



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

**8<sup>th</sup> 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***

1<sup>st</sup> Polly Mason - Ride Harder 23.45 mins  
2<sup>nd</sup> Kerry Brennand - Newmarket Cycling & Tri 26.05 mins  
3<sup>rd</sup> –

***Open Road bike***

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

***Ladies TT Bike***

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

***Open TT bike***

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

***Mens Road Bike Team Prize***

1<sup>st</sup> 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