

# **CC Sudbury (District Championship)**

## **CCS Falling Leaves Hill Climb 2023**

**08/10/2023 11:00**

**BHC/1**

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



## **Headquarters**

HQ again this year will be held at Hollew Tree Farm shop Semer Suffolk IP7 6HX

Tea and refreshments will be available before and after the event.

## **Route from HQ to start**

Please allow upto 10 minutes to cycle from the HQ to the start line

Walking from the HQ is a 5 minute walk

## **Course details**

Start at edge of driveway approx five yards from electricity pole no 5 at foot of hill. Finish at gap in hedge just over brow of hill on left.

## **Local regulations**

No U turns permitted on the course

Numbers will be at the headquarters and not at the start

No warming up along the course once the event has started

The use of turbo trainers is banned at all events with am start times

## **Organiser contact details**

Daniel Upton  
22 Spring Lane Lavenham Sudbury  
07903 181943  
01787 249650  
djupton.du@googlemail.com

## **Time keepers/officials**

David Miller

Robin Weaver

Brian Webber

Ashton Dyson

## **Course records**

### **Solo Male**

00:39.9

Calum Brown

15-Oct-17 | cc sudbury (district championship)

### **Solo Female**

00:53.4

Sandy Telfer

09-Oct-22 | CC Sudbury (District Championship)

### **Solo Male (Junior)**

00:49.6

Arthur Hitchen

13-Oct-19 | C.C.Sudbury (District Championship)

### **Solo Female (Junior)**

01:07.58

Mollie Bilner

10-Oct-21 | CC Sudbury (District Championship)(Semer Hill)

### **Awards/prizes**

Prize money for first, second and third male and female riders aslo first team

### **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

## CC Sudbury (District Championship)

Start Number	Start Time	Rider	Club	Gender	Category
1	11:01:00	Daniel Upton	CC Sudbury	male	Vet
2	11:02:00	Matthew Watts	Pedal Revolution CC	male	Vet
3	11:03:00	Paul Gallop	CC Sudbury	male	Vet
4	11:04:00	Timothy Torrie	trainSharp	male	Senior
5	11:05:00	Stuart Jenkins	CC Sudbury	male	Vet
6	11:06:00	Matt O'Brien	Loose Cannon's Conditioning	male	Vet
7	11:07:00	Matt Haigh	Colchester Rovers CC	male	Vet
8	11:08:00	Paul Moss	Stowmarket & District CC	male	Vet
9	11:09:00	Frank Longstaff	Colchester Rovers CC	male	Senior
10	11:10:00	Rory Coxhill	West Suffolk Wheelers	male	Vet
11	11:11:00	Andrew Bigg	Type One Style	male	Senior
12	11:12:00	Lee Ford	CC Sudbury	male	Vet
13	11:13:00	Ian White	Tri Sudbury	male	Vet
14	11:14:00	Oskar Everett	Orwell Velo	male	Junior
15	11:15:00	Charlie Heeks	CC Sudbury	male	Senior
16	11:16:00	David Sawyer	Wolsey RC	male	Vet
17	11:17:00	Bob Longstaff	Colchester Rovers CC	male	Senior
18	11:18:00	Keith Sparkes	Wolsey RC	male	Vet
19	11:19:00	Hannah O'Brien	Loose Cannon's Conditioning	female	Vet
20	11:20:00	Mark Bramhall	Colchester Rovers CC	male	Vet
21	11:21:00	Paul East	Reading CC	male	Vet
22	11:22:00	Tom Codling	Tri Sudbury	male	Senior
23	11:23:00	Dean Death	CC Sudbury	male	Vet
24	11:24:00	Peter Fuller	Schils - Doltcini RT	male	Senior
25	11:25:00	Alastair Merrill	VC 10	male	Vet
26	11:26:00	Millie Jenkins	Brother Uk - Team OnForm	female	Espoir
27	11:27:00	Isla Widdowson	Colchester Rovers CC	female	Youth
28	11:28:00	George Collins	Schils - Doltcini RT	male	Junior
29	11:29:00	Archibald Douglas	Colchester Rovers CC	male	Youth
30	11:30:00	Oliver Beale	Welwyn Whs	male	Junior
31	11:31:00	Isabel Beale	Welwyn Whs	female	Junior
32	11:32:00	Charlie Upton	CC Sudbury	male	Junior

<b>StartNumber</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
33	11:33:00	Wilfred Hare	Tri Sudbury	male	Youth