Stowmarket & District Cycling Club

Open 10 Mile Time Trial

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

Website: sdcc.bike

Sunday 31st July 2016 - Course B10/36R - Start Time 7.30am.

**Event Secretary**: Emma Taylor, 27 Wells Way, Debenham, Stowmarket, Suffolk, IP14 6SL

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**Time Keepers**: John Adams & Graham Berry (Both Stowmarket & District Cycling Club)

**Marshalls & Helpers**: Members & Friends of Stowmarket & District Cycling Club

**Course Details: B10/36R (Wickham Market - Woodbridge - Wickham Market)**

START opposite eastern edge of manhole cover on B1078 road at Campsea Ashe, approx 11 metres east of entrance to sliproad leading south to Wickham Market bypass (A12). Proceed to sliproad where turn left to join A12 southbound, proceed on A12 to Melton roundabout (5.2 miles). Take 3rd exit & retrace north on A12 to FINISH at 10th catseye south of large DoT sign in lay-by signed ‘Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

**Event Headquarters - Hacheston Village Hall**

Parking in the Car Park at the Village Hall. Please park considerately.

Numbers and Sign on will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event.

**EAST DISTRICT LOCAL REGULATIONS**

**“U” TURNS** will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the district committee.

A “U” turn is defined as a 180-degree turn completed within the width of the carriageway whilst astride the machine (It is recommended that riders should dismount, check the road is clear in both directions then, with machine, walk across the road.).

**WARMING UP** - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited.

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.**

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A RED L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS.

**Prizes: (one rider-one prize, except team)**

**Scratch** 1st £25 2nd £20 3rd £15 4th £10

**Fastest Lady** 1st £25 2nd £15

**Fastest Junior/Juvenile** 1st £10

**Fastest Vet**  40-49 £10 50-59 £10 60-69 £10 70-79 £10

**Fastest Team of 3** £5 each

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| **No.** | **Name** | **Club** | **Category** | **Start Time** |
| 1 | Kevin Norman | Stowmarket & District CC | V50 | 7:31 |
| 2 | Trevor Caley | Plomesgate CC | V50 | 7:32 |
| 3 | Emma Taylor | Stowmarket & District CC | LS | 7:33 |
| 4 | Marshall Crowe | Plomesgate CC | V50 | 7:34 |
| 5 | Simon Daw | Veloschills Interbike RT | V50 | 7:35 |
| 6 | Graham Collins | Manningtree Wheelers BC | S | 7:36 |
| 7 | Stephen Clark | Ipswich BC | S | 7:37 |
| 8 | Kay Burgess | Kings Lynn CC | LV | 7:38 |
| 9 | Phil Bailey | Basildon CC | V50 | 7:39 |
| 10 | Nick Partridge | Plomesgate CC | S | 7:40 |
| 11 | Alex Lubbock | API-Metrow | Espoir | 7:41 |
| 12 | Francesca Rust | Ely & District CC | LS | 7:42 |
| 13 | Andrew Ward | West Suffolk Wheelers & Tri Club | V40 | 7:43 |
| 14 | Richard Allen | VC Baracchi | V50 | 7:44 |
| 15 | Bryn Davies | Oxford University CC | Espoir | 7:45 |
| 16 | Brenan Morgan | Cambridge CC | V40 | 7:46 |
| 17 | Trevor Figgitt | Plomesgate CC | V50 | 7:47 |
| 18 | Derek Lusher | Norwich ABC | V60 | 7:48 |
| 19 | David Miller | CC Sudbury | V70 | 7:49 |
| 20 | Stuart Fairweather | Plomesgate CC | S | 7:50 |
| 21 | Dave Schindler | Stowmarket & District CC | S | 7:51 |
| 22 | Adrian McTigue | Plomesgate CC | V40 | 7:52 |
| 23 | Sophie Lee | Newmarket Cycling & Tri Club | LS | 7:53 |
| 24 | Roger Selmes | Wolsey RC | V60 | 7:54 |
| 25 | Ed Dean | Norwich ABC | V40 | 7:55 |
| 26 | Adrian Rudd | West Suffolk Wheelers & Tri Club | V50 | 7:56 |
| 27 | James Stow | Wolsey RC | V60 | 7:57 |
| 28 | Sarah Senderski | Phoenix Velo | LS | 7:58 |
| 29 | Anita Ward | West Suffolk Wheelers & Tri Club | LV | 7:59 |
| 30 | Matthew Eley | Ely & District CC | S | 8:00 |
| 31 | Antony Birt | Ipswich BC | V40 | 8:01 |
| 32 | Julian Bosley | Stowmarket & District CC | V40 | 8:02 |
| 33 | Daniel Pheasant | VTTA EA | V40 | 8:03 |
| 34 | Stephen Senderski | Phoenix Velo | V60 | 8:04 |
| 35 | James Rush | CC Sudbury | S | 8:05 |
| 36 | Lyster Romero | Plomesgate CC | Junior | 8:06 |
| 37 | Andy Pearson | Wolsey RC | V50 | 8:07 |
| 38 | David Fenn | CC Sudbury | V60 | 8:08 |
| 39 | Amanda Mallett | Plomesgate CC | LV | 8:09 |
| 40 | Lloyd Chapman | Pedal Heaven | S | 8:10 |
| 41 | James Wylie | Veloschils Interbike RT | V40 | 8:11 |
| 42 | Mark Farrow | Team PedalRevolution.co.uk | V50 | 8:12 |
| 43 | Freddie Grover | Stowmarket & District CC | Juvenile | 8:13 |
| 44 | John Vidler | Plomesgate CC | V70 | 8:14 |
| 45 | David Crisp | CC Sudbury | S | 8:15 |
| 46 | Andy Kennedy | Ipswich BC | V50 | 8:16 |
| 47 | Daniel Wood | Stowmarket & District CC | V40 | 8:17 |
| 48 | Colin Harris | CC Sudbury | V60 | 8:18 |
| 49 | Peter Beard | Stowmarket & District CC | V50 | 8:19 |
| 50 | James Trenchard | Godric CC | V40 | 8:20 |
| 51 | Chris Womack | VC Baracchi | V60 | 8:21 |
| 52 | Paul Moss | Stowmarket & District CC | V40 | 8:22 |
| 53 | David Gitsham | Plomesgate CC | S | 8:23 |
| 54 | Mandy Bunn | CC Sudbury | LV | 8:24 |
| 55 | Jeff Wharton | Veloschils Interbike RT | V40 | 8:25 |
| 56 | Gary Smith | Team Velovelocity | V40 | 8:26 |
| 57 | Phillip Barnes | Hadleigh Cycling Club | S | 8:27 |
| 58 | Steve Willett | Plomesgate CC | V60 | 8:28 |