



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 13th April 2019

14:01 start

Course

BS33

Start Time Keeper

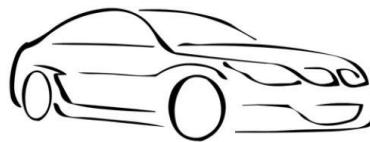
Gary Buckle (SDCC)

Finish Time Keeper

John Adams (SDCC)

Marshall's/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 and SDCC
members

Event Headquarters

Debenham Leisure Centre
Gracechurch St. IP14 6BL
Tel (01728) 861101

Signing on from 12.30

Numbers and signing on at HQ

**Qualifying event for SPOCO
East 2019**

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

BS33 Course Details

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).

Event Secretary

Verity Smith
75 Christchurch Street
Ipswich
Suffolk IP4 2DD
Phone 07760 111932
Email: verity@smith-e.com

Course Records

Ollie Jones 42:39 (2017)

Verity Smith (SDCC) 50:51 (2017)

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 and display of a working rear red LED light .

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 hot drink.

Heads up and have a safe ride!!

Awards

Scratch

1 st	£20
2 nd	£15
3 rd	£10

1st in each of following categories £10

40-49 years
50 & over

Ladies

1 st	£20
2 nd	£15
3 rd	£10

Team

Fastest 3 £7 each

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	14:01:00	Peter	Gregg	Stowmarket & District CC	Male	Veteran
2	14:02:00	Dan	Foster	3T-RACING	Male	Veteran
3	14:03:00	Sally	Withey	Team Swift	Female	Veteran
4	14:04:00	Alan	Mcguire	Ipswich BC	Male	Veteran
5	14:05:00	Steve	Cave	Plomesgate CC	Male	Veteran
6	14:06:00	Andy	Kennedy	Ipswich BC	Male	Veteran
7	14:07:00	Jack	Ibbotson	VC Norwich	Male	Senior
8	14:08:00	Gary	Johnson	CC Sudbury	Male	Veteran
9	14:09:00	Gillian	Leech	Stowmarket & District CC	Female	Veteran
10	14:10:00	Glenn	Taylor	Shorter Rochford RT	Male	Veteran
11	14:11:00	Adrian	Pettitt	Stowmarket & District CC	Male	Veteran
12	14:12:00	Susan	Triplow	CC Sudbury	Female	Veteran
13	14:13:00	Mark	Fairhead	CC Breckland	Male	Veteran
14	14:14:00	Becky	Ridge	TPH Racing	Female	Senior
15	14:15:00	Tim	Phillips	St Ives CC	Male	Veteran
16	14:16:00	Simon	Daw	Datalynx-Parenesis Cycling	Male	Veteran
17	14:17:00	Nicholas	Webber	Hadleigh Cycling Club	Male	Veteran
18	14:18:00	Bryan	Long	Velo Schils Interbike RT	Male	Veteran
19	14:19:00	Patrick	Ellis	Diss & District CC	Male	Veteran
20	14:20:00	Leon	West	CC Sudbury	Male	Veteran
21	14:21:00	David	Crisp	3T-RACING	Male	Veteran
22	14:22:00	Julian	Bosley	Stowmarket & District CC	Male	Veteran
23	14:23:00	Adrian	Manley	3T-RACING	Male	Veteran
24	14:24:00	David	Fenn	CC Sudbury	Male	Veteran
25	14:25:00	James	Rush	CC Sudbury	Male	Veteran
26	14:26:00	John	Bradbury	CC Sudbury	Male	Veteran
27	14:27:00	Paul	Moss	Stowmarket & District CC	Male	Veteran
28	14:28:00	Peter	Hurry	Wolsey RC	Male	Veteran
29	14:29:00	Nicola	Powell	Stowmarket & District CC	Female	Senior
30	14:30:00	Ollie	Jones	ActiveEdge Race Team P/B Cooper/BMW Inchcape	Male	Espoir