



PLOMESGATE CYCLING CLUB

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



RESULTS

OPEN 30 MILE Time Trials for Tandems and Solo Riders (incorporating the East District Championship)

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.
Held on the afternoon of Sat. 16th June 2007 on the B30/9 Course.

Officials:

| | | |
|---------------------|-------------------------------------|---|
| Timekeepers: | Mr. C. Kindred | Wolsey RC |
| | Mr. T. Figgitt | Plomesgate CC |
| Marshals & Helpers: | Members & friends of Plomesgate CC. | |
| Event Secretary: | Mr P Whelan | 22 Naverne Meadows Woodbridge, IP12 1HU Tel: 01394 385281 |

Prize Winners

Fastest

| | | | |
|-----------------|-----|-------------------------------------|---------|
| 1 st | £20 | Lee Bark (Stowmarket & District CC) | 1:08:46 |
| 2 nd | £15 | Dave Staff (API_Metrow) | 1:09:05 |
| 3 rd | £12 | Angus Jardine (Ipswich BC) | 1:10:15 |
| 4 th | £10 | Andrew Leggett (Ipswich BC) | 1:10:41 |

Women

| | | | |
|-----------------|-----|---------------------------------|---------|
| 1 st | £12 | Emilie Fisher (XRT-Elmy Cycles) | 1:19:12 |
| 2 nd | £10 | Laura Robinson (VC Norwich) | 1:23:27 |

Vet. on Std.

| | | | |
|-----------------|-----|-------------------------------|-------------------------|
| 1 st | £15 | Alan Newark (CC Breckland) | +19:57 (actual 1:12:00) |
| 2 nd | £12 | Colin Bunnett (Kings Lynn CC) | +18:11 |
| 3 rd | £10 | John Tovell (Wolsey RC) | +16:43 |
| 4 th | £8 | Chris Nudds (CC Breckland) | +15:58 |

Team of 3

| | | | |
|-----|----------|--|----------|
| 1st | £ 6 each | Stowmarket & District CC (Bark, Caisey, Pettitt) | 3h33m00s |
|-----|----------|--|----------|

| | | | |
|---------------|-----|--|---------|
| Tandem | £10 | Ken & Julie Baker (Colchester Rovers CC) | 1:09:45 |
|---------------|-----|--|---------|

Congratulations to all those who finished the event, especially to all those who won a prize. Sorry about the rain showers – nothing I could do about them

I would like to extend my thanks to Colin and Trevor for timekeeping, to all the marshals without whom the event could not have taken place; to Dorothy and Annelie for 'doing' the kitchen. To Bev for ably assisting me at home with getting it all together and also for helping me with broom and shovel on the evening before the event to clear sand and gravel from a considerable amount of road, especially in the Butley & Chillesford area.

As there was such a good entry, and considering that the village hall car park was full, we may consider adjusting the start and finish points to enable the use of Tunstall Village Hall next year (same hall we use for our 25 event).

Future Plomesgate CC Promotions:

1pm, Saturday, August 11th 2007, Open Grass Track Meeting, Bredfield Village Hall field, nr Woodbridge
Held under British Cycling rules & regulations. Contact Pete Whelan (01394 385281)

General Open Results

Tandem

| Position | Rider | Club | | | District | Time | |
|----------|--------------------|----------------------|----|--------|-------------|----------|--|
| 1 | Ken Baker | Colchester Rovers CC | V | Tandem | London East | 01:09:45 | |
| 1 | Julie Baker | Colchester Rovers CC | WV | Tandem | London East | 01:09:45 | |

