



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 17th April 2021

14:01 start

Course

BS33

Start Time Keeper

Graham Berry (SDCC)

Finish Time Keeper

Gary Buckle (SDCC)

Marshall's/Helpers

Members of Stowmarket
and
District CC



Car Parking

There is a large car park at the HQ
(Meadow Work Business Park)
Strictly no parking at the start,
finish or on any part of the course

**PLEASE BE AWARE THAT THE
USUAL EVENT HEADQUARTERS
WAS NOT AVAILABLE THIS YEAR
NEW DETAILS BELOW**

Event Headquarters

Meadow Work Business Park
Kenton Road, Debenham
IP14 6RP

FAST TEST

Signing on from 12.30

Numbers and signing on at HQ

**Qualifying event for SPOCO
East 2021**

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

Event Secretary

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

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).

Course Records

Matthew Smith (Drag2Zero) 41:20 (2020)

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

IMPORTANT NOTICE

Please take note of the following Covid 19 guidance

Social distance rules apply to all riders, helpers, marshals and time keepers. please be respectful and keep us all safe.

Please do not attend the event if you or any member of your support crew or family shows symptoms of Covid 19.

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

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard.

All competitors under the age of 18 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.

Riders Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.

Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that: 20. Observance of the Law All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must: (a) not ride in a manner that is unsafe either to themselves or to other road users; (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns; (c) conform to all traffic signs, signals and direction indicators; (d) in making any turn before, during or after the event, ensure that it is safe to do so.

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO REAR LIGHT – NO RIDE

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, please bring your own pen.

Please place your ride number in the orange bucket and sign out after the event at HQ

Attn. All competitors – Please note that for 2021 all competitors are required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

The **START** is approximately a **TEN MINUTE RIDE** from the HQ. From the HQ car park turn left towards Debenham. At the T-Junction turn left 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

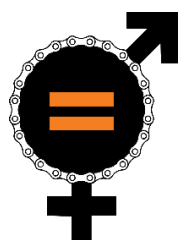
Riders are reminded that the rules of the road **MUST** be obeyed. Riders crossing the white centre line **WILL** be disqualified, this is especially important at the left hand turn from the A1120 onto the minor road to Kenton and Occold which has a very fast downhill approach, **YOU HAVE BEEN WARNED!**

Heads up and ride safe!!

Awards

Men	1 st in each of following categories £10	Women
1 st £30	40-49 years Men	1 st £30
2 nd £25	40-49 years Women	2 nd £25
3 rd £20	50 & over Men	3 rd £20
	50 & over Women	
	Team	
	Fastest 3 £10 each	

One Rider: one prize except team.



EPiC Kitemark

EPiC awards a kitemark to cycling events which have equal prize money to recognise their commitment and to encourage others to follow. The Kitemark can be displayed on event promotional material to highlight this to racers.

Bib	Start time	First Name	Last Name	Club	Gender	Category
1	14:01	Paul	Moss	Stowmarket & District CC	Male	Veteran
2	14:02	Stuart	Supple	VC Baracchi	Male	Veteran
3	14:03	Lindsay	Clarke	Fenland Clarion CC	Female	Veteran
4	14:04	Gerry	Barton	West Suffolk Wheelers	Male	Veteran
5	14:05	Julian	Bosley	Stowmarket & District CC	Male	Veteran
6	14:06	Edward	Smith	Kettering CC	Male	Veteran
7	14:07	Amy	Marks	Team LDN	Female	Senior
8	14:08	Steve	Clarke	Fenland Clarion CC	Male	Veteran
9	14:09	David	Daniels	Stowmarket & District CC	Male	Veteran
10	14:10	Tom	Heal	Vredestein Basso	Male	Senior
11	14:11	Simon	Daw	Datalynx-Parenesis Cycling	Male	Veteran
12	14:12	Jack	Parrish	Loose Cannon's Conditioning	Male	Espoir
13	14:13	Ann	Shuttleworth	Cambridge CC	Female	Veteran
14	14:14	Amanda	Mallett	Plomesgate CC	Female	Veteran
15	14:15	Ian	Short	Team Salesengine.co.uk	Male	Veteran
16	14:16	Matt	Jacobs	Loose Cannon's Conditioning	Male	Senior
17	14:17	Doz	Bree	CC Sudbury	Male	Veteran
18	14:18	Jim	Robertson	St Neots CC	Male	Veteran
19	14:19	John	Sanderson	Colchester Rovers CC	Male	Senior
20	14:20	Lloyd	Chapman	Loose Cannon's Conditioning	Male	Senior
21	14:21	Keith	Wolferstan	Stowmarket & District CC	Male	Veteran
22	14:22	Martin	Holmes	Ely & District CC/B&T Motor Repairs	Male	Veteran
23	14:23	Gillian	Leech	Peaks Sports Racing	Female	Veteran
24	14:24	Kirstin	Hamilton	Loose Cannon's Conditioning	Female	Senior
25	14:25	James	Gelsthorpe	Velo-One Cycling Team (Staples Vegetables-Great British Farmers)	Male	Senior
26	14:26	Andy	Kennedy	Ipswich BC	Male	Veteran
27	14:27	Edward	Bull	Stowmarket & District CC	Male	Veteran
28	14:28	Alan	Groves	VC Revolution	Male	Veteran
29	14:29	Caroline	Wyke	CC Sudbury	Female	Veteran
30	14:30	Jason	Bouttell	Team Vision Racing - Silverhook	Male	Senior
31	14:31	Paul	Hayward	VC Baracchi	Male	Veteran
32	14:32	Dave	Clark	Orwell Velo	Male	Veteran
33	14:33	Becky	Ridge	TPH Racing	Female	Veteran
34	14:34	Chris	Lacey	Stowmarket & District CC	Male	Veteran
35	14:35	Glenn	Taylor	Shorter Rochford RT	Male	Veteran
36	14:36	Andrew	Leggett	Team Velovelocety	Male	Veteran