



Club WEBSITE: www.rideharder.co.uk email: info@rideharder.co.uk

PLEASE CONTACT EVENT SECRETARY -

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Ride Harder open 10 miles Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 24th July 2021 - Course B10/3A

TIMEKEEPERS START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS Start Turn - Ken Price, Caroline Moore
Browick Turn - Nigel Hodge, Jess Dennis & Partner & Giovanna Bertoldi

Firstly, a massive thanks to everyone who took part in making this event happen and for turning out to ride – and thank you for sticking to Covid 19 restrictions and respecting social distancing measures.

Prizes - One Rider: one prize.

Mens

1st Lloyd Chapman – Loose Cannon's Conditioning	19:52	£20
2nd Dan Blackburn – Epic Orange race team	20:36	£15
3rd Richard O'Rourke - Team Vision Racing	21:08	£10
4th Murat Ozdenya - Team Vision Racing	21:29	£5

Women

1st Hannah O'Brien - Loose Cannon's Conditioning	22:16	£20
2nd Kerry Tate - Newmarket Cycling & Triathlon	24:06	£15
3rd Becky Robertson - Epic Orange race team	24:28	£10
4th Lisa Hall - Ride Harder	25:08	£5

VETS on Std: Prizes

1st Matt O'Brien – Loose Cannon's Conditioning	+5:54	£20
2nd Gillian Reynolds – Willesden C C	+5:49	£15 (under one prize per rider)
3rd Ian Pike – Lincoln Wheelers C C	+5:22	£10 (under one prize per rider)
4th Deborah Lloyd – Windrush Triathlon Club	+5:04	£5 (under one prize per rider)

TEAM: Loose Cannon's Conditioning - £10 Each – Lloyd, Matt, Hannah 62:33

position	Bib No.	Rider		club	Cat.	Age	Act. Time	Vets. Plus	Vets. Pos.
1	41	Lloyd	Chapman	Loose Cannon's Conditioning	Senior	31	0:19:52		
2	21	Matt	O'Brien	Loose Cannon's Conditioning	Vet.	43	0:20:25	5.54	2
3	1	Dan	Blackburn	Epic Orange Race Team	Vet.	43	0:20:36	5.43	4
4	46	Richard	O'Rourke	Team Vision Racing - Silverhook	Vet.	47	0:21:08	5.28	5
5	11	Murat	Ozdenya	Team Vision Racing - Silverhook	Vet.	48	0:21:29	5.12	7
6	2	Ian	Pike	Lincoln Wheelers CC	Vet.	53	0:21:45	5.22	6
7	47	David	Ackerley	Team JMC	Vet.	43	0:21:48	4.31	12
8	16	Gary	Pamment	CC Sudbury	Vet.	50	0:21:55	4.56	9
9	26	Matthew	Peck	Ipswich BC	Senior	39	0:21:57		
10	32	Ian	Short	Team Salesengine.co.uk	Vet.	48	0:21:58	4.43	10
11	22	Mike	Watson	Lowestoft Wheelers Cycling Club	Vet.	57	0:22:02	5.28	5
12	3	Hannah	O'Brien	Loose Cannon's Conditioning	F/Vet.	44	0:22:16	6.36	1
13	17	Ian	Newby	Diss & District CC	Vet.	51	0:22:40	4.26	14
14	13	Gary	Smith	Team Velovelocity	Vet.	48	0:22:48	3.53	18
15	18	Matthew	Holland	Great Yarmouth C C	Espoir	19	0:22:49		
16	45	Nathan	Franklin	Stowmarket & District CC	Senior	30	0:23:35		
17	27	Neil	Stevens	Tri Harder	Vet.	48	0:23:38	3.03	25
18	33	Patrick	Ellis	Diss & District CC	Vet.	52	0:23:42	3.19	21
19	38	Kerry	Tate	Newmarket Cycling & Triathlon Club	F/Vet.	40	0:24:06	4.27	13
20	19	John	Scott	Great Yarmouth C C	Vet.	56	0:24:08	3.16	23
21	8	Mark	Fairhead	CC Breckland	Vet.	57	0:24:25	3.05	24
22	24	Becky	Robertson	Epic Orange Race Team	F/Vet.	40	0:24:28	4.05	16
23	42	Mark	Ready	Diss & District CC	Vet.	61	0:24:40	3.18	22
24	4	Anthony	Bye	Wisbech Whs	Vet.	66	0:24:44	3.55	17
25	9	Martin	Lewis	Ely & District CC/B&T Motor Repa	Vet.	47	0:24:45	1.51	27
26	14	Steve	Stringer	Ride Harder	Vet.	54	0:24:55	2.17	26
27	39	Phil	Quantrill	Great Yarmouth C C	Vet.	46	0:25:04	1.28	28
28	30	Lisa	Hall	Ride Harder	F/Vet.	43	0:25:08	3.39	19
29	7	Patrick	Charlton	Wolsey RC	Vet.	63	0:25:10	3.21	20
30	10	Deborah	Lloyd	Windrush Triathlon Club	F/Vet.	60	0:25:27	5.04	8
31	34	Ann	Shuttleworth	Cambridge CC	F/Vet.	54	0:25:40	4.08	15
32	35	Linda	Hones	Newmarket Cycling & Triathlon Club	F/Vet.	59	0:25:49	4.34	11
33	40	Martin	Simmons	C C C P	Vet.	55	0:26:14	1.04	29
34	25	Gillian	Reynolds	Willesden CC	F/Vet.	72	0:26:47	5.49	3
35	5	Lauren	Pike	Lincoln Wheelers CC	F/Senior	26	0:28:46		
36	20	Gerry	Barton	West Suffolk Wheelers	Vet.	71	0:29:44	-15	30