Solo

| Position | Rider | Club | Cat | Vet Std | \District | Time | Vet+/- |
|----------|-----------------------|--------------------------|-----|---------|-------------|----------|--------|
| 1 | Lee Bark | Stowmarket & District CC | V | 1:21:36 | East | 01:08:46 | +12:50 |
| 2 | Dave Staff | API Metrow | | | London East | 01:09:05 | |
| 3 | Angus Jardine | Ipswich BC | V | 1:19:48 | East | 01:10:15 | +9:33 |
| 4 | Andrew Leggett | Ipswich BC | | | East | 01:10:41 | |
| 5 | Mark Solley | Mildenhall CC | | | East | 01:10:59 | |
| 6 | Tony Barber | CC Breckland | V | 1:22:50 | East | 01:11:31 | +11:19 |
| 7 | Ben Caisey | Stowmarket & District CC | | | East | 01:11:49 | |
| 8 | Alan Newark | CC Breckland | V | 1:31:57 | East | 01:12:00 | +19:57 |
| 9 | Adrian Pettitt | Stowmarket & District CC | | | East | 01:12:25 | |
| 10 | Michael Gray | API Metrow | V | 1:24:42 | London East | 01:13:42 | +11:00 |
| 11 | Dean Clarke | API Metrow | V | 1:21:00 | London East | 01:14:02 | +6:58 |
| 12 | Martin Pyne | Angla Velo | V | 1:25:20 | East | 01:14:15 | +11:05 |
| 13 | Chris Nudds | CC Breckland | V | 1:30:35 | East | 01:14:37 | +15:58 |
| 14 | Nick Webber | Colchester Rovers CC | V | 1:23:27 | London East | 01:14:54 | +8:33 |
| 15 | Patrick Ellis | Diss & District CC | | | East | 01:15:11 | |
| 16 | Evert Wijnberg | Plomesgate CC | V | 1:29:54 | East | 01:15:12 | +14:42 |
| 17 | Matt Donaldson | Plomesgate CC | | | East | 01:15:27 | |
| 18 | Stuart Main | VC Baracchi | | | East | 01:15:34 | |
| 19 | Nick Esser | VC Baracchi | | | East | 01:16:22 | |
| 20 | Colin Bunnett | King's Lynn CC | V | 1:34:42 | East | 01:16:31 | +18:11 |
| 21 | Jim Hardwicke | Plomesgate CC | V | 1:19:48 | East | 01:19:04 | +0:44 |
| 22 | Colin Lown | Ipswich BC | V | 1:27:16 | East | 01:19:09 | +8:07 |
| 23 | Emilie Fisher | XRT | W | | East | 01:19:12 | |
| 24 | Paul Lynch | East Anglian CC | V | 1:25:58 | East | 01:19:12 | +6:46 |
| 25 | Timothy Haseldine | Stowmarket & District CC | | | East | 01:19:38 | |
| 25 | Michael Wykes | Ipswich BC | | | East | 01:19:58 | |
| 27 | Gary Smith | King's Lynn CC | | | East | 01:20:23 | |
| 28 | John Tovell | Wolsey RC | V | 1:37:32 | East | 01:20:49 | +16:43 |
| 29 | Andy Pearson | Wolsey RC | V | 1:20:24 | East | 01:20:52 | -1:32 |
| 30 | Paul Martin | Wolsey RC | | | East | 01:21:04 | |
| 31 | Matthew Eckford | South Western RC | | | Surrey | 01:21:50 | |
| 32 | Steve Little | Norwich ABC | | | East | 01:21:54 | |
| 33 | John Swanbury | VC Baracchi | V | 1:31:57 | East | 01:22:55 | +9:02 |
| 34 | Laura Robinson | VC Norwich | WV | 1:30:35 | East | 01:23:27 | +7:08 |
| 35 | Robert Hobbs | VC Norwich | | | East | 01:23:39 | |
| 36 | Robert Day | CC Breckland | V | 1:31:16 | East | 01:23:58 | +7:18 |
| 37 | Barry Lee | Wolsey RC | V | 1:32:37 | East | 01:24:00 | +8:37 |
| 38 | Wojtek Siodelski | Stowmarket & District CC | | | East | 01:24:42 | |
| 39 | Charles Willmets | Team Cambridge | V | 1:27:55 | London East | 01:25:01 | +2:54 |
| 40 | Roger Selmes | Wolsey RC | V | 1:31:57 | East | 01:25:02 | +6:55 |
| 41 | Ted Saunderson | Ipswich BC | V | 1:39:44 | East | 01:25:07 | +14:37 |
| 42 | Andrew Ward | Wisbech Wheelers | | | East | 01:26:21 | |
| 43 | Edward Bark | Lindsey Roads CC | V | 1:39:00 | Lincs | 01:27:01 | +11:59 |
| 44 | Michael Ablett | VC Norwich | | | East | 01:27:43 | |
| 45 | Mick Pepper | Wolsey RC | V | 1:42:00 | East | 01:29:17 | +12:43 |

