



## STOWMARKET & DISTRICT CYCLE CLUB

Sponsored by Fast Test

Presents

15 mile time trial

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

**Saturday 13th April 2024**

14:01 start

**Course**

BS33 (R2024)

**Finish Time Keepers**

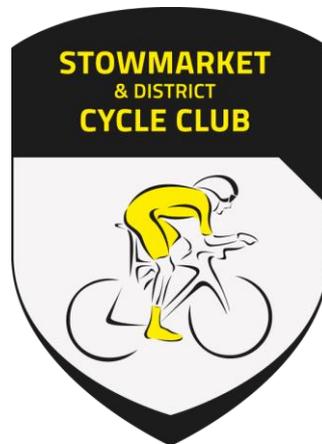
Gary Buckle (SDCC)

**Start Time Keeper**

John Adams (SDCC)

**Marshalls/Helpers**

Members of Stowmarket  
and  
District CC



# FAST TEST

**Car Parking**

There is a large car park at the HQ (Debenham Leisure Centre) Strictly no parking at the start, finish or on any part of the course

**Refreshments**

Colleen Buckle (SDCC)

**Event Headquarters**

Debenham Childrens' Centre.  
Adjacent to Debenham Leisure Centre, Gracechurch St. IP14 6BL

**Signing on from 13:00**

Numbers and signing on at HQ

**Qualifying event for SPOCO**

**East 2022**

Make sure that you have entered BEFORE the event for your points to count

**BS33r (2023) Course Details**

**Event Secretary**

Julian Bosley  
The Bantams  
Low Road, Monk Soham  
Suffolk  
IP13 7ER  
[julesbosley@gmail.com](mailto:julesbosley@gmail.com)  
07931 581923

Please note the course has changed from previous years to avoid a 20mph speed limit in Occold and temporary traffic lights just beyond Aspall. Start 300 meters Debenham side of Winston Church Lane on B1077. Proceed along B1077 towards Debenham, turn left (M) after 1.3 miles to Pettaugh. In Pettaugh bear left onto A1120 (you have right of way). Proceed along A1120 to turn left after seven miles (M) towards Kenton, Bedingfield and Occold. At 12.2 miles turn left at junction onto Bedingfield Road then at 13 miles turn left on to B1077 (M) and proceed along B1077 to FINISH just beyond the entrance to the Aspalls brewery. (15 miles)

## Course Records

Female: 39:30 Becky Ridge *Loose Cannon's Conditioning* (2024) Open: Peter Hurry *Plomesgate CC* (2024)

## 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

## Riders Notes

**As per the special conditions applicable to this event, in the interests of your own safety, Cycling Time Trials and the Promoters require you to wear a HARD SHELL HELMET that meets a recognised safety standard. Under CTT rules you must display working front and rear lights.**

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

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

The **START** is approximately a **TEN MINUTE RIDE** from the HQ. From the HQ car park turn right towards Debenham. At the T-Junction turn right with care. Continue along this road until you reach the start on the RHS towards the top of the hill. **NOTE – NO U-TURNS!** Dismount and cross carefully.

If you continue past the start you will reach a T-Junction with the A1120. If the race has already started please dismount and turn back otherwise you will be riding on the course and could face disqualification

Riders are reminded that the rules of the road **MUST** be obeyed. Riders crossing the white centre line **WILL** be disqualified, this is especially important at the left hand turn from the A1120 onto the minor road to Kenton and Occold which has a very fast downhill approach, **YOU HAVE BEEN WARNED!**

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 (One only per rider with the exception of team award.)**

### TT Bikes

1<sup>st</sup> Open £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5

1<sup>st</sup> Female £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5

### Road Bikes (no Tri Bars)

1<sup>st</sup> Open £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5

1<sup>st</sup> Female £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5

### Veterans on Standard

1<sup>st</sup> £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5

### Team

1<sup>st</sup> £8 each