



# PLOMESGATE CYCLING CLUB

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



## RESULTS

**OPEN 30 MILE Time Trials for Tandems and Solo Riders  
incorporating the East District CA Championship**  
Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.  
Held on the afternoon of Sat. 14<sup>th</sup> June 2008 on the B30/9R Course.

### Officials:

Timekeepers:	Mr. K. Hill	Ipswich BC
	Mrs. J Berry	Stowmarket & District CC
Marshals & Helpers:	Members & friends of Plomesgate CC.	
Event Secretary:	Mr P Whelan	22 Naverne Meadows
	email:	Woodbridge, IP12 1HU
	Pete.whelan@talk21.com	Tel: 01394 385281

### Prize Winners

#### Fastest

1st	Lee Bark (Stowmarket & District CC)	1:07:21	£20
2nd	James Eman (Anglia Velo)*	1:08:06	£15
3rd	Andrew Leggett (Stowmarket & District CC)	1:09:05	£12
4th	Angus Jardine (Ipswich BC)	1:10:22	£10

#### Women

1st	Emilie Fisher (XRT Elmy)	1:16:54	£15
2nd	Maureen Nichols (Wolsey RC) *	1:40:33	£12

#### Vet. on Std.

1st	Alan Newark (Planet X)	+20:31	£15
2nd	John Adams (Stowmarket & District CC)	+18:01	£12
3rd	Peter Bamber (Cambridge CC)	+16:59	£10
4th	John Tovell (Wolsey RC)	+16:36	£8

#### Handicap

1st	Bev Whelan (Plomesgate CC)*	51:39	£15
2nd	Gary Smith (Kings Lynn CC)*	52:31	£12
3rd	Jim Hardwicke (Plomesgate CC)*	53:52	£10

#### Team of 3

1st	Stowmarket & District CC	£ 7 each
	(L. Bark, A. Leggett, Adrian Pettitt)	3:28:14

#### Tandem

1st	Bobby De'ath & Iain Dawson (CC Breckland)	1:05:43	£15
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[\* one rider one prize rule]

**Congratulations to all those who rode the event, especially to all those who won a prize.**

**I would like to extend my thanks to Keith and Janet for timekeeping, to all the marshals without whom the event could not have taken place, especially Adrian who had a couple of casualties to deal with. Chris & Martin – I hope the grazes and bruises heal quickly.**

**Sorry I can't do much about the weather, but at least it only rained on about 2/3rds of the course for one lap. The owner of the horse that was running wild around the start/finish area says thank you to whoever tried to catch it. Commiserations to one rider who appeared to have been abducted by aliens and ended up in Framlingham.**

**If anyone left a 'Powerbar' drink bottle at the HQ let me know and I'll return it to them.**

**Also, apologies if the projector screen was hard to read from. We will make sure it is better for the next event.**

## OPEN RESULTS

<b>1</b>	Bobby De'ath / Iain Dawson	CC Breckland	Tandem	E	01:06:43
<b>2</b>	Keith Richardson / Mark Solley	Mildenhall CC	Tandem	E	01:13:47

