



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. 13th June 2009 on the B30/9R Course.

Officials:

Timekeepers:	Mrs Bev Whelan	Plomesgate CC
	Mr Trevor Figgitt	Plomesgate 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	Andrew Leggett (Stowmarket & District CC)	1:10:38	£15
2nd	Duncan Murphy (Cambridge CC)	1:11:23	£12
3rd	Oliver Milk (Diss & District CC)	1:11:27	£10

Women

1st	Emilie Fisher (www.elmycycles.co.uk)	1:17:40	£12
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Vet. on Std.

1st	Evert Wijnberg (Plomesgate CC)	+17:30	£15
2nd	John Adams (Stowmarket & District CC)	+17:14	£12
3rd	John Tovell (Wolsey RC)	+15:37	£10

Handicap

1st	Andrew Ward (Wisbech Wheelers)	53:05	£15
2nd	Eddie Dean (Norwich ABC)	54:36	£12
3rd	Phil Hollingsworth (East Anglian CC)	56:05	£10

Team of 3

1st	Stowmarket & District CC	£ 7 each
	(A. Leggett, G. Buckle, J. Adams)	3:43:52

Tandem

1st	Bobby De'ath & Iain Dawson (CC Breckland)	1:10:55	£12
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Congratulations to all those who rode the event, especially to all those who won a prize. A special congratulation to Alan Stevenson for completing the course after being bitten by the puncture fairy each of the previous years.

I would like to extend my thanks to Bev and Trevor for timekeeping, Kim for number spotting, to all the marshals without whom the event could not have taken place.

This year the weather was hot, even if a little breezy.

I did my best to marshal riders around the wedding in Tunstall, with no hold ups for the riders (just the wedding guests !)

OPEN RESULTS

1	Bobby De'ath / Iain Dawson	CC Breckland	Tandem	E	01:10:55
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Position	Name	Club	Cat	District	Time	Vet +/-	Handicap
1	Andrew Leggett	Stowmarket & District CC	S	E	1:10:38		57:29
2	Duncan Murphy	Cambridge CC	S	LE	1:11:23		
3	Oliver Milk	Diss & District CC	S	E	1:11:27		
4	Evert Wijnberg	Plomesgate CC	V	E	1:13:46	+17:30	
5	Gary Buckle	Stowmarket & District CC	V	E	1:15:46	+13:28	
6	Eddie Dean	Norwich ABC	V	E	1:16:33	+03:15	54:36
7	Jim Hardwicke	Plomesgate CC	V	E	1:17:10	+03:50	
8	John Adams	Stowmarket & District CC	V	E	1:17:28	+17:14	57:52
9	Colin Lown	Ipswich BC	V	E	1:17:37	+10:57	
10	Emilie Fisher	www.elmycycles.co.uk	L	E	1:17:40		57:13
11	Gary Matthews	East Anglia VTTA	V	E	1:18:24	+05:41	
12	Mark Fairhead	CC Breckland	V	E	1:18:32	+03:41	
13	Paul Moss	Stowmarket & District CC	V	E	1:18:59	+00:49	
14	Alan Stevenson	CC Breckland	V	E	1:19:12	+14:06	
15	Stephen Beaumont	Plomesgate CC	V	E	1:19:34	+02:39	
16	Chris Leggett	Stowmarket & District CC	S	E	1:19:46		1:00:23
17	Mike Jones	Stowmarket & District CC	S	E	1:19:51		
18	Chris Lacey	Stowmarket & District CC	V	E	1:20:08	+05:51	
19	Damon Day	CC Sudbury	V	E	1:20:21	+00:39	
20	Andrew Ward	Wisbech Wheelers	V	E	1:21:27	-01:39	53:05
21	Phil Hollingsworth	East Anglian CC	V	E	1:21:51	+10:06	56:05
22	John Tovell	Wolsey RC	V	E	1:23:23	+15:37	59:17
23	John Steed	West Suffolk Wheelers	V	E	1:24:10	+07:47	
24	John Sanderson	Beacon RCC	S	Midland	1:24:57		
25	Mark Eastwood	West Suffolk Wheelers	V	E	1:26:08	-04:32	1:06:56
26	Ged Coles	Wolsey RC	V	E	1:27:34	+13:40	59:01
27	Barry Lee	Wolsey RC	V	E	1:27:57	+06:03	
28	Ted Saunderson	Ipswich BC	V	E	1:29:27	+11:47	1:01:14
29	Peter Beard	Stowmarket & District CC	V	E	1:33:55	-10:28	
30	Ken Nichols	Wolsey RC	V	E	1:33:59	+05:45	57:51
31	Eddie Fone	Norwich ABC	V	E	1:34:55	+12:34	1:02:19
32	Brian Foster	Norwich ABC	V	E	1:35:42	+04:47	1:14:04
33	Maureen Nichols	Wolsey RC	LV	E	1:40:23	+03:56	57:52

DNS Apols : 11, 14, 30, 32, 34

DNS: 12, 29

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 st	Andrew Leggett (Stowmarket & District CC)	1:10:38
2 nd	Oliver Milk (Diss & District CC)	1:11:27
3 rd	Evert Wijnberg (Plomesgate CC)	1:13:46

Women

1 st	Emilie Fisher (www.elmycycles.co.uk)	1:17:40
2 nd	Maureen Nichols (Wolsey RC)	1:40:23

Vet. on Std.

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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 8th 2009 Open Grass Track Meeting, 1pm at Bredfield Village Hall, Near Woodbridge. Contact Evert Wijnberg (01473 621659). British Cycling rules and regulations apply.

Saturday September 19th 2009 Open 25 on B25/2R First rider off **2pm.HQ** at Tunstall Village Hall. Contact Bev Whelan(01394 385281))