

# Startsheet

## vc norwich

Start Number	Start Time	Rider	Club	Gender	Category
2	08:02:00	Bob Carter	VC Norwich	male	Vet
3	08:03:00	Lewis Fulljames	Kings Lynn CC	male	Senior
4	08:04:00	Paul Seaman	Wolsey RC	male	Vet
5	08:05:00	Ross Fawcett	Ipswich BC	male	Senior
6	08:06:00	Robert Tillott	St Ives CC	male	Vet
7	08:07:00	Nick Ponsford	VC Norwich	male	Vet
8	08:08:00	Derek Lusher	Norwich A B C	male	Vet
9	08:09:00	Michael Jones	Performancecoaching.me	male	Vet
10	08:10:00	Gary Matthews	Sole Bay Cycle Sport	male	Vet
11	08:11:00	Mark Farrow	Team PedalRevolution.co.uk	male	Vet
12	08:12:00	Trevor Figgitt	Plomesgate CC	male	Vet
13	08:13:00	Colin Harris	CC Sudbury	male	Vet
14	08:14:00	Nick Robinson	100% ME	male	Senior
15	08:15:00	Andrew Hill	VC Deal	male	Senior
16	08:16:00	Trevor Roberts	Wolsey RC	male	Vet
17	08:17:00	Mark Field	VC Norwich	male	Vet
18	08:18:00	Carl Murley	Wisbech Whs	male	Vet
19	08:19:00	Christine Cooke	Godric CC	female	Vet
20	08:20:00	Verity Smith	Stowmarket & District CC	female	Vet
21	08:21:00	Denise Hurren	Sole Bay Cycle Sport	female	Vet
22	08:22:00	Mandy Bunn	CC Sudbury	female	Vet
23	08:23:00	Kate Lucas	Norwich A B C	female	Vet
24	08:24:00	Christina Lankford	Cambridge Triathlon Club	female	Vet
25	08:25:00	Cindy Berry	Hoddesdon Tri Club	female	Senior
26	08:26:00	Jennifer Smart	VC Norwich	female	Vet
27	08:27:00	Jenny Anderson	Great Yarmouth C C	female	Vet
28	08:28:00	Emma Taylor	Stowmarket & District CC	female	Senior
29	08:29:00	Jane Hannah	Tri Harder	female	Senior
30	08:30:00	Francesca Rust	Ely & District CC/B&T Motor Repairs	female	Senior
31	08:31:00	Ann Shuttleworth	Chelmer CC	female	Vet
32	08:32:00	Rebecca Murley	Wisbech Whs	female	Vet
33	08:33:00	Giovanna Bertoldi	Iceni Velo	female	Vet

