

Orwell Velo

20 Mile Solo Time Trial,
Incorporating the Renny Stirling Memorial Trophy

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

Saturday 01 August 2020
14.09 Start

Course
BS33

Start Time Keeper
Graham Berry (SDCC)

Finish Time Keeper
Angus Jardine (IBC)

Marshall's/Helpers

Simon Jarrold
Simon Boyle
Steve Sexton
Graham Snellin
Kristian Mobbs
Martin Waters
David Parkin

Orwell Velo Sponsors



Car Parking

There is a large car park at the HQ
Strictly no parking at the start, finish
or on any part of the course.

Refreshments

Not available due to Covid-19

Event Headquarters

Debenham Sports & Leisure Centre
Gracechurch Street
Debenham
Stowmarket
Suffolk
IP14 6BL

Signing on from 13.00

Numbers and signing on at HQ

Event Secretary

Chris Leggett
The Cottage
Grove Road
Bentley
IP9 2DD

Tel: 07988 903465

Email: leggett.christopher@yahoo.co.uk

Course Details

BS33 Course Details (Winston-Pettaugh-Ashfield-Occold-Debenham)

START 300 meters Debenham side of Winston Church Lane on B1077. Proceed along B1077 towards Debenham, turn left to Pettaugh (1.3 Miles), In Pettaugh turn left onto A1120 (you have right of way). Proceed along A1120 to turn left after seven miles towards Kenton, Bedingfield and Occold. At fifteen miles turn left at junction onto B1077, and proceed along B1077 to FINISH at the speed sign at North edge of Debenham (20 Miles).

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.

DEFINITION: A U turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider should dismount, check the road is clear in both directions, then with machine walk across the road).

NOTE: Any breaking of these regulations in the first case will mean disqualification from the event. Further cases will be referred to the District Committee.

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

Turbo Trainers: The use of Turbo Trainers is banned at all events with an AM start time.

Cycling Helmets: All competitors under the age of 18 years and/or Juniors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Awards - 'Renny Stirling Memorial Trophy'

Renny Stirling was not only a revered time triallist but also a close friend to riders in many clubs, including many of the members of Orwell Velo. The club wanted to celebrate his cycling life by introducing an annual time trial called the Renny Stirling Memorial Trophy. The Debenham 20 course has been chosen because Renny lived only a few miles from the circuit and enjoyed these very roads whilst training.

Renny's Palmarès

Renny's first club was Glade Cycling Club and soon established himself as a key member and frequently leader of the Glade's successful timetrial squad. As a junior he set a club place-to-place record from London to Southend and back. He was club senior best all-rounder champion six times between 1971 and 1977.

He achieved national prominence in 1975 with both tandem and tricycle competition records. His 59:28 to win the Tricycle Association championship not only set a new individual record, but led a team whose time has since been improved by less than a minute in the ensuing 38 years. Further tandem and tricycle team competition records followed in 1976.

Renny thrived in good teams. In 1977 he moved from the Glade to the Unity CC where he rode alongside Pete Wells and Dave Cunningham to form the BBAR-winning team in 1978. Renny's BBAR average speed was 24.513 mph.

Renny rode for a couple of years with the Edgware RC and in 1980 he joined with Paul Bennett, Ian Cammish and Pete Wells to come third in the national championship 100km team time trial.

In 1986 Renny moved to a rejuvenated Leo Road Club where he achieved most of his personal bests, especially in 1987 when he finished 7th in the BBAR recording an average speed of 25.085 mph from times for 50 miles: 1:50:16, 100 miles: 3:52:01 and 12hrs: 266.241 miles. That year, the Leo squad of Renny, Ian Silvester and Shay Giles won medals for second BBAR team.

In 1988, the Leo team of Renny, Ian Browning, Shay Giles and Antony Stapleton came third in the national championship 100km team time trial.

In 1989, Renny and Antony Stapleton set a new Road Records Association straight out tandem record of 41.04 - this national record still stands.

Renny famously quipped that he did not believe in 'celebrating mediocrity', therefore it seems fitting to award the Renny Stirling Memorial Trophy to the fastest person on the day. The trophy will be presented by Renny's widow, Christine Stirling. We would invite all competitors to enjoy refreshments at the HQ until after the presentation has been made to the winner.

