



STOWMARKET & DISTRICT CYCLE CLUB

Sponsored by Fast Test

Presents 10 mile time trial

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

Monday 27th May 2019

07:31 start

Course

B10/38 (revised 2019)

Start Time Keeper

Graham Berry (SDCC)

Finish Time Keeper

Gary Buckle (SDCC)



FAST TEST

Car Parking

There is a large car park at the HQ (New Green Centre)

Strictly no parking at the start, finish or on any part of the course

Refreshments

Colleen & Hannah Buckle

Event Headquarters

New Green Centre
New Green Avenue
Thurston, Bury St Ed's
IP31 3TG
Tel (01359) 232439

Signing on from 06h30

Numbers and signing on at HQ

Event Secretary

Keith Wolferstan
The Haven
Park Road, Wetherden
IP14 3JS
Phone 07770 640074
Email: kpw.haven@gmail.com

B10/38rev Course Details

START, at paint mark on kerb on (new) Bury relief road from Thurston prior to roundabout to Suffolk Business Park approx. 500m from limit of merge point with A14 (junction 45 Eastbound). Proceed to join A14 eastbound and continue eastward to sliproad signed Woolpit and Elmswell (junction 47) then bear left onto slip road and at roundabout turn left over A14 bridge and keeping left follow the road to join the A14 westbound heading for Bury St Edmunds. Continue on A14 to FINISH at white paint mark / checkerboard by kerb prior to nursery lay-by and 200m short of service road bridge over A14 at Rougham (junction 45).

NOTE: On completing the event, riders MUST NOT STOP on A14 but continue on to the Rougham slip road (junction 45) and return to HQ by the same route taken to the start.

CTT East District Local Regulations

U-Turns will not be permitted on the course or on roads adjacent to the start and finish areas whilst the race is in progress.

Note-Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway whilst astride the bicycle, it is recommended that riders dismount, check the road is clear and then walk across the road

Warming Up. No warming up along the course by competitors once the event has started

Rider Notes

As per the special conditions applicable to this event, in the interests of your own safety, Cycling Time Trials and the Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard and display of a working rear red LED light .

Riders are reminded that the rules of the road **MUST** be obeyed. Riders crossing the white centre line **WILL** be disqualified, **YOU HAVE BEEN WARNED!**

Generally the course is in good condition but there are a few spots to be wary of. Please ensure you read the risk assessment when signing on

Numbers and signing on at the HQ and NOT at the start

Changing facilities are available at the HQ

The **START** is approximately a **TEN MINUTE RIDE** from the HQ and is located on the entry slip to the A14 Eastbound of junction 45 A14 close to the Suffolk Business Park (was Rougham Industrial Estate). Please ensure you are familiar with the route and you are at the start point in good time.

Please hand your ride number in and sign out after the event at HQ where it can be exchanged for a drink.

Heads up and have a safe ride!!

Awards

Scratch

| | |
|-----------------|-----|
| 1 st | £25 |
| 2 nd | £18 |
| 3 rd | £12 |

1st in each of following categories £10

| | |
|--------|---|
| <40yrs | A |
| 40-49 | B |
| 50-59 | C |
| 60-69 | D |
| 70-79 | E |

Lady

1st £15

Team

Fastest 3 £7 each

| Bib | Start Time | First name | Last name | Club | Gender | Category |
|-----|------------|------------|-----------|--------------------------|--------|----------|
| 1 | 07:31 | Adrian | Pettitt | Stowmarket & District CC | Male | Veteran |
| 2 | 07:32 | Adam | Bishop | Lea Valley CC | Male | Veteran |
| 3 | 07:33 | Jim | Reed | Colchester Rovers CC | Male | Veteran |
| 4 | 07:34 | Bryan | Long | Velo Schils Interbike RT | Male | Veteran |
| 5 | 07:35 | Graham | Rudd | Redbridge CC | Male | Veteran |
| 6 | 07:36 | Jon | Talbot | Wisbech Whs | Male | Veteran |
| 7 | 07:37 | Keith | Randle | Amis Velo Racing Team | Male | Veteran |

