



West Suffolk Wheelers

Cycling and Triathlon Club



Sporting 21 mile Time Trial & Medium Gear

Saturday 12th March 2022

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: J.Steed

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 2nd	£25.00, £15.00
Road Bike (Lady)	1st to 2nd	£25.00, £15.00
Lantern Rouge		£10.00

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

CTT East District Regulations:

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.

NUMBERS will be available at the HQ and not at the start.

CLOTHING It is recommended that riders **do not** wear black or dark clothing during an event held on public roads.

WARMING UP: no riding along the course by competitors once an event has started.

CTT Regulations:

NO FRONT OR REAR LIGHT – NO RIDE

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	Boyd	Nicholas	West Suffolk Wheelers	Male	57.46	MG
2	14:02	Carolyn	Wyke	CC Sudbury	Female	01:05.21	RB
3	14:03	Judy	Brown	Newmarket Cycling & Triathlon Club	Female	01:03.32	RB
4	14:04	Rita	Rue	West Suffolk Wheelers	Female	01:03.48	RB
5	14:05	Mike	Watson	Lowestoft Wheelers Cycling Club	Male	58.22	RB
6	14:06	Martin	Brown	West Suffolk Wheelers	Male		RB
7	14:07	Philip	Watkins	North Norfolk Whs	Male	58.35	RB
8	14:08	Chris	Cantwell	West Suffolk Wheelers	Male	59.18	RB
9	14:09	Harley	Gregory	West Suffolk Wheelers	Male		RB
10	14:10	Craig	Rogers	Cambridge University CC	Male		RB
11	14:11	Simon	Jennings	West Suffolk Wheelers	Male	59.03	
12	14:12	Laura	Brown	West Suffolk Wheelers	Female		
13	14:13	Megan	Free	West Suffolk Wheelers	Female		
14	14:14	Peter	Kennedy	West Suffolk Wheelers	Male	59.34	
15	14:15	John	Bradbury	CC Sudbury	Male	57.03	
16	14:16	David	Young	West Suffolk Wheelers	Male		
17	14:17	Patrick	Ellis	Diss & District CC	Male	57.13	
18	14:18	Steven	Rue	West Suffolk Wheelers	Male	01:01.30	
19	14:19	David	Fenn	CC Sudbury	Male	01:02.19	
20	14:20	David	Halliday	Team Bottrill	Male		
21	14:21	Richard	Farrow	West Suffolk Wheelers	Male	56.24	
22	14:22	Peter	Tibbitts	Ford CC	Male	01:01.54	
23	14:23	Adam	Baker	West Suffolk Wheelers	Male	56.33	
24	14:24	Marion	Denby	Newmarket Cycling & Triathlon Club	Female		
25	14:25	Joris	Witstok	Cambridge University CC	Male		
26	14:26	Paul	Moss	Stowmarket & District CC	Male	57.34	
27	14:27	Pip	Moore	West Suffolk Wheelers	Male	57.03	
28	14:28	Paul	Rooke	West Suffolk Wheelers	Male	55.34	
29	14:29	Amy	Sole	Full Moo Cycling	Female	01:00.54	
30	14:30	Jordan	Black	West Suffolk Wheelers	Male		
31	14:31	Nicholas	Webber	CC Sudbury	Male	59.18	
32	14:32	Chris	Nudds	CC Breckland	Male	01:03.15	
33	14:33	James	Wood	West Suffolk Wheelers	Male	58.22	

34	14:34	Daniel	Upton	CC Sudbury	Male	56.04	
35	14:35	Julian	Bosley	Stowmarket & District CC	Male	57.03	
36	14:36	Jack	Shuttleworth	Cambridge University CC	Male		
37	14:37	Simon	Daw	CC Sudbury	Male	58.09	
38	14:38	Andy	Kennedy	Ipswich BC	Male	58.09	
39	14:39	Martin	Smith	Newmarket Cycling & Triathlon Club	Male	55.54	
40	14:41	Robert	Golding	Ely & District CC/B&T Motor Repairs	Male	56.33	
41	14:41	Alex	Purcell	CC Sudbury	Male		