



# West Suffolk Wheelers

Cycling and Triathlon Club

## Sporting 21 mile Time Trial

### Saturday 9<sup>th</sup> March 2024



#### SPONSERED BY



## Sporting 21 mile Time Trial

Saturday 9<sup>th</sup> March 2024

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

**Course:** BS 31R      **Time of Start:** 14:01 hours      **H.Q. Risby Village Hall (open from 12:45)**

**Event Secretary:** Mark Eastwood  
22 Severn Road  
Bury St Edmunds  
Suffolk IP32 6NG  
Tel: 01284 705004  
Mobile: 07915935861

**Timekeeper:** Neville Pettitt  
**Assistant Timekeeper:** Geoffrey Byne

### Course Details

**Start** in lane out of Risby village to Tuddenham opposite Risby sign. Proceed towards Tuddenham and at 1<sup>st</sup> road junction turn **left (M)** and head south to junction with old A45 where **left (M)** to Risby and **left (M)** through Risby village and thence straight on to junction with A1101 at Flempton where **left (M)** with **GREAT CARE**. Proceed north to Lackford where **left (M)** along Icknield Way to junction with lane to Risby/Tuddenham where **left (M)** and back to junction with old A45. Repeat circuit to Poor Mans Heath, where **left (M)** to **Finish** opposite start.

<b>Prize: Men</b>	<b>1<sup>st</sup> &amp; 2nd</b>	£25.00, £15.00
<b>Lady</b>	<b>1<sup>st</sup> &amp; 2nd</b>	£25.00, £15.00
<b>Team</b>		West Suffolk Wheelers & Tri Club Medals
<b>Road Bike (Men)</b>	<b>1<sup>st</sup> &amp; 2nd</b>	£25.00, £15.00
<b>Road Bike (Lady)</b>	<b>1<sup>st</sup> &amp; 2nd</b>	£25.00, £15.00
<b>Junior/Schoolboy</b>	<b>1<sup>st</sup></b>	£20.00 ( <b>Sponsored By Mid Suffolk Pyhsio</b> )

<b>Spot Prizes</b>	<b>10<sup>th</sup></b>	SA Coaching (Month Free Coaching "TT Booster")
	<b>20<sup>th</sup></b>	Bodyworks (Massage Treatment)
	<b>Lantern Rouge</b>	Michelle Bell (Free Fitness Class)

**One Rider One Prize Except Team Prize**

### **CTT East District Regulations:**

**U-TURNS** will not be permitted on the course, or roads adjacent to Start and Finish areas while an event is in progress. **NOTE:** a **U-Turn** is defined as a 180 degree turn completed within the width of the carriageway whilst astride the machine. Any breaking of this Regulation, in the first case, may mean disqualification from the event; further cases will be referred to the District Committee.

**NUMBERS** will be available at the HQ and not at the start.

**CLOTHING** It is recommended that riders **do not** wear black or dark clothing during an event held on public roads.

**WARMING UP:** no riding along the course by competitors once an event has started.

### **CTT Regulations:**

**NO FRONT OR REAR LIGHT – NO RIDE**

**RIDERS NOTE! FOR THIS EVENT HARD SHELL HELMETS THAT MEET INTERNATIONALLY ACCEPTED SAFETY STANDARDS ARE STRONGLY RECCOMENDED**

**EVENT HQ: RISBY VILLAGE HALL WHICH WILL BE OPEN FROM APPROX 12:45PM**

**Last year a rider relieved himself up against the wall of the village hall. This was seen by a villager and has put the use of the hall in jepody. If we lose the hall, we lose the event.**

<b>No</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gende</b>	<b>Type</b>
1	14:01	Nicola Bennett	West Suffolk Wheelers	Female	TT
2	14:02	Peter Kennedy	West Suffolk Wheelers	Open	TT
3	14:03	Rita Rue	West Suffolk Wheelers	Female	RB
4	14:04	David Young	West Suffolk Wheelers	Open	TT
5	14:05	Judy Brown	Newmarket CC	Female	RB
6	14:06	Steven Rue	West Suffolk Wheelers	Open	TT
7	14:07	Carol Watson	West Suffolk Wheelers	Female	RB
8	14:08	David Gill	Diss CC	Open	TT
9	14:09	Oliver Ferris	West Suffolk Wheelers	Open	RB
10	14:10	Andy Kennedy	Ipswich Bicycle Club	Open	RB
11	14:11	Pip Moore	West Suffolk Wheelers	Open	TT
12	14:12	Jon Ferris	West Suffolk Wheelers	Open	RB
13	14:13	Ashton Dyson	Eat Plants Not Pigs CC	Open	RB
14	14:14	David Flowerday	West Suffolk Wheelers	Open	TT
15	14:15	Patrick Ellis	Diss CC	Open	TT
16	14:16	Martin Pyne	West Suffolk Wheelers	Open	TT
17	14:17	Jonathan Howe	West Suffolk Wheelers	Open	RB
18	14:18	Shane Jarvis	Colchester Rovers CC	Open	RB
19	14:19	Paul Kirk	West Suffolk Wheelers	Open	RB
20	14:20	Jordan Black	West Suffolk Wheelers	Open	TT
21	14:21	Martin Brown	West Suffolk Wheelers	Open	RB
22	14:22	Viv Smith	West Suffolk Wheelers	Open	TT
23	14:23	Simon Tracey	West Suffolk Wheelers	Open	RB
24	14:24	Malcolm MacFarlane	West Suffolk Wheelers	Open	TT
25	14:25	Richard Farrow	West Suffolk Wheelers	Open	TT
26	14:26	Paul Rooke	West Suffolk Wheelers	Open	TT
27	14:27	James Wood	West Suffolk Wheelers	Open	TT
28	14:28	James Teagle	Cambridge Tri Club	Open	TT
29	14:29	Matthew Smith	DRAG2ZERO	Open	RB
30	14:30	Alex Purcell	CC Sudbury	Open	TT
31	14:31	Jon Manlow	Ely & District CC	Open	RB
32	14:32	Lee Sturman	West Suffolk Wheelers	Open	TT
33	14:33	Paul Jay	DRAG2ZERO	Open	RB
34	14:34	Tyler Hannay	Saint Piran	Open	TT

**Proceeds from the refreshments to the East Anglian Air Ambulance**