



STOWMARKET & DISTRICT CYCLE CLUB

Sponsored by Fast Test

Presents

16.5 mile time trial

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

Saturday 8th April 2023

14:01 start

Course

BS33

Finish Time Keepers

Gary Buckle (SDCC)

John Adams (SDCC)

Start 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 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
07931 581923

Please note the course has changed from previous years to avoid a 20mph speed limit in Occold. 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 at the speed sign at North edge of Debenham (16.5 Miles).

Course Records

Women: Becky Ridge 41:26 (2023)

Men: Lloyd Chapman 38:42 (2023)

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 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. 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		Veterans age category £5
1 st	£15	1 st	£15	A <40
2 nd	£10	2 nd	£10	B 40-49
3 rd	£5	3 rd	£5	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