



Sporting 21 mile Time Trial & Medium Gear

Saturday 14th March 2020

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

Course: BS 31R Time of Start: 14:01 hours H.Q. Risby Village Hall (open from 12:45)

Event Secretary: Mark Eastwood
22 Severn Road
Bury St Edmunds
Suffolk IP32 6NG
Tel: 01284 705004
Mobile: 07915935861

Timekeeper: N. Pettitt
Assistant Timekeeper: D. Ballam

Course Details

Start in lane out of Risby village to Tuddenham opposite Risby sign. Proceed towards Tuddenham and at 1st road junction turn **left (M)** and head south to junction with old A45 where **left (M)** to Risby and **left (M)** through Risby village and thence straight on to junction with A1101 at Flempton where **left (M)** with **GREAT CARE**. Proceed north to Lackford where **left (M)** along Icknield Way to junction with lane to Risby/Tuddenham where **left (M)** and back to junction with old A45. Repeat circuit to Poor Mans Heath, where **left (M)** to **Finish** opposite start.

Prize: Scratch	1st to 3rd	£25.00, £20.00, £15.00
Vets on Standard	1st to 3rd	£25.00, £20.00, £15.00
Lady	1st to 3rd	£25.00, £20.00, £15.00
Team on Scratch	1st	West Suffolk Wheelers & Tri Club Medals
Medium Gear	1st	£10.00
Road Bike (Men)	1st to 3rd	£25.00, £20.00, £15.00
Road Bike (Lady)	1st to 3rd	£25.00, £20.00, £15.00
Lantern Rouge		£10.00

Vets Standards calculated as 21/25 of '25' Standard Times

2020 New Competition

This year we are part of the AeroCoach Road Bike TT National Series. **To qualify for this category the rider:**

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (ie. Not with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 90mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

Fastest Male = £15

Fastest Female = £15

Contact AeroCoach for details of prize.

CTT East District Regulations:

7. **U-TURNS** will not be permitted on the course, or roads adjacent to Start and Finish areas while an event is in progress. **NOTE:** a **U-Turn** is defined as a 180 degree turn completed within the width of the carriageway whilst astride the machine. Any breaking of this Regulation, in the first case, may mean disqualification from the event; further cases will be referred to the District Committee.
10. **NUMBERS** will be available at the HQ and not at the start.
11. **WARMING UP:** no riding along the course by competitors once an event has started.
14. **No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.**
15. **RIDERS NOTE! FOR THIS EVENT HARD SHELL HELMETS THAT MEET INTERNATIONALLY ACCEPTED SAFETY STANDARDS ARE STRONGLY RECCOMENDED**

EVENT HQ: RISBY VILLAGE HALL WHICH WILL BE OPEN FROM APPROX 12:45PM

Last year a rider relieved himself up against the wall of the village hall. This was seen by a villager and has put the use of the hall in jepody. If we lose the hall, we lose the event.

No	Start Time	Firstname	Lastname	Club	Gender	Vets Std	
1	14:01:00	Boyd	Nicholas	West Suffolk Wheelers	Male	57-26	MG
2	14:02:00	Chris	Nudds	CC Breckland	Male	1-02-00	MG
3	14:03:00	Adrian	Grim Wood	West Suffolk Wheelers	Male	57-36	MG
4	14:04:00	Andy	Kennedy	Ipswich BC	Male	57-46	MG
5	14:05:00	Trevor	Back	VC Revolution	Male	57-46	RB
6	14:06:00	Rita	Rue	West Suffolk Wheelers	Female	1-03-34	RB
7	14:07:00	Jonathan	Howe	Team Velovelocity	Male	57-46	RB
8	14:08:00	Martyn	Wagner	West Suffolk Wheelers	Male	59-27	RB
9	14:09:00	Caroline	Wyke	CC Sudbury	Female	1-04-53	RB
10	14:10:00	Paul	Jay	DRAG2ZERO	Male	55-47	RB
11	14:11:00	Matthew	Eaglen	West Suffolk Wheelers	Male	56-37	RB
12	14:12:00	Anthony	Ashford	West Suffolk Wheelers	Male		RB
13	14:13:00	Malcolm	Borg	West Suffolk Wheelers	Male	55-48	RB
14	14:14:00	Megan	Free	West Suffolk Wheelers	Female		RB
15	14:15:00	John	Manlow	Ely & District CC/B&T Motor Repairs	Male	57-06	RB
16	14:16:00	Jeremy	Waterson	West Suffolk Wheelers	Male	44-58	RB
17	14:17:00	Chris	Cantwell	West Suffolk Wheelers	Male	58-45	RB
18	14:18:00	Donna	Hayman	Newmarket Cycling & Triathlon Club	Female	1-02-09	RB
19	14:19:00	Gerry	Barton	West Suffolk Wheelers	Male	1-01-15	RB
20	14:20:00	Mark	Arnold	VTTA (East Anglia Group)	Male	56-08	RB
21	14:21:00	Darren	Davis	West Suffolk Wheelers	Male	56-46	RB
22	14:22:00	Kirstin	Hamilton	Plomesgate CC	Female		RB
23	14:23:00	Simon	Christie	West Suffolk Wheelers	Male	56-08	RB
24	14:24:00	David	Young	West Suffolk Wheelers	Male		
25	14:25:00	Chris	Tye	Plomesgate CC	Male	57-26	
26	14:26:00	Gary	Smith	Team Velovelocity	Male	56-27	
27	14:27:00	Mark	Ready	Diss & District CC	Male	58-32	

