



Loose Cannon's Conditioning 10m TT
Incorporating the
East District Road Bike Championships

8th September 2023
B10/36r

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Thank you all for participating in the Summer LCC TT.

Ladies Road Bike

- 1st Polly Mason - Ride Harder 23.45 mins
- 2nd Kerry Brennand - Newmarket Cycling & Tri 26.05 mins
- 3rd _

Open Road bike

- 1st Samuel McClean – Orwell Velo 21.04 mins
- 2nd Andy Proffitt – Artic Aircon RC 22.47 mins
- 3rd Chris Parker – Ipswich Bike Club 23.33 mins

Ladies TT Bike

- 1st Denise Hurren - Sole Bay Cycle Club 23.49 mins
- 2nd Carla Shipp – Diss and District CC 26.19 mins
- 3rd _

Open TT bike

- 1st Dan Blackburn - Epic Orange 20.15 mins
- 2nd Lee Shipp – Diss and District CC 20.48 mins
- 3rd Nick Esser – Beccles Tri Club 21.23 mins

Mens Road Bike Team Prize

- 1st Ipswich Bike Club
- Joe shaw, Matt Peck and Chris Parker 01:12:13

Thank you to everyone that competed. All the best for the rest of the season and we hope to see you all next year.

Organiser details

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Officials

Pete Wheelan – Plomesgate Cycling Club
Bev Wheelan – Plomesgate Cycling Club