



PLOMESGATE CYCLING CLUB



(<http://www.plomesgate.co.uk/>)

present

OPEN 25 MILE Time Trial

(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

To be held on the afternoon of Saturday 4th May 2019 on the B25/2(Revised) course.

First rider off at 14:01

Officials:

Timekeepers:	Mr. T. Figgitt	Plomesgate CC
	Mrs. B. Whelan	Plomesgate CC
Marshals & Helpers:	Members & friends of	Plomesgate CC
Event Secretary:	Steve Cave	58 Orwell Road Felixstowe IP11 7PS Email: steve.cave@hotmail.co.uk Mobile:07894852672

EVENT HQ :

Tunstall Village Hall, Tunstall, Suffolk. In Tunstall village take the B1078 towards Campsea Ashe and turn immediately left (well before the garage) into a small lane, signed 'Bowls Parking'. Follow this lane round to the right to the village hall. There is limited parking in front of the hall, but plenty of room on the grass area alongside. **HQ will be open for signing on from 1pm.**

Prize List

1 st Fastest	£20	1 st Vet on Std	£20	1 st Lady	£20
2 nd Fastest	£15	2 nd Vet on Std	£15	2 nd Lady	£15
3 rd Fastest	£10	3 rd Vet on Std	£10	3 rd Lady	£10
1st Team of 3	£7 each				

One rider one prize, except for team award. (In the event that a rider is eligible for more than one prize the prize of greater value will be awarded.)

Course Records: £10 will be awarded to a rider breaking any category of course records

Course Details (B25/2 revised) (Tunstall - Bentwaters - Bromeswell - Butley - Tunstall)

START on B1078 at Tunstall Common approximately 0.5 miles east of junction with unclassified road to Wantisden, and approximately 20 metres west of forest cycle track, opposite "Deer" road sign. Continue on B1078 through Tunstall village (care on left hand bend in centre of village). Follow B1069 to Bentwaters roundabout, take 2nd exit onto the A1152 and through Eyke (caution: 2 speed bumps and zebra crossing) to Bromeswell. In Bromeswell turn left onto the B1084. Proceed through Rendlesham Forest to Butley. At bottom of hill turn left at Wantisden Corner onto unclassified road to Tunstall. At Tunstall Common turn left onto B1078 (beware of starting riders approaching from right) to begin second circuit. At end of second lap FINISH on unclassified road from Wantisden to Tunstall Common approximately 300 metres before junction with B1078 adjacent to small tree, opposite "grass lay-by" and in line of sight with Tunstall Church.

The police have asked for no parking of vehicles on the road near the start or finish areas

Course records:

Men:	53:09	Ross Fawcet (Pedal Power Ipswich), 2018
Women:	1:01:10	Julia Shaw (GS Strada), 2004
Tandem:	57.24	Ken Baker/Julie Baker (Colchester Rovers CC), 2003
Junior:	1.01.20	Lyster Romero (Plomesgate CC)

“Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations”**Rider's Notes:**

- **The start is about 1.5 miles from the HQ.** Please allow plenty of time to get to the start. From the HQ follow the B1078 east towards Orford to find the start just at the edge of Tunstall Forest.
- **There is a zebra crossing in Eyke. You MUST give way to any pedestrians using the crossing.** There is likely to be an observer situated in this area and any rider reported as failing to give way will be disqualified from the event and may be referred to the District Committee.
- **There will also be an observer on the left hand bend in Tunstall Village, any rider seen crossing the white line will run the risk of being disqualified from the event.**
- **This is a sporting course, with a mixture of road surfaces, bends, hills and tight corners, which will test your bike handling skills.**
- **U-turns will not be permitted on courses or roads adjacent to Start and Finish areas while an event 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.
A U-turn is defined as 180 degree turn completed within the width of the carriageway whilst **astride the machine.** (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with machine, walk across the road.
- **Numbers will be at the HQ and not at the start.”** Please exchange your number for a drink at the HQ after finishing.
- **Please Note:** All competitors are required personally to sign the signing out sheet when returning their number (see ctt handbook, rule 17b, page 342). (New Rule since 2017).
Failure to do so will result in the competitor being recorded as D.N.F.
- **No riding along the course by competitors once the event has started.**
- **Competitors must not cross the white centre line on the right angle bend in the centre of Tunstall. Failure to comply with this regulation may lead to disqualification.**
- Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.
- **Cycle Helmets:** In the interests of your own safety, Cycling Time Trials and the event promoters 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 recognized standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063;96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:
 - (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
 - (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Heads up, take care on the corners and have an enjoyable sporting afternoon !!

