**Car Parking**

There is a large car park at the HQ

(New Green Centre)

Strictly no parking at the start,

finish or on any part of the course

**Refreshments**

Elizabeth Berry

**Sponsored by Fast Test**

**Presents 10 mile time trial**

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

**Sunday 2nd September 2018**

07:31 start

**Course**

B10/38 (revised 2017)

**Start Time Keeper**

Graham Berry (SDCC)

**Finish Time Keeper**

John Adams (SDCC)

**Event Headquarters**

New Green Centre

New Green Avenue

Thurston, Bury St Ed’s

IP31 3TG

Tel (01359) 232439

**Signing on from 06h30**

Numbers and signing on at HQ

**Event Secretary**

Julian Bosley

The Bantams

Low Road, Monk Soham

IP13 7ER

Phone 07931 581923

Email: julesbosley@gmail.com

**B10/38 (revised 2017) Course Details**

START, at white paint mark at south end of lay-by on (new) Bury relief road approx. 350yds from limit of merge point

with A14 (junction 45 Eastbound). Proceed to join A14 eastbound and continue eastward to sliproad signed Woolpit

and Elmswell (junction 47) then bear left onto slip road and at roundabout turn left over A14 bridge and keeping left

follow the road to join the A14 westbound heading for Bury St Edmunds. Continue on A14 to FINISH at white paint

mark on kerb approx. 200 yds beyond nursery lay-by and 100yds short of service road bridge over A14 at Rougham

(junction 45).



**NOTE:** On completing the event, riders MUST NOT STOP on A14 but continue on to the Rougham slip road (junction 45) and return to HQ by the same route taken to the start.

**Course Records** (previous B10/38 course)

Male: Jason Boutell (Team Velovelocity) 18:55

Female: Verity Smith 22:29 (SDCC)

Tandem: Don Saunders/Declan Davis 21:09

**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

**Rider Notes**

As per the special conditions applicable to this event, in the interests of your own safety, Cycling Time Trials and the

Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety

standard and display of a working rear red LED light .

Riders are reminded that the rules of the road MUST be obeyed. Riders crossing the white centre line WILL be

disqualified, YOU HAVE BEEN WARNED!

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

Changing facilities are available at the HQ

The START is approximately a TEN MINUTE RIDE from the HQ and is located on the entry slip to the A14 eastbound of junction 45 A14 close to the Rougham Ind Est – please see attached details.

NOTE: due to roadworks at the Rougham junction 45 of the A14, there is a revised route to the start/finish point,

which is also slightly different from previous years. Please ensure you are familiar with the route and you are at the

start point in good time.

Please hand your ride number in and sign out after the event at HQ where it can be exchanged for a drink.

Heads up and have a safe ride!!

  **Awards**

 **Scratch**  **1st in each of following categories £10** **Lady**

 1st £25 <40yrs A 1st £15

 2nd £18 40-49 B

 3rd £12 50-59 C **Team**  60-69 D Fastest 3 70-79 E £7 each

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Bib** | **Start\_time** | **Firstname** | **Lastname** | **Club** | **Gender** | **Category** |
| 1 | 07:31:00 | Keith | Wolferstan | Stowmarket & District CC | Male | Veteran |
| 2 | 07:32:00 | Chris | Nudds | CC Breckland | Male | Veteran |
| 3 | 07:33:00 | Mark | Lloyd | 3T-RACING | Male | Veteran |
| 4 | 07:34:00 | Callam  | Stewart  | Stowmarket & District CC | Male | Senior |
| 5 | 07:35:00 | Andrew | Grant | Cambridge CC | Male | Veteran |
| 6 | 07:36:00 | Ross | Fawcett | Pedal Power Cycles Ipswich | Male | Senior |
| 7 | 07:37:00 | Gary | Pamment | 3T-RACING | Male | Veteran |
| 8 | 07:38:00 | Steven | Little | VC Revolution | Male | Veteran |
| 9 | 07:39:00 | Nicola | Powell | Stowmarket & District CC | Female | Senior |
| 10 | 07:40:00 | Stuart | Fairweather | Team Velovelocity | Male | Veteran |
| 11 | 07:41:00 | Ken | Platts | Cambridge CC | Male | Veteran |
| 12 | 07:42:00 | James | Wylie | 3T-RACING | Male | Veteran |
| 13 | 07:43:00 | Sarah | Senderski | Team Bottrill / Vanguard | Female | Senior |
| 14 | 07:44:00 | Denese | Hallahan | Wisbech Whs | Female | Veteran |
| 15 | 07:45:00 | Nick | Partridge | Plomesgate CC | Male | Veteran |
| 16 | 07:46:00 | Chris | Dyason | Cambridge CC | Male | Veteran |
| 17 | 07:47:00 | Mark | Endersby | Anglia Velo | Male | Veteran |
| 18 | 07:48:00 | Derek | Cawston | Wolsey RC | Male | Veteran |
| 19 | 07:49:00 | Gavin | Lewis | Velo Schils Interbike RT | Male | Senior |
| 20 | 07:50:00 | Paul | Jay | Team Velovelocity | Male | Veteran |
| 21 | 07:51:00 | Damon | Day | CC Sudbury | Male | Veteran |
| 22 | 07:52:00 | Ed | Dean | Norwich A B C | Male | Veteran |
| 23 | 07:53:00 | Tom | Burgess | Velo Schils Interbike RT | Male | Senior |
| 24 | 07:54:00 | Amanda | Mallett | Plomesgate CC | Female | Veteran |
| 25 | 07:55:00 | Andy | Stuart | Velo Club St Raphael | Male | Veteran |
| 26 | 07:56:00 | Darren | Davis | West Suffolk Wheelers | Male | Veteran |
| 27 | 07:57:00 | Patrick | Charlton | Wolsey RC | Male | Veteran |
| 28 | 07:58:00 | Gillian | Reynolds | Willesden CC | Female | Veteran |
| 29 | 07:59:00 | Chris | Cantwell | West Suffolk Wheelers | Male | Veteran |
| 30 | 08:00:00 | Robert | Watson | Cambridge CC | Male | Veteran |
| 31 | 08:01:00 | James | Rush | CC Sudbury | Male | Veteran |
| 32 | 08:02:00 | Trevor  | Caley | Plomesgate CC | Male | Veteran |
| 33 | 08:03:00 | Bob | Quarton | Wolsey RC | Male | Veteran |
| 34 | 08:04:00 | Peter | Beard | Stowmarket & District CC | Male | Veteran |
| 35 | 08:05:00 | Terry | Garlinge | Team Vision Racing - Silverhook | Male | Veteran |
| 36 | 08:06:00 | Julia | Freeman | Easterley Road Club | Female | Veteran |
| 37 | 08:07:00 | Andrew | Bright | Chronos RT | Male | Veteran |
| 38 | 08:08:00 | Emma | Taylor | Stowmarket & District CC | Female | Senior |
| 39 | 08:09:00 | Gavin  | Mortlock | Colchester Rovers CC | Male | Veteran |
| 40 | 08:10:00 | Joe | Spaulding | Ipswich BC | Male | Senior |