28	14:28:00	Jennifer	Smart	Team Velovelocity	Female	1-01-15	
29	14:29:00	Cheryl	Tye	Plomesgate CC	Female	1-02-09	
30	14:30:00	Leon	West	CC Sudbury	Male	55-26	
31	14:31:00	Simon	Daw	Datalynx-Parenesis Cycling	Male	57-46	
32	14:32:00	Robert	Golding	Ely & District CC/B&T Motor Repairs	Male	56-18	
33	14:33:00	Mark	Smart	VC Norwich	Male	57-16	
34	14:34:00	Sara	Brown	Newmarket Cycling & Triathlon Club	Female		
35	14:35:00	Adrian	Pettitt	Stowmarket & District CC	Male	57-06	
36	14:36:00	Daniel	Upton	CC Sudbury	Male	55-47	
37	14:37:00	Pip	Moore	West Suffolk Wheelers	Male	56-46	
38	14:38:00	Paul	Moss	Stowmarket & District CC	Male	57-16	
39	14:39:00	Jackie	Henley	Newmarket Cycling & Triathlon Club	Female	1-02-20	
40	14:40:00	Matt	O'brien	Loose Cannon's Conditioning	Male	55-26	
41	14:41:00	Jordan	Black	Newmarket Cycling & Triathlon Club	Male		
42	14:42:00	Dale	Sturman	West Suffolk Wheelers	Male	57-16	
43	14:43:00	Patrick	Ellis	Diss & District CC	Male	56-56	
44	14:44:00	Nick	Parravani	CC Breckland	Male	1-02-51	
45	14:45:00	Paul	Vickers	West Suffolk Wheelers	Male	56-37	
46	14:46:00	James	Wood	West Suffolk Wheelers	Male	57-57	
47	14:47:00	Edward	Scarrow	VC Norwich	Male		
48	14:48:00	Charlie	Knowler	West Suffolk Wheelers	Male		
49	14:49:00	Peter	Kennedy	West Suffolk Wheelers	Male	58-58	
50	14:50:00	Lloyd	Chapman	Loose Cannon's Conditioning	Male		
51	14:51:00	David	Halliday	Newmarket Cycling & Triathlon Club	Male		
52	14:52:00	Paul	Rooke	West Suffolk Wheelers	Male	55-14	
53	14:53:00	Steven	Rue	West Suffolk Wheelers	Male	1-00-35	
54	14:54:00	Mark	Gibbs	Newmarket Cycling & Triathlon Club	Male	56-26	
55	14:55:00	Max	Sahota	Team Bottrill	Male		
56	14:56:00	David	Goodwin	Newmarket Cycling & Triathlon Club	Male	1-00-54	
57	14:57:00	Martin	Smith	Newmarket Cycling & Triathlon Club	Male	55-37	
58	14:58:00	Alan	Mcguire	Ipswich BC	Male	57-46	
59	14:59:00	Graham	Buckles	CC Sudbury	Male	58-08	
60	15:00:00	Jack	Brown	ActiveEdge Race Team P/B Cooper/BMW Inchcape	Male		
61	15:01:00	Nicholas	Webber	Hadleigh Cycling Club	Male	58-45	
62	15:02:00	Alex	Purcell	Haverhill Cycling Club	Male		
63	15:03:00	Matthew	Jacobs	Loose Cannon's Conditioning	Male		