



# King's Lynn CC

## 10 mile time trial

### OFFICIAL RESULT SHEET



**FOR SOLO BICYCLES HELD ON SATURDAY 23<sup>rd</sup> September 2023.**  
**PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS**

#### A BBAR and SPOCO QUALIFYING EVENT

**Event Secretary:** Simon Hardy, 18 Camfrey, Marsh Lane, King's Lynn, Norfolk, PE30 3PJ  
**Timekeepers:** Andy Moore, Peter Church, & Naomi.  
**Marshalls:** Dedicated members and friends of King's Lynn CC

#### PRIZE WINNERS

<b>Scratch:</b>	1 <sup>st</sup>	Matt O'Brien (Loose Cannon's Conditioning)	20:24	£40
	2 <sup>nd</sup>	Chris Holmes (VC Norwich)	20:34	£30
	3 <sup>rd</sup>	Samuel Woodfield (Rule 28 x ATP Performance)	20:51	£20
	4 <sup>th</sup>	Terry Garlinge (Easterley Road club)	21:29	£10
<b>Ladies:</b>	1 <sup>st</sup>	Hannah O'Brien (Loose Cannon's Conditioning)	22:48	£40
	2 <sup>nd</sup>	Julia Freeman (Easterly Road Club)	25:03	£30
	3 <sup>rd</sup>	Kerry Brennand (Newmarket Cycling & Triathlon club)	25:06	£20
	4 <sup>th</sup>	Judy Brown (Newmarket Cycling & Triathlon club)	26:16	£20
<b>Spot prizes:</b>	7 <sup>th</sup>	Craig Lamb (Alford Whs)	22:44	£10
	17 <sup>th</sup>	Carl Mace (Velouse Flyers)	24:27	£10
	27 <sup>th</sup>	Martin Pyne (West Suffolk Wheelers)	26:01	£10
	37 <sup>th</sup>	John Steed (West Suffolk Wheelers)	29:14	£10
<b>Team:</b>		Spalding CC - Loz Staples, Mark Booth, Jacob Booth	1:12:47	£10 each
<b>Lantern Rouge: -</b>		Caroline Wyke (CC Sudbury)	33:31	£10

Congratulations to all the winners on what was a beautiful, sunny and warm day.

My thanks go out to all the marshals & timekeepers. You are all a credit to sport.

All the very best.

Simon Hardy.