



PLOMESGATE CYCLING CLUB



RESULT OF EVENING 10 MILE TIME TRIAL HELD 18th June 2009
Course: B10/9

Pos	Name	Club	Time	Vet+/-	Hcap Time	mph	kph
1	Jim Hardwicke	Plomesgate CC	00:24:23	00:01:43	00:22:12	24.61	39.6
2	Bev & Bev Whelan (tandem)	Plomesgate CC	00:24:48				
3	Stephen Beaumont	Plomesgate CC	00:25:18	00:01:12	00:21:27	23.72	38.17
4	Adrian McTigue	Plomesgate CC	00:25:33		00:22:50	23.48	37.79
5	Chris Lacey	Stowemarket & District	00:25:41			23.36	37.6
6	Matt Dye	Plomesgate CC	00:26:34	-00:00:40	00:21:22	22.58	36.35
7	Nigel Sadler	Plomesgate CC	00:26:54	-00:00:48	00:20:04	22.3	35.9
8	Andrew Hawes	Plomesgate CC	00:28:41	-00:01:08	00:22:39	20.92	33.66
9	John Vidler	Plomesgate CC	00:30:27	00:00:18	00:22:15	19.7	31.71
10	James Beaumont	Plomesgate CC	00:31:11		00:22:00	19.24	30.97
11	Peter Lennard	Plomesgate CC	00:32:04		00:22:14	18.71	30.11
12	Jenny Hardwicke	Plomesgate CC	00:32:15		00:22:00	18.6	29.94

Thanks to Evert (timekeeper) and Viv (pusher)

The wind dropped and we had our first really good night of the season. Steve B, Matt Dye and Nigel Sadler all set PBs for the course, well done. Really good to see another couple of younger riders, Jenny and James setting very respectable times in their first rides. Nigel's time gives him a good lead in the handicap event; here's the position for the Handicap Trophy for those doing PBs this season:

Pos	Name	Time
1	Nigel Sadler	00:20:04
2	Mark Broughton	00:20:43
3	Andy Hill	00:21:19
4	Matt Dye	00:21:22

- 5 Stephen Beaumont 00:21:27
- 6 Viv Broughton 00:21:32
- 7 Peter Lennard 00:21:43