Solo Prizes

Scratch

1st in each Age Category £10

Female

1 st	£40 and trophy
2 nd	£30
3 rd	£25
4 th	£20
5 th	£15

< 23yrs	A
23-39	B
40-49	C
50-59	D
60-69	E
70+	F

1 st	£40
2 nd	£30
3 rd	£25

Team (Solo)

Fastest 3 £7 each

ONE RIDER ONE PRIZE (Except Team). In the event of being eligible for two or more prizes the one of greatest value will be awarded.

Riders Notes - IMPORTANT PLEASE READ

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. This route will be sign posted.

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.

NO U-TURNS! Dismount and cross carefully.

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!**

The minor road between the A1120 and Occold has not fared well over recent winters and the road surface is in poor condition in places. Please check behind you for rear advancing traffic before navigating safely around any imperfections.

Please hand your ride number in after the event at HQ.

Heads up and have a safe ride!!

Covid-19

The safety of everyone attending this event is paramount. Safety will not be compromised. We will follow the rules of the government and of the CTT. This event is promoted in accordance with the CTT Risk Assessment on Covid-19. Please familiarise main principles of this is as below. **PLEASE FOLLOW THESE FOR YOUR OWN SAFETY AND YOUR FELLOW HUMAN BEING.**

If you have any Covid-19 symptoms, or you have recently come into contact with anyone suffering from Covid-19 then **PLEASE DO NOT COME TO THIS EVENT. STAY AWAY** and follow the government / NHS advice.

SOCIAL DISTANCING IS 2m at all times. Respect this when signing on / out and at the start line. Markings will be on the ground to assist you maintain this.

Signing on will be in the Orwell Velo gazebo that will be located in the car park. Follow the Orwell Velo flags.

The signing on gazebo will be open sided so there is no mandatory need to wear face coverings, however please wear a mask if this makes you feel more comfortable.

LOCAL RIDERS - please ride to the HQ rather than drive. Use this as part of your warm up routine. Please arrive **AS LATE AS POSSIBLE** so you minimise the time spent at HQ.

RIDERS THAT HAVE TO TRAVEL BY CAR - please arrive AS LATE AS POSSIBLE so you minimise the time spent at HQ.

Please park your vehicle nose to tail with the car adjacent so we can maximise the distance between competitors who are getting equipment out of the rear of their vehicle.

When signing on BRING YOUR OWN PEN. We will not have a pen for you to use.

Collect your number - these will be put out by us wearing gloves.

BRING YOUR OWN PINS - no pins will be available at HQ.

PIN YOUR OWN NUMBER ON - respect social distancing.

Toilets will be available at HQ and cleaned regularly by Debenham Sports Centre staff.

NO TURBOs will be permitted for warming up. Do this on the road please. This is to minimise the amount of people congregating at HQ.

MAXIMUM of FIVE riders to line up waiting for the start line to avoid being a hazard to the other road users.

There will be no pushing off at the start line (social distancing prevents this). The start time keeper will count you down and you will push yourself off. JUMP STARTS WILL BE PENALISED - a 10 second time penalty will be automatically added to your time. If you jump start on purpose you may be disqualified at the discretion of the start time keeper and observer.

LEAVE NOTHING WITH THE START TIME KEEPER - we are not allowed to bring anything back to HQ. If you are warming up with a bottle leave it on your bike please so we don't appear to be littering the area with discarded bottles / items.

If you pass a rider on the course please pass respectfully and no less than 2m - look over your shoulder to check this is safe to do so first.

There is no broom wagon service. If you puncture you will have to make your own way back. We strongly suggest you ride with spare tubes and a means of inflating your tyre.

When returning to HQ place your number in the bucket of detergent provided. TAKE THE PINS OUT FIRST AND TAKE THEM HOME.

SIGN OUT USING YOUR OWN PEN.

We know that socialising after the event with friends is an important part to our sport, and after lockdown we are in desperate need of human interaction, but unfortunately due to the risk of infection, unlike previous years we will not be giving out times, positions or making presentations for awards after the event. Please therefore leave the HQ as soon as you have finished. We will post the provisional results on our FB page the same evening.

Take everything home because we will not be able to look after anything you have left behind.

Blatent infringements of these rules may lead to disqualification.

Apologies if the above seems regimental, it isn't supposed to be, it's the rules we must adopt to make this event as safe as possible and to do our bit to minimise the spread of Covid-19.