STARTING ORDER:

First Rider off at 14.01

No.	Name	Club	Cat	Std Time	Time Off
1	Cheryl Tye	Plomesgate CC	WV	01:14:04	14:01
2	Jane De Boltz	Ipswich BC	WV	01:14:44	14:02
3	Wendy Atkinson	Ipswich BC	WV	01:14:04	14:03
4	Kimberlee Charlton	D A P Cycling Club	WS		14:04
5	Jan Smith	Great Yarmouth C C	WV	01:14:17	14:05
6	Jenny Anderson	Great Yarmouth C C	WV	01:16:54	14:06
7	Cindy Berry	D A P Cycling Club	WS		14:07
8	Denise Hurren	Team Velovelocit	WV	01:14:44	14:08
9	Richard Allen	VC Baracchi	V	01:10:30	14:09
10	Alan Mcguire	Ipswich BC	V	01:08:51	14:10
11	David Sawyer	Wolsey RC	V	01:09:16	14:11
12	Ian France	Ipswich Tri Club	V	01:06:40	14:12
13	David Fenn	CC Sudbury	V	01:13:15	14:13
14	David Solomon	Whitewebbs CC	V	01:12:27	14:14
15	Adrian Manley	3T-RACING	V	01:09:59	14:15
16	Peter Hurry	Wolsey RC	V	01:08:15	14:16
17	Tom Moore	Great Yarmouth C C	S		14:17
18	Patrick Ellis	Diss & District CC	V	01:08:03	14:18
19	Trevor Caley	Plomesgate CC	V	01:08:51	14:19
20	Peter Kerry	Ipswich Velo	V	01:06:14	14:20
21	Andrew Leggett	Team Velovelocit	V	01:07:05	14:21
22	Julian Bosley	Stowmarket & District CC	V	01:07:40	14:22
23	Simon Daw	Datalynx-Parenesis Cycling	V	01:08:51	14:23
24	Antony Birt	Plomesgate CC	V	01:07:05	14:24
25	Lee Garrod	Sole Bay Cycle Sport	V	01:08:03	14:25
26	Chris Tye	Plomesgate CC	V	01:08:26	14:26
27	Adrian Pettitt	Stowmarket & District CC	V	01:08:03	14:27
28	Richard Carrington	West Suffolk Wheelers	V	01:06:40	14:28
29	Jim Hardwicke	Plomesgate CC	V	01:08:38	14:29
30	Simon Hance	Stowmarket & District CC	V	01:07:28	14:30
32	Lloyd Chapman	Plomesgate CC	S		14:32
34	Andy Proffitt	Ipswich BC	V	01:07:16	14:34

Plomesgate CC Grass Track

The next Plomesgate CC event is our Grass Track event on Sunday, 7th July, 1pm start at Bredfield Village Hall field.

The event includes the Womens 5km National Championship and rounds of the National Endurance and Short Distance Leagues.

Events Organiser: Pete Whelan, 22 Naverne Meadows, Woodbridge, Suffolk, IP12 1HU.
Tel: 01394 385281

The solo event is a qualifying event for SPOCO East.

For further details on SPOCO EAST for 2019 contact:

<http://www.team-cambridge.co.uk/spocoeast/>

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Histon, Cambs. CB4 9EV

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