| | | | | | | | |
|----|--------------------|--------------------------|-----|---------|-------------|------------|---------|
| 46 | Jim Caplin | Godric CC | V | 1:40:29 | East | 01:29:53 | +10:36 |
| 47 | Christine Willmets | Team Cambridge | WV | 1:31:16 | London East | 01:30:53 | +0:23 |
| 48 | John Cooper | VC Baracchi | V | 1:29:14 | East | 01:30:57 | -2:17 |
| 49 | Ron Shoobridge | Plomesgate CC | V | 1:39:00 | East | 01:34:51 | +4:09 |
| 50 | Colin Clarke | Wolsey RC | V | 1:23:27 | East | 01:38:33 | -16:54 |
| 51 | Bev Whelan | Plomesgate CC | WV | 1:30:35 | East | 01:42:22 | -12:13 |
| 52 | Magnus Ross | Plomesgate CC | CP4 | 1.033 | East | 01:47:18 | 1:43:45 |
| 53 | Olive Forsbrook | Wolsey RC | WV | 1:50:44 | East | 01:54:31 | -4:13 |
| | Bill Hester | Leo RC | V | 1:40:29 | London East | DNF | |
| | Andy Everett | Anglia Velo | V | 1:25:20 | East | DNF | |
| | Brian Foster | Fakenham Premier | V | 1:39:00 | East | DNF (mech) | |
| | Bob Quarton | Wolsey RC | V | 1:27:16 | East | DNS | |
| | Duncan Murphy | Cambridge CC | | | London East | DNS | |
| | Guy Stevens | East Anglian CC | V | 1:24:04 | East | DNS | |
| | Phil Hollingsworth | East Anglian CC | V | 1:30:35 | East | DNS | |
| | Eddie Fone | Norwich ABC | V | 1:45:53 | East | DNS (Punc) | |
| | Ania Siodelska | Stowmarket & District CC | W | | East | DNS Apols | |
| | John Howling | King's Lynn CC | V | 1:21:00 | East | DNS Apols | |
| | Joe Empson | Anglia Velo | V | 1:29:14 | East | DNS Apols | |
| | Darren Russell | King's Lynn CC | V | 1:19:48 | East | DNS Apols | |
| | Alan Stevenson | CC Breckland | V | 1:31:57 | East | DNS Apols | |
| | John Bonnyhood | Victoria CC | V | 1:26:37 | London East | DNS Apols | |
| | Brian Tate | East Anglian CC | V | 1:41:14 | East | DNS Apols | |
| | Glenn Taylor | API Metrow | | | London East | DNS Apols | |

I hope everybody enjoyed the course, especially as it was the first time of running it. I tried my best to make sure the signage was clear and unambiguous, plus I did a few maps for riders to view at sign-on with the pubs around the course as reference. I knew it wasn't going to be an easy ride due to the numerous turns and gently rolling roads, so well done to everyone.

From the comments I have received, it appears that the hard work in preparing the course had paid off and we will be running it again next year, though with a slight adjustment to take into account the difficulty in getting enough space for parking.

Congratulations to Magnus Ross (Plomesgate CC), a CP4 disability rider, who completed the event having only just got a road bike, so his 1:47:18 is adjusted to 1:43:45.

Regards

Pete Whelan

For further details on SPOCO EAST for 2007 contact:
<http://www.team-cambridge.co.uk/spocoeast/>
 Christine Willmets,
 8, Barrowcrofts,
 Histon, Cambs. CB4 9EV
 Tel: 01223 234235