Start Number	Start Time	Rider	Club	Gender	Category
34	08:34:00	Kay Burgess	Kings Lynn CC	female	Vet
35	08:35:00	Sophie Lankford	Cambridge Triathlon Club	female	Senior
36	08:36:00	David Fenn	CC Sudbury	male	Vet
37	08:37:00	Nigel Hodge	Tri-Anglia Triathlon Club	male	Vet
38	08:38:00	Steven Barnes	Iceni Velo	male	Senior
39	08:39:00	Pete Baldwin	Wisbech Whs	male	Vet
40	08:40:00	Dan Blackburn	VC Norwich	male	Senior
41	08:41:00	Chris Nudds	CC Breckland	male	Vet
42	08:42:00	Andrew Knowles	St Ives CC	male	Senior
43	08:43:00	Barry McDonald	Schils - Doltcini RT	male	Vet
44	08:44:00	Patrick Charlton	Wolsey RC	male	Vet
45	08:45:00	Tim Duncan-Booth	Farnborough & Camberley CC	male	Vet
46	08:46:00	Jim Hardwicke	Plomesgate CC	male	Vet
47	08:47:00	Lee Garrod	Sole Bay Cycle Sport	male	Vet
48	08:48:00	Bob Quarton	Wolsey RC	male	Vet
49	08:49:00	Ali Argo	VC Norwich	male	Senior
50	08:50:00	Steve Burrows		male	Vet
51	08:51:00	Roger Sewell	Hounslow & District Whs	male	Vet
52	08:52:00	Steve Cave	Wolsey RC	male	Vet
53	08:53:00	Julian Bosley	Stowmarket & District CC	male	Vet
54	08:54:00	Michael Fry	Glendene CC	male	Vet
55	08:55:00	Graham Sparkes	Mulbarton Velo Club	male	Vet
56	08:56:00	Lyster Romero	Plomesgate CC	male	Senior
57	08:57:00	Len Benton	Colchester Rovers CC	male	Vet
58	08:58:00	Oliver Cozens	Norwich A B C	male	Senior
59	08:59:00	Markos Janes	VC Norwich	male	Vet
60	09:00:00	Rory Havis	St Ives CC	male	Senior
61	09:01:00	Chris Dyason	Cambridge CC	male	Vet
62	09:02:00	James Wylie	Schils - Doltcini RT	male	Vet
63	09:03:00	Nick Esser	VC Baracchi	male	Vet
64	09:04:00	Ashley Thompson	Diss & District CC	male	Senior
65	09:05:00	Andy Stuart	Velo Club St Raphael	male	Vet
66	09:06:00	Chris Roberts	Anglia Velo	male	Vet
67	09:07:00	Adam Cross	CC Breckland	male	Senior
68	09:08:00	Henry Woodley	North Norfolk Whs	male	Senior
69	09:09:00	Simon Lomax	VC Norwich	male	Vet
70	09:10:00	Richard Carrington	West Suffolk Wheelers	male	Vet
71	09:11:00	Paul Shelley	Diss & District CC	male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
72	09:12:00	Andy Kennedy	Ipswich BC	male	Vet
73	09:13:00	Mark Smart	VC Norwich	male	Vet
74	09:14:00	Simon Ridgewell	Wisbech Whs	male	Senior
75	09:15:00	Matthew Senter	Peterborough CC	male	Senior
76	09:16:00	James Senter	Kings Lynn CC	male	Senior
77	09:17:00	Gary Smith	Team Velovelocity	male	Vet
78	09:18:00	Roger Graham	CC Breckland	male	Vet
79	09:19:00	Gary Pamment	Schils - Doltcini RT	male	Vet
80	09:20:00	Jon Wilson	Newmarket Cycling & Triathlon Club	male	Senior
81	09:21:00	Paul Vickers	West Suffolk Wheelers	male	Vet
82	09:22:00	Karl Read	North Norfolk Whs	male	Vet
83	09:23:00	Neil Empson	Anglia Velo	male	Senior
84	09:24:00	Jason Corner	Diss & District CC	male	Vet
85	09:25:00	Mathew Eley	Ely & District CC/B&T Motor Repairs	male	Senior
86	09:26:00	Ed Dean	Norwich A B C	male	Vet
87	09:27:00	Ian Nixon	Diss & District CC	male	Vet
88	09:28:00	Peter Kerry	Ipswich Velo	male	Senior
89	09:29:00	Paul Willis	Wisbech Whs	male	Vet
90	09:30:00	Jason Turner	Norwich A B C	male	Vet
91	09:31:00	Stuart Fairweather	Plomesgate CC	male	Senior
92	09:32:00	John Swindells	Iceni Velo	male	Vet
93	09:33:00	Joe Empson	Anglia Velo	male	Vet
94	09:34:00	John Swanbury	VC Baracchi	male	Vet
95	09:35:00	Steve Gorbutt	Diss & District CC	male	Vet
96	09:36:00	David Moore	VC Norwich	male	Vet
97	09:37:00	Neil Stevens	Team PedalRevolution.co.uk	male	Vet
98	09:38:00	James Walsgrove	Tri Harder	male	Senior
99	09:39:00	Nick Parravani	CC Breckland	male	Vet
100	09:40:00	Mark Richards	VC Baracchi	male	Senior
101	09:41:00	Dougal Toms	Iceni Velo	male	Senior
102	09:42:00	Paul Dennington	VC Baracchi	male	Vet
103	09:43:00	Patrick Ellis	Diss & District CC	male	Vet
104	09:44:00	Nick Dunkley	Anglia Velo	male	Vet
105	09:45:00	Sean Taylor	Royal Air Force Cycling Association	male	Vet
106	09:46:00	Damon Day	CC Sudbury	male	Vet
107	09:47:00	Paul Hayward	VC Baracchi	male	Senior

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

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
108	09:48:00	Graham Dilks	Norwich A B C	male	Vet
109	09:49:00	Michael Meadows	VC Norwich	male	Vet
110	09:50:00	James Trenchard	Godric CC	male	Vet
111	09:51:00	Matt Smith	Team PedalRevolution.co.uk	male	Vet
112	09:52:00	Stuart Emmett	Performancecoaching.me	male	Vet
113	09:53:00	Steve Shore	Southend Wheelers	male	Vet
114	09:54:00	Myles Higby		male	Senior
115	09:55:00	Harley Matthews	Team PedalRevolution.co.uk	male	Senior
116	09:56:00	Darren Preston	St Neots CC	male	Vet
117	09:57:00	Chris Womack	VC Baracchi	male	Vet
118	09:58:00	John Adams	Stowmarket & District CC	male	Vet
119	09:59:00	John Brown	Wisbech Whs	male	Vet
120	10:00:00	Lloyd Chapman		male	Senior
121	10:01:00	Tom Sykes	Ely & District CC/B&T Motor Repairs	male	Senior
Reserve	--	Peter Beard	Stowmarket & District CC	male	Vet
Reserve	--	John Shellard	Team PedalRevolution.co.uk	male	Vet
Reserve	--	David Miller	CC Sudbury	male	Vet
Reserve	--	Tom Moore	Great Yarmouth C C	male	Senior
Reserve	--	Roger Selmes	Wolsey RC	male	Vet
Reserve	--	Keith Grasby	CC Breckland	male	Vet
Reserve	--	Paul Coulthred	CC Breckland	male	Vet