



PLOMESGATE CYCLING CLUB



**RESULT OF EVENING 10 MILE TIME TRIAL HELD 4<sup>th</sup> June 2009**  
**Course: B10/9**

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>	<i>Vet+/-</i>	<i>Hcap Time</i>	<i>mph</i>	<i>kph</i>
1	Jim Hardwicke	Plomesgate CC	00:24:54	+00:01:12	00:22:43	24.1	38.78
2	Andy Hill	Plomesgate CC	00:25:52	-00:00:10	00:21:19	23.2	37.33
3	Paul Driver	Ipswich BC	00:26:27			22.68	36.51
4	Andrew Townsend	Stowemarket & District	00:26:55			22.29	35.87
5	Nigel Sadler	Plomesgate CC	00:27:42	-00:01:36	00:20:52	21.66	34.86
6	Dom Castle	Ipswich BC	00:27:55			21.49	34.59
7	Rik Berry	Ipswich Tri	00:29:31			20.33	32.71
8	John Vidler	Plomesgate CC	00:32:20	-00:01:35	00:24:08	18.56	29.86
9	Ron Shoobridge	Plomesgate CC	00:33:46	-00:01:00	00:25:14	17.77	28.6
10	Matt Dye	Plomesgate CC	00:33:52*	-00:07:58	00:28:40	17.72	28.51
11	Rachel Clarke	Ipswich BC	00:35:23			16.96	27.29

\*includes time to fix puncture

Thanks to Andrew Hawes (timekeeper) and Pete Whelan (pusher)

After an unpromising day, the wind dropped and we had a decent, if a bit chilly night. Well done to Nigel and Andy who both set P.Bs for the course. Well done also to Matt Dye who (probably) set a new course record for a ride including a puncture repair.