



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 6th September 2020

07:32 start

Course

B10/38 (revised 2019)

Start Time Keeper

John Adams (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

Unfortunately no refreshments this year due to CV-19 issues

Event Headquarters

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

Signing on from 06h30

Numbers and signing on at HQ
bring your own pen!

Event Secretary

Robin Scrivener
5 Laurel Drive, Gt. Blakenham,
Suffolk IP6 0HR
Tel: 07508 561036
Email:
robinscrivener@btinternet.com

Course Records:

Solo Male 18:55 Jason Bouttell 29-May-17

Solo Female 22:29 Verity Smith 29-May-17

Solo Male (Junior) 23:30 Samuel Beadle 28-May-18

Solo Female (Junior) 24:39 Isabella Johnson 27-May-19

Tandem 23:10 Allistair Banks, John Swanbury 30-May-16

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

Covid-19 – due to the current restrictions please reads the attached risk assessment.

- a. Bring your own pen to sign on.
- b. Changing facilities will NOT be available at the HQ, so come dressed to race
- c. Do not congregate in the HQ / sign on area
- d. numbers and signing on at the HQ and NOT at the start
- e. do maintain 2m social distancing at all times
- f. no pusher off. Riders to start with one foot on the ground
- g. no support can be provided to riders on the course, so you are advised to carry sufficient spares/pumps to be self-sufficient in the event of a mechanical
- h. remember to sign out and return race numbers, but do not congregate at the HQ
- i. Results and prizes will be notified as soon as possible after the event by email

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.

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	
Junior £15	70-79 E	Fastest 3 £10 each

Start Sheet:

Bib	Start Time	First name	Last name	Club	Gender	Category
1	07:32	Mark	Fraser	City cycle centre (tandem)	Male	Veteran
2	07:32	Anna	Fraser	CC Ashwell (tandem)	Female	Veteran
3	07:33	John	Swanbury	VC Baracchi (tandem)	Male	Veteran
4	07:33	Kate	Churchill	VC Baracchi (tandem)	Female	Veteran
5	07:34	Rachael	Elliott	AeroCoach (tandem)	Female	Veteran
6	07:34	Ian	Greenstreet	AeroCoach (tandem)	Male	Veteran
7	07:37	Julian	Bosley	Stowmarket & District CC	Male	Veteran
8	07:38	Jack	Kellam	Cambridge University CC	Male	Senior
9	07:39	John	Shellard	Team PedalRevolution.co.uk	Male	Veteran
10	07:40	William	Crabtree	Orwell Velo	Male	Senior
11	07:41	John	Bradbury	CC Sudbury	Male	Veteran
12	07:42	Jack	Chevin	Stowmarket & District CC	Male	Espoir
13	07:43	Nick	Esser	D A P Cycling Club	Male	Veteran
14	07:44	Karl	Read	North Norfolk Whs	Male	Veteran
15	07:45	Ryan	Gray	Tri Harder	Male	C5
16	07:46	Andy	Kennedy	Ipswich BC	Male	Veteran
17	07:47	Nic	Pillinger	Team Secret Squirrel	Male	Veteran
18	07:48	Dan	Farthing	Orwell Velo	Male	Veteran
19	07:49	Anthony	Ashford	West Suffolk Wheelers	Male	Senior
20	07:50	Adrian	Pettitt	Stowmarket & District CC	Male	Veteran
21	07:51	Steven	Scott	Albarosa CC	Male	Veteran
22	07:52	Will	Shepherd	Ely & District CC/B&T Motor Repairs	Male	Veteran
23	07:53	Lee	Thomas	Velo-One Cycling Team(Staples Vegetables/Neil Palmer Electrical)	Male	Veteran
24	07:54	Aston	Bird	Orwell Velo	Male	Veteran
25	07:55	Simon	Alexander	Richardsons-Trek RT	Male	Senior
26	07:56	Nick	Partridge	VC Baracchi	Male	Veteran
27	07:57	Dave	Schindler	Stowmarket & District CC	Male	Senior
28	07:58	Chris	Cantwell	West Suffolk Wheelers	Male	Withdrawal
29	07:59	David	Meyerowitz	Stowmarket & District CC	Male	Senior
30	08:00	Dave	Mason [Trike]	Lincoln Wheelers CC	Male	Veteran
31	08:01	Patrick	Ellis	Diss & District CC	Male	Veteran
32	08:02	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
33	08:03	Glen	Knight	Newbury Velo	Male	Veteran
34	08:04	Simon	Daw	Datalynx-Parenesis Cycling	Male	Veteran
35	08:05	Lee	Kennedy	Army Cycling	Male	Senior
36	08:06	Robert	Watson	Cambridge CC	Male	Veteran
37	08:07	Mark	Powell	Stowmarket & District CC	Male	Veteran
38	08:08	Sarah	Johnson	CC Sudbury	Female	Veteran
39	08:09	Becky	Ridge	TPH Racing	Female	Senior
40	08:10	James	Sherwood	Orwell Velo	Male	Senior
41	08:11	Patrick	Charlton	Wolsey RC	Male	Veteran
42	08:12	Gary	Johnson	CC Sudbury	Male	Veteran
43	08:13	James	Young	Plomesgate CC	Male	Veteran
44	08:14	Matthew	Peck	Ipswich BC	Male	Senior
45	08:15	Martin	Reynolds	Cambridge CC	Male	Veteran