East District Championship Results

| Position | Rider | Club | cat | Vets Std | Actual Time | Vets +/- |
|----------|-------------------|--------------------------|-----|----------|-------------|----------|
| 1 | Lee Bark | Stowmarket & District CC | V | 1:21:36 | 01:08:46 | +12:50 |
| 2 | Angus Jardine | Ipswich BC | V | 1:19:48 | 01:10:15 | +9:33 |
| 3 | Andrew Leggett | Ipswich BC | | | 01:10:41 | |
| 4 | Mark Solley | Mildenhall CC | | | 01:10:59 | |
| 5 | Tony Barber | CC Breckland | V | 1:22:50 | 01:11:31 | +11:19 |
| 6 | Ben Caisey | Stowmarket & District CC | | | 01:11:49 | |
| 7 | Alan Newark | CC Breckland | V | 1:31:57 | 01:12:00 | +19:57 |
| 8 | Adrian Pettitt | Stowmarket & District CC | | | 01:12:25 | |
| 9 | Martin Pyne | Angla Velo | V | 1:25:20 | 01:14:15 | +11:05 |
| 10 | Chris Nudds | CC Breckland | V | 1:30:35 | 01:14:37 | +15:58 |
| 11 | Patrick Ellis | Diss & District CC | | | 01:15:11 | |
| 12 | Evert Wijnberg | Plomesgate CC | V | 1:29:54 | 01:15:12 | +14:42 |
| 13 | Matt Donaldson | Plomesgate CC | | | 01:15:27 | |
| 14 | Stuart Main | VC Baracchi | | | 01:15:34 | |
| 15 | Nick Esser | VC Baracchi | | | 01:16:22 | |
| 16 | Colin Bunnett | King's Lynn CC | V | 1:34:42 | 01:16:31 | +18:11 |
| 17 | Jim Hardwicke | Plomesgate CC | V | 1:19:48 | 01:19:04 | +0:44 |
| 18 | Colin Lown | Ipswich BC | V | 1:27:16 | 01:19:09 | +8:07 |
| 19 | Emilie Fisher | XRT | W | | 01:19:12 | |
| 20 | Paul Lynch | East Anglian CC | V | 1:25:58 | 01:19:12 | +6:46 |
| 21 | Timothy Haseldine | Stowmarket & District CC | | | 01:19:38 | |
| 22 | Michael Wykes | Ipswich BC | | | 01:19:58 | |
| 23 | Gary Smith | King's Lynn CC | | | 01:20:23 | |
| 24 | John Tovell | Wolsey RC | V | 1:37:32 | 01:20:49 | +16:43 |
| 25 | Andy Pearson | Wolsey RC | V | 1:20:24 | 01:20:52 | -1:32 |
| 25 | Paul Martin | Wolsey RC | | | 01:21:04 | |
| 27 | Steve Little | Norwich ABC | | | 01:21:54 | |
| 28 | John Swanbury | VC Baracchi | V | 1:31:57 | 01:22:55 | +9:02 |
| 29 | Laura Robinson | VC Norwich | WV | 1:30:35 | 01:23:27 | +7:08 |
| 30 | Robert Hobbs | VC Norwich | | | 01:23:39 | |
| 31 | Robert Day | CC Breckland | V | 1:31:16 | 01:23:58 | +7:18 |
| 32 | Barry Lee | Wolsey RC | V | 1:32:37 | 01:24:00 | +8:37 |
| 33 | Wojtek Siodelski | Stowmarket & District CC | | | 01:24:42 | |
| 34 | Roger Selmes | Wolsey RC | V | 1:31:57 | 01:25:02 | +6:55 |
| 35 | Ted Saunderson | Ipswich BC | V | 1:39:44 | 01:25:07 | +14:37 |
| 36 | Andrew Ward | Wisbech Wheelers | | | 01:26:21 | |
| 37 | Michael Ablett | VC Norwich | | | 01:27:43 | |
| 38 | Mick Pepper | Wolsey RC | V | 1:42:00 | 01:29:17 | +12:43 |
| 39 | Jim Caplin | Godric CC | V | 1:40:29 | 01:29:53 | +10:36 |
| 40 | John Cooper | VC Baracchi | V | 1:29:14 | 01:30:57 | -2:17 |
| 41 | Ron Shoobridge | Plomesgate CC | V | 1:39:00 | 01:34:51 | +4:09 |
| 42 | Colin Clarke | Wolsey RC | V | 1:23:27 | 01:38:33 | -16:54 |
| 43 | Bev Whelan | Plomesgate CC | WV | 1:30:35 | 01:42:22 | -12:13 |
| 44 | Magnus Ross | Plomesgate CC | CP4 | 1.033 | 01:47:18 | 1:43:45 |
| 45 | Olive Forsbrook | Wolsey RC | WV | 1:50:44 | 01:54:31 | -4:13 |

East District Championship Awards

| | | |
|-------------------|--|-------------------------|
| Fastest | Lee Bark (Stowmarket & District CC) | 1:8:46 |
| Woman | Emilie Fisher (XRT-Elmy Cycles) | 1:19:12 |
| Vet on Std | Alan Newark (CC Breckland) | +19:57 (actual 1:12:00) |
| Team | Stowmarket & District CC (Bark, Caisey, Pettitt) | 3h33m00s |