| | | | | | | |
|----|-------|----------|-----------|-------------------------------------|--------|---------|
| 8 | 07:38 | Gillian | Reynolds | Willesden CC | Female | Veteran |
| 9 | 07:39 | Paul | Waller | Maldon & District CC | Male | Veteran |
| 10 | 07:40 | Martin | Reynolds | Cambridge CC | Male | Veteran |
| 11 | 07:41 | Ross | Edgar | Lea Valley CC | Male | Veteran |
| 12 | 07:42 | Chris | Crabtree | Orwell Velo | Male | Senior |
| 13 | 07:43 | Cindy | Berry | D A P Cycling Club | Female | Senior |
| 14 | 07:44 | Derek | Cawston | Wolsey RC | Male | Veteran |
| 15 | 07:45 | Nick | Partridge | VC Baracchi | Male | Veteran |
| 16 | 07:46 | Gary | Pamment | 3T-RACING | Male | Veteran |
| 17 | 07:47 | Gary | Johnson | CC Sudbury | Male | Veteran |
| 18 | 07:48 | Chris | Cantwell | West Suffolk Wheelers | Male | Veteran |
| 19 | 07:49 | Elspeth | Knott | Colchester Rovers CC | Female | Veteran |
| 20 | 07:50 | Robert | Watson | Cambridge CC | Male | Veteran |
| 21 | 07:51 | Simon | Daw | Datalynx-Parenesis Cycling | Male | Veteran |
| 22 | 07:52 | Joe | Empson | Anglia Velo | Male | Veteran |
| 23 | 07:53 | Dave | Wilson | St Neots CC | Male | Senior |
| 24 | 07:54 | David | Fenn | CC Sudbury | Male | Veteran |
| 25 | 07:55 | Andrew | Grant | Cambridge CC | Male | Veteran |
| 26 | 07:56 | Neil | Empson | Wisbech Whs | Male | Senior |
| 27 | 07:57 | Dan | Foster | 3T-RACING | Male | Veteran |
| 28 | 07:58 | Isabella | Johnson | Datalynx-Parenesis Cycling | Female | Junior |
| 29 | 07:59 | Nicola | Powell | Stowmarket & District CC | Female | Senior |
| 30 | 08:00 | Paul | Jay | Team Velovelocity | Male | Veteran |
| 31 | 08:01 | Colin | Lizieri | Cambridge CC | Male | Veteran |
| 32 | 08:02 | Trevor | Caley | Plomesgate CC | Male | Veteran |
| 33 | 08:03 | Mike | Watson | CC Breckland | Male | Veteran |
| 34 | 08:04 | Damon | Parker | Plomesgate CC | Male | Veteran |
| 35 | 08:05 | Dan | Blackburn | VC Norwich | Male | Veteran |
| 36 | 08:06 | Chris | Dyason | Cambridge CC | Male | Veteran |
| 37 | 08:07 | Mark | Lloyd | 3T-RACING | Male | Veteran |
| 38 | 08:08 | Kay | Burgess | Team Velovelocity | Female | Veteran |
| 39 | 08:09 | Denese | Hallahan | Wisbech Whs | Female | Veteran |
| 40 | 08:10 | Matt | O'brien | Plomesgate CC | Male | Veteran |
| 41 | 08:11 | David | Crisp | 3T-RACING | Male | Veteran |
| 42 | 08:12 | Andy | Kennedy | Ipswich BC | Male | Veteran |
| 43 | 08:13 | Martin | Pyne | Anglia Velo | Male | Veteran |
| 44 | 08:14 | Nick | Parravani | CC Breckland | Male | Veteran |
| 45 | 08:15 | Leon | West | CC Sudbury | Male | Veteran |
| 46 | 08:16 | Darren | Davis | West Suffolk Wheelers | Male | Veteran |
| 47 | 08:17 | Susan | Triplow | CC Sudbury | Female | Veteran |
| 48 | 08:18 | Bob | Quarton | Wolsey RC | Male | Veteran |
| 49 | 08:19 | Amanda | Mallett | Plomesgate CC | Female | Veteran |
| 50 | 08:20 | Jon | Surtees | CES Sport | Male | Veteran |
| 51 | 08:21 | Mark | Greenhow | St Neots CC | Male | Veteran |
| 52 | 08:22 | James | Rush | CC Sudbury | Male | Veteran |
| 53 | 08:23 | Will | Shepherd | Ely & District CC/B&T Motor Repairs | Male | Veteran |