

Plomesgate Cycling Club 10 Open Mile Time Trial

**“Promoted for and on behalf of Cycling Time Trials under
their Rules & Regulations” To be held on the afternoon of
Saturday 19th March 2022 on the B10/9 course.**

19/03/2022 14:00

B10/9

Sponsored By



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Headquarters

Sudbourne Village Hall, Sudbourne, IP12 2AT. Approx. 2 miles from the start and 1 mile from the finish. HQ will be open for signing on from 1pm.

Car parking at rear of Village Hall; entry through front entrance / gap in wall.

Please note that the car park at the HQ is NOT large, so please park considerately and compactly at the rear of the hall as to make maximum use of available space. Please do not park on the road outside HQ. **The police have asked for no parking of vehicles on the road near the start or finish areas.** Additional public parking can be found in Orford Quay but please note this is an approx. 3 mile ride to the HQ and start.

Route from HQ to start

Turn left out of the HQ onto the Snape rd and proceed through Sudbourne village till you get to the 5 way junction. Turn right taking care and proceed along the B1084 past the finish line for about half a mile until you reach the junction with the B1078 (signposted Tunstall), Turn right. The start finish straight is about 400m. There is plenty of space at the start to wait off the road.

Course details

START on B1078 approximately a quarter of a mile from junction with B1084 near Sudbourne. proceed on B1078 through Tunstall village. follow B1069 to roundabout at entrance to former Bentwaters Airbase, where retrace route along B1069 & B1078 past start. turn left onto B1084 to finish approximately 200 yards from five crossways south of Sudbourne village.

Local regulations

Just a quick reminder ALL riders now must use a both a rear and front light attached to their machine.
[Regulation 14(j)].

Secondly, ALL riders now must wear a helmet. (Previously this requirement was only mandatory for under 18s). [Regulation 15].

DON'T FORGET TO SIGN-OUT AFTER YOUR RIDE.

Rider's Notes:

- **The start is about 1.5 miles from the HQ.** Please allow plenty of time to get to the start.
- **This is a sporting course, with a mixture of road surfaces, bends, hills and tight corners, which will test your bike handling skills.**

Organiser contact details

Antony Birt
4 Roundwood Road Ipswich
07512 745371

antony.birt1@btinternet.com

Time keepers/officials

Timekeepers:	Mr. P. Whelen	Plomesgate CC
	Mrs. B. Whelan	Plomesgate CC
Marshals & Helpers:	Members & friends of	Plomesgate CC

Course records

Mens: 20:13 Lloyd Chapman 2016

Women: 24.08 Becky Ridge 2021

Juniors: Female 00:27:21 Isabella Johnson 2019

Male TBC

Awards/prizes

1 st Fastest	£15	1 st Vet on Std	£15	1 st Lady	£15
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2 nd Fastest	£10	2 nd Vet on Std	£10	2 nd Lady	£10
3 rd Fastest	£5	3 rd Vet on Std	£5	3 rd Lady	£5
1st team of 3	£5 each			1 st Juv/Jun	£15

One rider one prize, except for team award. (In the event that a rider is eligible for more than one prize the prize of greater value will be awarded.).

Course Records: £15 will be awarded to a rider breaking any category of course records

Event Sponsored and additional prize goodies from:
<https://www.loosecannonsconditioning.com/about>

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Plomesgate Cycling Club 10 Open Mile Time Trial

Start Number	Start Time	Rider	Club	Gender	Category
1	14:01:00	Jim Hardwicke	Plomesgate CC	male	Vet
2	14:02:00	Tracey Holbrook	Ipswich BC	female	Vet
3	14:03:00	Caroline Wyke	CC Sudbury	female	Vet
4	14:04:00	John Sanderson	Colchester Rovers CC	male	Vet
5	14:05:00	Gerry Barton	West Suffolk Wheelers	male	Vet
6	14:06:00	Rob Hobbs	Diss & District CC	male	Vet
7	14:07:00	David Fenn	CC Sudbury	male	Vet
8	14:08:00	Harvey Young	Orwell Velo	male	Espoir
9	14:09:00	Brett Travers	VC Revolution	male	Vet
10	14:10:00	Trevor Caley	Plomesgate CC	male	Vet
11	14:11:00	David Young	West Suffolk Wheelers	male	Senior
12	14:12:00	Phil Bailey	Loose Cannon's Conditioning	male	Vet
13	14:13:00	Harley Wenman	Stowmarket & District CC	male	Vet
14	14:14:00	Sebastian Anderson	Orwell Velo	male	Espoir
15	14:15:00	Craig Starling	Ipswich Tri Club	male	Senior
16	14:16:00	Joseph Shaw	Ipswich BC	male	Senior
17	14:17:00	Oskar Everett	Orwell Velo	male	Junior
18	14:18:00	Chris Parker	Ipswich BC	male	Vet
19	14:19:00	Paul Moss	Stowmarket & District CC	male	Vet
20	14:20:00	Mike Smith	Rapha Cycling Club	male	Vet
21	14:21:00	Brian Carr	Great Yarmouth C C	male	Vet
22	14:22:00	Peter Hurry	Plomesgate CC	male	Vet
23	14:23:00	Verity Smith	Loose Cannon's Conditioning	female	Vet
24	14:24:00	Laura Davies	Orwell Velo	female	Senior
25	14:25:00	Tom Burgess	Schils - Doltcini RT	male	Senior
26	14:26:00	Jamie Watson	Clacton Cycling & Running Club	male	Vet
27	14:27:00	James Rush	CC Sudbury	male	Vet
28	14:28:00	Chris Dyason	Cambridge CC	male	Vet
29	14:29:00	Gary Johnson	CC Sudbury	male	Vet
30	14:30:00	Andy Kennedy	Ipswich BC	male	Vet

StartNumber	Start Time	Rider	Club	Gender	Category
31	14:31:00	Neil Hughes	Schils - Doltcini RT	male	Vet
32	14:32:00	Stuart Fairweather	Loose Cannon's Conditioning	male	Vet
33	14:33:00	Julian Bosley	Stowmarket & District CC	male	Vet
34	14:34:00	James Potter	Loose Cannon's Conditioning	male	Vet
35	14:35:00	Nick Partridge	VC Baracchi	male	Vet