





VC Norwich 25 mile Time Trial Official Results Sheet

For solo bicycles held on Sunday 14th May 2023 on the B25/50 course. Promoted for and on behalf of Cycling Time Trials and their rules and regulations.

Event Secretary: Dan Blackburn, Lavena Cottage, Pitts Hill, Saxlingham Nethergate, NR15 1PB. Organising/Coordinating: Adam Simmonds.

Time Keepers: Andrew Moore (CC Breckland), Stephen Penney(Anglia Velo) & assisting at finish Paul Hayward (VCB) **Marshals:** Phil Hargreaves, Clive Tricker, Duncan Lines, David Moore, Neil Vaughan, David Brown, Kerstin, Tim Spencer, Hannes (VCN) & Bruce Williams (NNW).

Teas, Coffees and bakers of cakes: Chris Simmonds & Judy Jones (Adam & Dan's mothers)

	Prize Winners (1	rider, 1 prize)	
Scratch	1. David Halliday	£20	
	2. Chris Holmes	£15	
	3. Nick Partridge	£10	
Ladies	1. Becky Ridge	£20	(New Ladies Course Record)
	2. Julia Freeman	£15	
	3. Anne Shuttleworth	£10	
Vets (VTTA age adjustment)	1. Denise Hurren	£20	
	2. Terry Garlinge	£15	
	3. Simon Daw	£10	

Veterans times calculated using the VTTA age adjustment according to https://www.vtta.org.uk/content/0-standards

Thanks to all that volunteered to help the event run smoothly.







120David HallidayTeam BottrillMaleSenior39TT237Chris HolmesVC NorwichMaleVeteran47TT330Nick PartridgeSole Bay Cycle SportMaleVeteran45TT435Terry GarlingeEasterley Road ClubMaleVeteran53TT515Lee GarrodSole Bay Cycle SportMaleVeteran54TT65Simon DawCC SudburyMaleVeteran58TT710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran42TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	chine Actual Time
237Chris HolmesVC NorwichMaleVeteran47TT330Nick PartridgeSole Bay Cycle SportMaleVeteran45TT435Terry GarlingeEasterley Road ClubMaleVeteran53TT515Lee GarrodSole Bay Cycle SportMaleVeteran54TT65Simon DawCC SudburyMaleVeteran58TT710lan ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran51TT93Nick EsserBeccles Tri ClubMaleVeteran42TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:52:22
330Nick PartridgeSole Bay Cycle SportMaleVeteran45TT435Terry GarlingeEasterley Road ClubMaleVeteran53TT515Lee GarrodSole Bay Cycle SportMaleVeteran54TT65Simon DawCC SudburyMaleVeteran58TT710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:52:27
435Terry GarlingeEasterley Road ClubMaleVeteran53TT515Lee GarrodSole Bay Cycle SportMaleVeteran54TT65Simon DawCC SudburyMaleVeteran58TT710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:53:49
515Lee GarrodSole Bay Cycle SportMaleVeteran54TT65Simon DawCC SudburyMaleVeteran58TT710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:54:29
65Simon DawCC SudburyMaleVeteran58TT710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:56:20
710Ian ShortTeam Salesengine.co.ukMaleVeteran49TT825Colin CurrieEly & District CC/B&T Motor RepairsMaleVeteran40TT93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:56:30
8 25 Colin Currie Ely & District CC/B&T Motor Repairs Male Veteran 40 TT 9 3 Nick Esser Beccles Tri Club Male Veteran 51 TT 10 17 Becky Ridge Loose Cannon's Conditioning Female Veteran 42 TT 11 9 Lee Sturman West Suffolk Wheelers Male Veteran 53 TT	Bike 00:56:31
93Nick EsserBeccles Tri ClubMaleVeteran51TT1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	00.50.01
1017Becky RidgeLoose Cannon's ConditioningFemaleVeteran42TT119Lee SturmanWest Suffolk WheelersMaleVeteran53TT	Bike 00:57:13
11 9 Lee Sturman West Suffolk Wheelers Male Veteran 53 TT	Bike 00:57:15
	Bike 00:57:23
	Bike 00:58:18
12 36 Andy Kennedy Ipswich BC Male Veteran 58 TT	Bike 00:58:59
13 31 Andrew Skiggs Tri Harder Male Veteran 47 TT	Bike 00:59:38
14 23 Rory Florence Diss & District CC Male Veteran 55 TT	Bike 01:00:11
15 12 Denise Hurren Sole Bay Cycle Sport Female Veteran 58 TT	Bike 01:00:23
16 33 Nicholas Webber CC Sudbury Male Veteran 63 TT	Bike 01:01:10
17 24 Paul Moss Stowmarket & District CC Male Veteran 55 TT	Bike 01:01:18
18 26 James Oxbury Norwich A B C Male Veteran 46 TT	Bike 01:03:04
19 34 David Gill Diss & District CC Male Veteran 60 TT	Bike 01:03:17
20 32 Julia Freeman Easterley Road Club Female Veteran 59 TT	Bike 01:04:14
21 21 Steven Little Colchester Rovers CC Male Veteran 45 TT	Bike 01:04:18
22 22 Mark Munnings VC Baracchi Male Veteran 61 TT	Bike 01:04:30
23 2 Peter Johnson Norwich A B C Male Veteran 60 TT	Bike 01:05:36
24 4 Simon Millard VC Norwich Male Veteran 45 TT	Bike 01:06:19
25 11 Ann Shuttleworth Cambridge CC Female Veteran 56 TT	Bike 01:07:24
26 16 Alan McGuire Plomesgate CC Male Veteran 58 TT	Bike 01:07:47
27 13 Brian Carr Great Yarmouth C C Male Veteran 68 TT	Bike 01:08:11
28 1 Sally Withey Swift Racing Female Veteran 54 TT	Bike 01:08:17
29 28 Mark Eastwood West Suffolk Wheelers Male Veteran 58 TT	Bike 01:09:00
30 8 Jenny Anderson Great Yarmouth C C Female Veteran 66 TT	Bike 01:09:56
31 18 Nick Parravani CC Breckland Male Veteran 76 TT	Bike 01:10:11
32 14 Peter Kennedy West Suffolk Wheelers Male Veteran 64 TT	Bike 01:14:13
33 7 Caroline Wyke CC Sudbury Female Veteran 67 Roa	d Bike 01:26:51
6 Mark Fairhead CC Breckland Male Veteran 59 TT	Bike DNSA
19 Bob Quarton Wolsey RC Male Veteran 69 TT	Bike DNF
27 Johnathan Lincoln Great Yarmouth C C Male Veteran 50 TT	Bike DNS
29 Phil Jarvis Colchester Rovers CC Male Veteran 58 TT	Bike DNS