			<b>Cat</b>	<b>District</b>	<b>Time</b>	<b>Vet.Std</b>	<b>Handicap</b>
<b>1</b>	Lee Bark	Stowmarket & District CC	V	E	01:07:21	+14:52	00:54:30
<b>2</b>	James Eman	Anglia Velo		E	01:08:06		00:52:14
<b>3</b>	Andrew Leggett	Stowmarket & District CC		E	01:09:05		00:54:26
<b>4</b>	Angus Jardine	Ipswich BC	V	E	01:10:22	+10:02	00:56:08
<b>5</b>	Adrian Pettitt	Stowmarket & District CC		E	01:11:48		00:55:32
<b>6</b>	Alan Newark	Planet X	V	N Mids	01:12:06	+20:31	00:56:14
<b>7</b>	Patrick Ellis	Fat Birds CC		E	01:13:26		00:54:40
<b>8</b>	Geoff Frost	API-Metrow		LE	01:13:31		
<b>9</b>	Duncan Murphy	Cambridge CC		LE	01:13:33		00:56:14
<b>10</b>	Martin Pyne	Anglia Velo	V	E	01:14:12	+11:47	00:56:21
<b>11</b>	Ben Caisey	Stowmarket & District CC		E	01:14:20		00:58:38
<b>12</b>	Chris Leggett	Stowmarket & District CC		E	01:15:46		
<b>13</b>	John Adams	Stowmarket & District CC	V	E	01:15:59	+18:01	01:00:39
<b>14</b>	Gary Smith	King's Lynn CC		E	01:16:13		00:52:31
<b>15</b>	Jim Hardwicke	Plomesgate CC	V	E	01:16:20	+04:04	00:53:52
<b>16</b>	Emilie Fisher	XRT Elmy Cycles	W	E	01:16:54		00:54:18
<b>17</b>	Eddie Dean	Norwich ABC	V	E	01:18:26	+00:46	
<b>18</b>	Edward Packard	Willesden CC		LW	01:18:30		
<b>19</b>	Colin Lown	Ipswich BC	V	E	01:19:22	+08:33	00:56:49
<b>20</b>	Andy Pearson	Wolsey RC	V	E	01:19:37	+01:23	00:55:28
<b>21</b>	Charles Rowe	Norwich ABC	V	E	01:19:56	+10:39	00:57:11
<b>22</b>	John Tovell	Wolsey RC	V	E	01:21:40	+16:36	00:57:34
<b>23</b>	Steven Little	Norwich ABC		E	01:21:43		00:56:36
<b>24</b>	Stewart Kirk	CC Sudbury	V	E	01:21:49	+06:06	
<b>25</b>	Tom Walker	Ipswich BC		E	01:21:53		
<b>26</b>	Phil Hollingsworth	East Anglian CC	V	E	01:22:36	+08:40	01:07:43
<b>27</b>	Robert Day	CC Breckland	V	E	01:23:36	+08:21	00:56:33
<b>28</b>	Viv Marsh	CC Sudbury	V	E	01:23:58	-03:34	
<b>29</b>	Ted Saunderson	Ipswich BC	V	E	01:25:10	+15:19	01:03:47
<b>30</b>	Andrew Ward	Wisbech Wheelers	V	E	01:25:23	-06:11	00:56:07
<b>31</b>	Bob Jones	Cardiff 100 Miles RCC	V	S Wales	01:25:29	+03:45	
<b>32</b>	Barry Lee	Wolsey RC	V	E	01:25:32	+07:46	00:58:28
<b>33</b>	Gerald Coles	Wolsey RC	V	E	01:25:35	+14:54	01:09:45
<b>34</b>	Ed Bark	Lindsey Roads CC	V	Lincs	01:27:17	+12:27	00:57:24
<b>35</b>	Peter Baumber	Cambridge CC	V	LE	01:27:20	+16:59	01:04:13
<b>36</b>	Roger Selmes	Wolsey RC	V	E	01:27:32	+05:05	00:59:30
<b>37</b>	Ron Philpot	Plomesgate CC	V	E	01:30:24	+08:36	
<b>38</b>	Ken Nichols	Wolsey RC	V	E	01:33:42	+05:18	01:14:40
<b>39</b>	Bev Whelan	Plomesgate CC	WV	E	01:35:52	-04:36	00:51:39
<b>40</b>	Colin Clarke	Wolsey RC	V	E	01:37:37	-13:32	00:56:58
<b>41</b>	Maureen Nichols	Wolsey RC	WV	E	01:40:33	+02:59	01:07:14

**DNF's:** 10, 28, 31, 55

**DNS Apols :** 4, 16, 19, 29, 34, 37, 38, 44

**DNS:** 8, 40, 43, 45,

**This event was a SPOCO East qualifying event.** For further details on SPOCO EAST for 2008 contact: Christine Willmets,

Tel: 01223 234235 <http://www.team-cambridge.co.uk/spocoeast/>

## East District CA Championship Results

### **Fastest**

1 <sup>st</sup>	Lee Bark (Stowmarket & District CC)	1:07:21
2 <sup>nd</sup>	James Eman (Anglia Velo)	1:08:06
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### **Women**

1 <sup>st</sup>	Emilie Fisher (XRT Elmy)	1:16:54
2 <sup>nd</sup>	Bev Whelan (Plomesgate CC)	1:35:52
3 <sup>rd</sup>	Maureen Nichols (Wolsey RC)	1:40:33

### **Vet. on Std.**

1 <sup>st</sup>	John Adams (Stowmarlet & District CC)	+18:01
2 <sup>nd</sup>	John Tovell (Wolsey RC)	+16:36
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### **Handicap**

1 <sup>st</sup>	Bev Whelan (Plomesgate CC)	51:39
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### **Team of 3**

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Note: Only a gold medal will be awarded if less than 5 entries in a category

### Future Plomesgate CC Promotions:

**Saturday August 9<sup>th</sup> 2008 Open Grass Track Meeting**, 1pm at Bredfield Village Hall, Near Woodbridge. Contact Evert Wijnberg (01473 621659). British Cycling rules and regulations apply.

**Saturday September 20<sup>th</sup> 2008 Open 25 on B25/2R** First rider off **2pm.HQ** at Tunstall Village Hall. Contact Trevor Figgitt (01728 723701)