



Norwich Amateur Bicycle Club

Open 10 mile time trial held on Saturday 7th September 2019

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

Course	B10/43
Event headquarters	Wortwell Community Centre Tunbeck Close Wortwell IP20 0HS
Timekeepers	Tony Howes / Dick Smith
Recorders	Jenny Lusher / Jason Turner
Starting stewards	Tony Goodall
Results board	Kate Lucas / Martyn Taylor
Turn marshals	Andy Blackwell / Peter Bussey
Event organiser	Kate Lucas 58 Albin Way Wymondham Norfolk NR18 0UJ 07879 814683 k8alucas@gmail.com

Prize Awards

Prizes awarded on a one rider, one prize basis

Fastest overall men and women

1st	£20 + print	M: Joe Skipper W: Kerry Tate
2nd	£15	M: Mark Richards W: Cindy Beynon
3rd	£10	M: Jordan Black W: Sally Withey

Fastest veterans on standard men and women

1st	£20 + print	M: Chris Roberts W: Jenny Anderson
2nd	£15	M: Bob Richardson W: Jan Smith
3rd	£10	M: John Bradbury W: Jemma Redhead

Fastest team men and women (combined time of fastest three)

1st	Print for each of the three team members	M: Norwich ABC Ed Dean, Oliver Cozens, Graham Dilks W: Newmarket C&TC Kerry Tate, Linda Hones, Donna Hayman
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Fastest novice men and women (1st open 10)

Women	Professional coaching for one month + print	Kathryn Eager
Men	Strength & conditioning session + print	James Cully

Fastest road bike men and women

Women	Facial voucher + print	Donna Hayman
Men	Bike service + print	Oliver Cozens

Photographs

Gallery of images from the event now available at [Jelignite Photography](#)

With thanks to our prize sponsors

Jelignite Photography - Prints (<https://portfolio.jelignite.com/>)

Performancecoaching.me - Professional coaching (<http://www.performancecoaching.me/>)

Paul Jewiss Group - Strength & conditioning session (<https://www.pauljewissgroup.com/>)

Linda Green Therapies - Facial & Neal's Yard gift (<http://www.green-therapies.co.uk/>)

Tandem-Steve's Cycles - Bike service (<https://www.tandemstevescycles.co.uk/>)

The English Whisky Co - Distillery tour (<https://www.englishwhisky.co.uk/>)

Results

Pos	Name	Gender	Category	Club	Time
1	Joe Skipper	M	Senior	Team Skipper	00:20:18
2	Mark Richards	M	Senior	D A P Cycling Club	00:20:41
3	Jordan Black	M	Espoir	Newmarket C & T C	00:21:02
4	John Bradbury	M	Veteran	CC Sudbury	00:21:33
5	James Potter	M	Senior	Ipswich BC	00:21:34
6	Bob Richardson	M	Veteran	Bournemouth Jubilee Whs	00:21:51
7	Robert Golding	M	Veteran	Ely & District CC/B&T Motor Repairs	00:22:00
8	Darren Davis	M	Veteran	West Suffolk Wheelers	00:22:02
9	Paul Dennington	M	Veteran	VC Baracchi	00:22:28
10	Martin Smith	M	Veteran	Newmarket C & T C	00:22:46
11	Martin Holmes	M	Veteran	Ely & District CC/B&T Motor Repairs	00:22:48
12	Trevor Caley	M	Veteran	Plomesgate CC	00:23:02
13	Ed Dean	M	Veteran	Norwich A B C	00:23:17
14	Jonny Hawes	M	Senior	Great Yarmouth C C	00:23:26
15	Andrew Skiggs	M	Veteran	Tri Harder	00:23:39
16	Oliver Cozens	M	Senior	Norwich A B C	00:23:44
17	Stuart Supple	M	Veteran	VC Baracchi	00:23:49
18	Chris Roberts	M	Veteran	Team PedalRevolution.co.uk	00:24:04
19	Patrick Ellis	M	Veteran	Diss & District CC	00:24:14
20	Graham Dilks	M	Veteran	Norwich A B C	00:24:27
21	James Cully	M	Veteran	Tri-Anglia Triathlon Club	00:24:31
22	Kerry Tate	F	Senior	Newmarket C & T C	00:24:32
23	Cindy Beynon	F	Senior	D A P Cycling Club	00:24:33
24	Paul Seaman	M	Veteran	Wolsey RC	00:24:39
25	Bob Quarton	M	Veteran	Wolsey RC	00:24:45
26	Brian Carr	M	Veteran	Great Yarmouth C C	00:25:01
27	Jan Smith	F	Veteran	Great Yarmouth C C	00:25:09
28	Anthony Bye	M	Veteran	Wisbech Whs	00:25:19
29	Jemma Redhead	F	Veteran	Wisbech Whs	00:25:21
30	Mark Fairhead	M	Veteran	CC Breckland	00:25:23
31	Jenny Anderson	F	Veteran	Great Yarmouth C C	00:25:42
32	John Swanbury	M	Veteran	VC Baracchi	00:25:51
33	Michael Fry	M	Veteran	Glendene CC	00:25:52
34	Sally Withey	F	Veteran	Team Swift	00:26:13
35	Martyn Taylor	M	Veteran	Norwich A B C	00:26:26
36	James Oxbury	M	Veteran	Norwich A B C	00:26:26
37	Linda Hones	F	Veteran	Newmarket C & T C	00:26:40
38	Christopher Wheeler	M	Veteran	Norwich A B C	00:26:58
39	John Steed	M	Veteran	West Suffolk Wheelers	00:27:08
40	Mark Eastwood	M	Veteran	West Suffolk Wheelers	00:27:11
41	David Young	M	Senior	West Suffolk Wheelers	00:27:38

Pos	Name	Gender	Category	Club	Time
42	David Fenn	M	Veteran	CC Sudbury	00:27:39
43	Larissa Smith	F	Senior	Godric CC	00:28:38
44	Donna Hayman	F	Veteran	Newmarket C & T C	00:29:01
45	John Grayston	M	Veteran	Norwich A B C	00:29:05
46	Tracey Jermy	F	Veteran	Great Yarmouth C C	00:29:26
47	Jane Blackwell	F	Veteran	Norwich A B C	00:29:47
48	Kathryn Eager	F	Senior	Norwich A B C	00:30:40
49	Allan Schoenherr	M	Veteran	Great Yarmouth C C	00:31:08
50	John Shellard	M	Veteran	Team PedalRevolution.co.uk	00:31:25
51	April Read	F	Senior	Great Yarmouth C C	00:32:29
52	Caroline Wyke	F	Veteran	CC Sudbury	00:34:33
DNS(A)	Sarah Senderski	F	Senior	Team Bottrill	-
DNS(A)	Simon Browne	M	Veteran	Norwich A B C	-
DNS	Mark Ready	M	Veteran	Diss & District CC	-
DNS(A)	Steven Little	M	Veteran	VC Revolution	-
DNS(A)	David Howard	M	Veteran	Colchester Rovers CC	-
DNS(A)	Paul Rooke	M	Senior	West Suffolk Wheelers	-
DNS(A)	Tony Howard	M	Veteran	Colchester Rovers CC	-
DNS	Gary Matthews	M	Veteran	Sole Bay Cycle Sport	-
DNS(A)	Brian Davies	M	Veteran	Anglia Velo	-
DNS	Steve Peck	M	Veteran	Ely & District CC/B&T Motor Repairs	-
DNS	Graham Denny	M	Veteran	North Norfolk Whs	-