

Startsheet

Plomesgate 30

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|-------------------|-------------------------|--------|----------|
| n/a | n/a | Lee Bark | | male | |
| n/a | n/a | Dave Staff | API/Anglia Sport | male | |
| n/a | n/a | Angus Jardine | Ipswich BC | male | |
| n/a | n/a | Andrew Leggett | Ipswich BC | male | Senior |
| n/a | n/a | Mark Solley | Mildenhall CC | male | |
| n/a | n/a | Tony Barber | CC Breckland | male | |
| n/a | n/a | Ben Caisey | | male | |
| n/a | n/a | Alan Newark | CC Breckland | male | |
| n/a | n/a | Adrian Pettitt | | male | |
| n/a | n/a | Michael Gray | API/Anglia Sport | male | |
| n/a | n/a | Dean Clarke | API/Anglia Sport | male | |
| n/a | n/a | Martin Pyne | | male | |
| n/a | n/a | Chris Nudds | CC Breckland | male | |
| n/a | n/a | Nick Webber | Colchester Rovers CC | male | |
| n/a | n/a | Patrick Ellis | | male | |
| n/a | n/a | Evert Wijnberg | Plomesgate CC | male | |
| n/a | n/a | Matt Donaldson | Plomesgate CC | male | |
| n/a | n/a | Stuart Main | VC Baracchi | male | |
| n/a | n/a | Nick Esser | VC Baracchi | male | |
| n/a | n/a | Colin Bunnett | | male | |
| n/a | n/a | Jim Hardwicke | Plomesgate CC | male | |
| n/a | n/a | Colin Lown | Ipswich BC | male | |
| n/a | n/a | Emilie Fisher | | male | |
| n/a | n/a | Paul Lynch | East Anglian CC | male | |
| n/a | n/a | Michael Wykes | Ipswich BC | male | |
| n/a | n/a | Timothy Haseldine | | male | |
| n/a | n/a | Gary Smith | | male | |
| n/a | n/a | John Tovell | Wolsey RC | male | |
| n/a | n/a | Andy Pearson | Wolsey RC | male | |
| n/a | n/a | Paul Martin | Wolsey RC | male | |
| n/a | n/a | Matthew Eckford | South Western Road Club | male | |
| n/a | n/a | Steve Little | | male | |
| n/a | n/a | John Swanbury | VC Baracchi | male | |
| n/a | n/a | Laura Robinson | VC Norwich | male | |
| n/a | n/a | Robert Hobbs | VC Norwich | male | Senior |

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

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|--------------------|----------------------------|--------|----------|
| n/a | n/a | Robert Day | CC Breckland | male | Vet |
| n/a | n/a | Barry Lee | Wolsey RC | male | |
| n/a | n/a | Wojtek Siodelski | | male | |
| n/a | n/a | Charles Willmets | Team Cambridge | male | |
| n/a | n/a | Roger Selmes | Wolsey RC | male | |
| n/a | n/a | Ted Saunderson | Ipswich BC | male | |
| n/a | n/a | Andrew Ward | | male | |
| n/a | n/a | Edward Bark | Lindsey Roads Cycling Club | male | |
| n/a | n/a | Michael Ablett | VC Norwich | male | |
| n/a | n/a | Mick Pepper | Wolsey RC | male | |
| n/a | n/a | Jim Caplin | Godric CC | male | |
| n/a | n/a | Christine Willmets | Team Cambridge | male | |
| n/a | n/a | John Cooper | VC Baracchi | male | |
| n/a | n/a | Ron Shoobridge | Plomesgate CC | male | |
| n/a | n/a | Colin Clarke | Wolsey RC | male | |
| n/a | n/a | Bev Whelan | Plomesgate CC | male | |
| n/a | n/a | Magnus Ross | Plomesgate CC | male | |
| n/a | n/a | Olive Forsbrook | Wolsey RC | male | |
| n/a | n/a | Bill Hester | | male | |
| n/a | n/a | Andy Everett | Anglia Velo | male | |
| n/a | n/a | Brian Foster | | male | |
| n/a | n/a | Bob Quarton | Wolsey RC | male | |
| n/a | n/a | Duncan Murphy | Cambridge CC | male | |
| n/a | n/a | Guy Stevens | East Anglian CC | male | |
| n/a | n/a | Phil Hollingsworth | East Anglian CC | male | |
| n/a | n/a | Eddie Fone | | male | |
| n/a | n/a | Ania Siodelska | | male | |
| n/a | n/a | John Howling | | male | |
| n/a | n/a | Joe Empson | Anglia Velo | male | |
| n/a | n/a | Darren Russell | | male | |
| n/a | n/a | Alan Stevenson | CC Breckland | male | |
| n/a | n/a | John Bonnyhood | | male | |
| n/a | n/a | Brian Tate | East Anglian CC | male | |
| n/a | n/a | Glenn Taylor | API/Anglia Sport | male | |