



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

Sunday 1st September 2019

07:31 start

Course

B10/38 (revised 2019)

Start Time Keeper

Graham Berry (SDCC)

Finish Time Keeper

Gary Buckle (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

Bob Hayhoe

9 Ryders Way

Rickinghall

IP22 1ER

07900 530733

Email:

roberthayhoe@btinternet.com

B10/38rev Course Details

START, at paint mark on kerb on (new) Bury relief road from Thurston prior to roundabout to Suffolk Business Park approx. 500m 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 / checkerboard by kerb prior to nursery lay-by and 200m 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.

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 Suffolk Business Park (was Rougham Industrial Estate). 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	David	Meyerowitz	Stowmarket & District CC	Male	Senior
2	07:32	Donna	Hayman	Newmarket Cycling & Triathlon Club	Female	Veteran
3	07:33	Ker	Macrosson	Stowmarket & District CC	Male	Veteran
4	07:34	Denese	Hallahan	Wisbech Whs	Female	Veteran
5	07:35	Sarah	Kelman	St Ives CC	Female	Veteran
6	07:36	Ron	Back	West Suffolk Wheelers	Male	Veteran
7	07:37	David	Fenn	CC Sudbury	Male	Veteran

8	07:38	Andrew	Vaughan	Bonito Squadra Corse	Male	Veteran
9	07:39	Martin	Pyne	Anglia Velo	Male	Veteran
10	07:40	Graham	Read	VeloElite RC	Male	Veteran
11	07:41	Chris	Cantwell	West Suffolk Wheelers	Male	Veteran
12	07:42	Gavin	Mortlock	Colchester Rovers CC	Male	Veteran
13	07:43	Bob	Quarton	Wolsey RC	Male	Veteran
14	07:44	Dominic	Whitehead	St Ives CC	Male	Veteran
15	07:45	Stuart	Supple	VC Baracchi	Male	Veteran
16	07:46	James	Sherwood	Orwell Velo	Male	Senior
17	07:47	Alex	He	VC Baracchi	Male	Veteran
18	07:48	John	Iszatt	Team Vision Racing - Silverhook	Male	Veteran
19	07:49	Anthony	Bye	Wisbech Whs	Male	Veteran
20	07:50	Jim	Reed	Colchester Rovers CC	Male	Veteran
21	07:51	Mike	Watson	CC Breckland	Male	Veteran
22	07:52	Denise	Hurren	Team Velovelocity	Female	Veteran
23	07:53	Cliff	Voller	Newbury RC	Male	Veteran
24	07:54	Patrick	Ellis	Diss & District CC	Male	Veteran
25	07:55	Nigel	Hodge	Tri-Anglia Triathlon Club	Male	Veteran
26	07:56	Patrick	Charlton	Wolsey RC	Male	Veteran
27	07:57	Susan	Triplow	CC Sudbury	Female	Veteran
28	07:58	Philip	Watkins	North Norfolk Whs	Male	Veteran
29	07:59	Bryan	Long	Velo Schils Interbike RT	Male	Veteran
30	08:00	Will	Shepherd	Ely & District CC/B&T Motor Repairs	Male	Veteran
31	08:01	Gavin	Lewis	Velo Schils Interbike RT	Male	Senior
32	08:02	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
33	08:03	David	Giffin	West Suffolk Wheelers	Male	Veteran
34	08:04	Chris	Nudds	CC Breckland	Male	Veteran
35	08:05	Dale	Sturman	West Suffolk Wheelers	Male	Veteran
36	08:06	Paul	Hayward	VC Baracchi	Male	Veteran
37	08:07	Paul	Sexton	CC Breckland	Male	Veteran
38	08:08	Gary	Pamment	3T-RACING	Male	Veteran
39	08:09	James	Potter	Ipswich BC	Male	Senior
40	08:10	Neil	Empson	Wisbech Whs	Male	Senior
41	08:11	Lee	Garrod	Sole Bay Cycle Sport	Male	Veteran
42	08:12	Adrian	Pettitt	Stowmarket & District CC	Male	Veteran
43	08:13	Simon	Daw	Datalynx-Parenesis Cycling	Male	Veteran
44	08:14	Julian	Bosley	Stowmarket & District CC	Male	Veteran
45	08:15	Lee	Kennedy	Army Cycling	Male	Senior
46	08:16	Andy	Stuart	Velo Club St Raphael	Male	Veteran
47	08:17	Jordan	Black	Newmarket Cycling & Triathlon Club	Male	Espoir
48	08:18	Andrew	Grant	Cambridge CC	Male	Veteran
49	08:19	Darren	Davis	West Suffolk Wheelers	Male	Veteran
50	08:20	Dan	Blackburn	VC Norwich	Male	Veteran
51	08:21	Pierre	Scrase	Bicester Millennium CC	Male	Senior
52	08:22	Lucas	He	Cambridge University CC	Male	Espoir
53	08:23	Simon	Hance	Stowmarket & District CC	Male	Veteran
54	08:24	Jon	Surtees	CES Sport	Male	Veteran