



STOWMARKET & DISTRICT CYCLE CLUB

Sponsored by Fast Test

Presents

20 mile time trial

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

Saturday 9th April 2022

14:01 start

Course

BS33

Start Time Keepers

Gary Buckle (SDCC)

John Adams (SDCC)

Finish Time Keeper

Graham Berry (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

Charlotte Harrison (SDCC)

Event Headquarters

Debenham Leisure Centre

Gracechurch St. IP14 6BL

Tel (01728) 861101

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

BS33 Course Details

Event Secretary

Julian Bosley

The Bantams

Low Road, Monk Soham

Suffolk

IP13 7ER

julesbosley@gmail.com

07931 581923

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 fifteen miles turn left at junction onto B1077 (**M**) and proceed along B1077 to FINISH at the speed sign at North edge of Debenham (20 Miles).

Course Records

Jason Boutell (Team Vision Racing – Silverhook) 41:04 (2021)

Becky Ridge (TPH Racing) 49:25 (2020)

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 strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. Under 2022 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. Please ensure you read the risk assessment when signing on

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

Changing facilities and showers are available by the sports hall at the HQ

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. 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)

Men		Lady		Age Category – special prize
1 st	£20	1 st	£20	A <40
2 nd	£15	2 nd	£15	B 40-49
3 rd	£10	3 rd	£10	C 50-59
				D 60-69
				E 70+

Age category winners will receive a copy of “Ups and Downs – My Life in Cycling”, kindly donated by the author Ian Short. Ups and Downs will soon be available to purchase on Amazon.

Road Bikes (no TT helmets, tri bars or disk/tri spoke wheels) 1st £10

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	14:01	Dave	Clark	Orwell Velo	Male	Veteran
2	14:02	Simon	Thorpe	Stowmarket & District CC	Male	Veteran
3	14:03	Nathan	Franklin	Stowmarket & District CC	Male	Senior
4	14:04	Sophie	Lee	Team Catenary	Female	Veteran
5	14:05	Ross	Fawcett	Orwell Velo	Male	Senior
6	14:06	Ian	Newby	Diss & District CC	Male	Veteran
7	14:07	Becky	Ridge	TPH Racing	Female	Veteran
8	14:08	James	McKenzie	CC Ashwell	Male	Veteran
9	14:09	David	Fenn	CC Sudbury	Male	Veteran
10	14:10	Darran	Bennett	Ely & District CC/B&T Motor Repairs	Male	Veteran
11	14:11	Simon	Daw	CC Sudbury	Male	Veteran
12	14:12	Mark	Careless	Loose Cannon's Conditioning	Male	Veteran
13	14:13	Martin	Pyne	West Suffolk Wheelers	Male	Veteran
14	14:14	Alan	McGuire	Plomesgate CC	Male	Veteran
15	14:15	Tim	Phillips	Team Catenary	Male	Veteran
16	14:16	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
17	14:17	Peter	Hurry	Plomesgate CC	Male	Veteran
18	14:18	Harley	Wenman	Stowmarket & District CC	Male	Veteran
19	14:19	Gerry	Barton	West Suffolk Wheelers	Male	Veteran
20	14:20	Robert	Golding	Ely & District CC/B&T Motor Repairs	Male	Veteran
21	14:21	James	Rush	CC Sudbury	Male	Veteran
22	14:22	Paul	Moss	Stowmarket & District CC	Male	Veteran
23	14:23	Simon	Jennings	West Suffolk Wheelers	Male	Veteran
24	14:24	Chris	Cantwell	West Suffolk Wheelers	Male	Veteran
25	14:25	Matthew	Peck	Ipswich BC	Male	Veteran

26	14:26	Nicholas	Webber	CC Sudbury	Male	Veteran
27	14:27	Patrick	Ellis	Diss & District CC	Male	Veteran
28	14:28	Alan	Groves	VC Revolution	Male	Veteran
29	14:29	Marion	Denby	Newmarket Cycling & Triathlon Club	Female	Senior
30	14:30	Glenn	Taylor	Shorter Rochford RT	Male	Veteran
31	14:31	Andy	Kennedy	Ipswich BC	Male	Veteran
32	14:32	Ann	Shuttleworth	Cambridge CC	Female	Veteran
33	14:33	Fraser	Elsworth	West Suffolk Wheelers	Male	Espoir
34	14:34	Luke	Manning	Stowmarket & District CC	Male	Senior
35	14:35	Ian	Short	Team Salesengine.co.uk	Male	Veteran
36	14:36	Jacob	Chambers	VC Norwich	Male	Senior