46	08:16	James	Rush	CC Sudbury	Male	Veteran
47	08:17	Nicola	Powell	Stowmarket & District CC	Female	Senior
48	08:18	Ian	Newby	Diss & District CC	Male	Veteran
49	08:19	Stuart	Supple	VC Baracchi	Male	Veteran
50	08:20	Phil	Jarvis	Colchester Rovers CC	Male	Veteran
51	08:21	Chris	Crabtree	Orwell Velo	Male	Senior
52	08:22	Robert	Davies	CC Sudbury	Male	Veteran
53	08:23	Gavin	Lewis	Clacton Cycling & Running Club	Male	Veteran
54	08:24	Paul	Jay	DRAG2ZERO	Male	Veteran
55	08:25	Leon	West	CC Sudbury	Male	Veteran
56	08:26	Lara	Thomas	Stowmarket & District CC	Female	Senior
57	08:27	Luke	Harrison	Orwell Velo	Male	Senior
58	08:28	Bob	Quarton	Wolsey RC	Male	Veteran
59	08:29	Mike	Skillings	Full Moo Cycling	Male	Veteran
60	08:30	Russell	Hampton	Onimpex Bioracer RT	Male	Senior
61	08:31	James	Potter	Orwell Velo	Male	Senior
62	08:32	Andrew	Grant	Cambridge CC	Male	Veteran
63	08:33	Gary	Smith	Team Velovelocety	Male	Veteran
64	08:34	Tim	Collins	Army Cycling	Male	Senior
65	08:35	David	Fenn	CC Sudbury	Male	Veteran
66	08:36	Isabella	Johnson	Datalynx-Parenesis Cycling	Female	Junior
67	08:37	Alex	Hickson	Bristol Road Club	Male	Veteran
68	08:38	Bryan	Long	VTTA (East Anglia Group)	Male	Veteran
69	08:39	Jake	Crossley	Tofauti Everyone Active	Male	Junior
70	08:40	Phillip	Hatcher	CC Sudbury	Male	Senior
71	08:41	Simon	Elkington	St Neots CC	Male	Veteran
72	08:42	Dan	Blackburn	Epic Orange/Physio Resolutions	Male	Veteran
73	08:43	Jon	Surtees	Born to Bike - Bridgtown Cycles	Male	Veteran
74	08:44	Gerry	Barton	West Suffolk Wheelers	Male	Veteran
75	08:45	Alex	Purcell	CC Sudbury	Male	Senior
76	08:46	Gavin	Mortlock	Colchester Rovers CC	Male	Veteran
77	08:47	Dexter	Mansel-Thomas	Tofauti Everyone Active	Male	Junior
78	08:48	Verity	Smith	Loose Cannon's Conditioning	Female	Veteran
79	08:49	Simon	Boyle	Orwell Velo	Male	Veteran
80	08:50	Chris	Tye	Plomesgate CC	Male	Veteran
81	08:51	Colin	Lizieri	Cambridge CC	Male	Veteran
82	08:52	Jordan	Black	Loose Cannon's Conditioning	Male	Senior
83	08:53	Chris	Holmes	Twickenham CC	Male	Veteran
84	08:54	Mark	Carroll	VC Baracchi	Male	Veteran
85	08:55	Kevin	Hickman	API-Metrow	Male	Veteran
86	08:56	Doz	Bree	CC Sudbury	Male	Veteran
87	08:57	Anthony	Bye	Wisbech Whs	Male	Veteran
88	08:58	Andy	Newham (Trike)	Lincoln Wheelers CC	Male	Veteran
89	08:59	Callum	Biggs	Tofauti Everyone Active	Male	Junior
90	09:00	Mark	Vowells (Tricycle)	CC Bexley	Male	Veteran
91	09:01	Dale	Sturman	West Suffolk Wheelers	Male	Veteran
92	09:02	David	Halliday	Newmarket Cycling & Triathlon Club	Male	Senior

93	09:03	Ian	Pike (Trike)	Lincoln Wheelers CC	Male	Veteran
94	09:04	Oliver	Handley	Orwell Velo	Male	Withdrawal
95	09:05	Alexander	Royle	Manchester Bicycle Club	Male	Senior