slip road on the right.

## Rider's Note:

### "Promoted for and on behalf of Cycle Time Trials under their Rules and Regulations"

- U-turns will not be permitted on course or roads adjacent to Start and Finish areas while the event is in progress  
*Note: Any breaking of the 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 180-degree turn completed within a width of the carriage way whilst **astride the machine**. (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with machine, and walk across the road).*
- Numbers will be at the HQ and NOT at the start
- No warming up along the course by competitors once an event has started
- In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a Hard-Shell helmet that meets an internationally accepted safety standard. In accordance with Regulation 15, all Junior/Youth competitors must wear Protective Hard-Shell helmets.
- Cycling Time Trials strongly recommends 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 riders must sign-off.

Heads up, take care on the slip-road and the turn, and have an enjoyable September morning.

Please exchange your number for a drink at the HQ after finishing.

| Start No  | Rider                  | Club                                 | Cat      | Vet Std      | Start time   |
|-----------|------------------------|--------------------------------------|----------|--------------|--------------|
| 4         | John Swanbury          | VC Baracchi                          | Tan      |              | 08:04        |
| 4         | Alistair Banks         | VC Baracchi                          | Tan      |              |              |
| 5         | John Steed             | West Suffolk Whs & Tri Club          | Tan      |              | 08:05        |
| 5         | Mark Eastwood          | West Suffolk Whs & Tri Club          | Tan      |              |              |
| 6         | Paul Jay               | Team VeloVelocity.co.uk              | V        | 25:59        | 08:06        |
| 7         | Adam O'Keeffe          | Plomesgate CC                        | V        | 26:27        | 08:07        |
| 8         | Colin Clarke           | Wolsey RC                            | V        | 27:20        | 08:08        |
| 9         | Julie Tooke            | Plomesgate CC                        | WV       | 28:53        | 08:09        |
| <b>10</b> | <b>Ross Fawcett</b>    | <b>Pedal Power Cycles Ipswich</b>    | <b>S</b> |              | <b>08:10</b> |
| 11        | James Wylie            | Velo Schils Interbike RT             | V        | 26:45        | 08:11        |
| 12        | Mark Fairhead          | CC Breckland                         | V        | 26:59        | 08:12        |
| 13        | Andy Pearson           | Wolsey RC                            | V        | 26:54        | 08:13        |
| 14        | Amanda Mallett         | Plomesgate CC                        | WV       | 28:58        | 08:14        |
| <b>15</b> | <b>Angus Jardine</b>   | <b>Ipswich BC</b>                    | <b>V</b> | <b>26:50</b> | <b>08:15</b> |
| 16        | Chris Crabtree         | Team LCUK                            | S        |              | 08:16        |
| 17        | Trevor Caley           | Plomesgate CC                        | V        | 26:54        | 08:17        |
| 18        | Emma Taylor            | Stowmarket & District CC             | W        |              | 08:18        |
| 19        | John Shellard          | Team PedalRevolution.co.uk           | V        | 29:39        | 08:19        |
| <b>20</b> | <b>Kieran Brady</b>    | <b>Richardsons-Trek RT</b>           | <b>S</b> |              | <b>08:20</b> |
| 21        | Andy Kennedy           | Ipswich BC                           | V        | 26:54        | 08:21        |
| 22        | Jason Corner           | Diss & District CC                   | V        | 26:04        | 08:22        |
| 23        | Chris Parker           | Ipswich BC                           | V        | 26:18        | 08:23        |
| 24        | Peter Beard            | Stowmarket & District CC             | V        | 27:09        | 08:24        |
| <b>25</b> | <b>Paul Dennington</b> | <b>VC Baracchi</b>                   | <b>V</b> | <b>26:59</b> | <b>08:25</b> |
| 26        | Adrian Pettitt         | Stowmarket & District CC             | V        | 26:36        | 08:26        |
| 27        | Fidel Gonzalez         | South Western Road Club/Evans Cycles | V        | 26:41        | 08:27        |
| 28        | Matt O'Brien           | Plomesgate CC                        | S        |              | 08:28        |
| 29        | Daryl Butcher          | Wolsey RC                            | V        | 27:38        | 08:29        |
| <b>30</b> | <b>Nick Partridge</b>  | <b>Plomesgate CC</b>                 | <b>S</b> |              | <b>08:30</b> |
| 31        | Chris Dyason           | Cambridge CC                         | V        | 28:52        | 08:31        |
| 32        | Denise Hurren          | Sole Bay Cycle Sport                 | WV       | 29:03        | 08:32        |
| 33        | Stephen Upson-Smith    | Plomesgate CC                        | V        | 26:23        | 08:33        |
| 34        | Roger Selmes           | Wolsey RC                            | V        | 29:02        | 08:34        |
| <b>35</b> | <b>Simon Daw</b>       | <b>Velo Schils Interbike RT</b>      | <b>V</b> | <b>26:59</b> | <b>08:35</b> |
| 36        | Jim Hardwicke          | Plomesgate CC                        | V        | 26:54        | 08:36        |
| 37        | James Doy              | Sole Bay Cycle Sport                 | V        | 26:50        | 08:37        |
| 38        | Patrick Charlton       | Wolsey RC                            | V        | 27:32        | 08:38        |
| 39        | John Vidler            | National Clarion CC                  | V        | 29:26        | 08:39        |
| <b>40</b> | <b>James Rush</b>      | <b>CC Sudbury</b>                    | <b>V</b> | <b>26:04</b> | <b>08:40</b> |
| 41        | Peter Kerry            | Ipswich Velo                         | S        |              | 08:41        |
| 42        | Julian Bosley          | Stowmarket & District CC             | V        | 26:32        | 08:42        |
| 43        | Bob Quarton            | Wolsey RC                            | V        | 27:59        | 08:43        |
| 44        | Graham Doe             | Maldon & District CC                 | V        | 27:20        | 08:44        |
| <b>45</b> | <b>Lucas He</b>        | <b>VC Baracchi</b>                   | <b>J</b> |              | <b>08:45</b> |
| 46        | Gary Matthews          | Sole Bay Cycle Sport                 | V        | 27:14        | 08:46        |
| 47        | Jack Hardwicke         | Plomesgate CC                        | S        |              | 08:47        |
| 48        | Alex He                | VC Baracchi                          | V        | 26:41        | 08:48        |
| 49        | Paul Coulthred         | CC Breckland                         | V        | 28:06        | 08:49        |
| <b>50</b> | <b>Lyster Romero</b>   | <b>TBW Bottecchia Wigmore RT</b>     | <b>J</b> |              | <b>08:50</b> |