



# **West Suffolk Wheelers**

Cycling and Triathlon Club

**Sporting 21 mile Time Trial & Medium Gear  
Saturday 11<sup>th</sup> March 2023**



**SPONSERED BY**



## Sporting 21 mile Time Trial & Medium Gear

Saturday 11<sup>th</sup> March 2023

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: Geoff Morse**  
**Assistant Timekeeper: Ron Back**

### 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> to 3<sup>rd</sup></b>	£25.00, £15.00, £10.00
<b>Lady</b>	<b>1<sup>st</sup></b>	£25.00
<b>Team</b>		West Suffolk Wheelers & Tri Club Medals
<b>Medium Gear</b>	<b>1<sup>st</sup></b>	£10.00
<b>Road Bike (Men)</b>	<b>1<sup>st</sup> to 3<sup>rd</sup></b>	£25.00, £15.00, £10.00
<b>Road Bike (Lady)</b>	<b>1<sup>st</sup> to 3<sup>rd</sup></b>	£25.00, £15.00, £10.00
<b>Junior/Schoolboy</b>	<b>1<sup>st</sup></b>	£10.00

### 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>Firstname</b>	<b>Lastname</b>	<b>Club</b>	<b>Finish Time</b>	<b>Type</b>
1	14:01	Peter	Kennedy	West Suffolk Wheelers		TT
2	14:02	Caroline	Wyke	CC Sudbury		RB
3	14:03	Oliver	Ferris	West Suffolk Wheelers		RB
4	14:04	Dave	Fenn	CC Sudbury		TT
5	14:05	David	Young	West Suffolk Wheelers		TT
6	14:06	Daniel	Upton	CC Sudbury		RB
7	14:07	Ralph	Greer-Walker	West Suffolk Wheelers		RB
8	14:08	Malcolm	MacFarlane	West Suffolk Wheelers		TT
9	14:09	Jon	Ferris	West Suffolk Wheelers		RB
10	14:10	Richard	Farrow	West Suffolk Wheelers		TT
11	14:11	Pip	Moore	West Suffolk Wheelers		TT
12	14:12	Chris	Nudds	CC Breckland		TT
13	14:13	Dean	Death	CC Sudbury		RB
14	14:14	Tom	Weaver	West Suffolk Wheelers		TT
15	14:15	Peter	Tibbitts	Ford CC		TT
16	14:16	Lee	Sturman	West Suffolk Wheelers		TT
17	14:17	Simon	Wallace	West Suffolk Wheelers		RB
18	14:18	Steven	Rue	West Suffolk Wheelers		TT
19	14:19	Martyn	Wagner	West Suffolk Wheelers		TT
20	14:20	Simon	Daw	CC Sudbury		TT
21	14:21	Renzo	Casale	University Of Bath		RB
22	14:22	Philip	Watkins	North Norfolk Wheelers		RB
23	14:23	David	Gill	Diss & District CC		MG
24	14:24	Nick	Hickman	Team Salesengine.co.uk		MG
25	14:25	Jordan	Black	West Suffolk Wheelers		TT
26	14:26	Sophie	Holmes	Saint Piran		TT
27	14:27	Claire	Hall	North Essex Velo		RB
28	14:28	Carol	Watson	West Suffolk Wheelers		RB
29	14:29	Samuel	Dixon	West Suffolk Wheelers		TT
30	14:30	Mick	St Leger	a3crg		TT
31	14:31	Charlie	Heeks	CC Sudbury		TT
32	14:32	Neil	Vaughan	VC Norwich		RB
33	14:33	Laura	Prime	West Suffolk Wheelers		RB
34	14:34	Jonathan	Howe	West Suffolk Wheelers		RB
35	14:35	Mark	Arnold	VTTA (East Anglia Group)		TT
36	14:36	Martin	Brown	West Suffolk Wheelers		RB
37	14:37	Adam	Baker	West Suffolk Wheelers		RB
38	14:38	John	Manlow	Ely & District CC		RB
39	14:39	Viv	Smith	West Suffolk Wheelers		TT
40	14:41	Alex	Purcell	CC Sudbury		TT

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