



PLOMESGATE CYCLING CLUB



**RESULT OF EVENING 10 MILE TIME TRIAL HELD 30<sup>th</sup> April 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	Matt Donaldson	Anglia Velo	00:23:32			25.5	41.03
2	Jim Hardwicke	Plomesgate CC	00:24:52	+00:01:14	00:22:41	24.13	38.83
3	Adrian McTigue	Plomesgate CC	00:24:53		00:22:10	24.11	38.81
4	Pete Whelan	Plomesgate CC	00:25:23	+00:02:49	00:22:35	23.64	38.04
5	Tom Stephenson	Ipswich BC	00:25:31			23.51	37.84
6	Andy Hill	Plomesgate CC	00:25:55	-00:00:13	00:21:22	23.15	37.26
7	Stephen Beaumont	Plomesgate CC	00:26:11	+00:00:19	00:22:20	22.92	36.88
8	Mark Broughton	Plomesgate CC	00:27:40	-00:00:07	00:21:26	21.69	34.9
9	Paul Smith	Ipswich BC	00:28:10			21.3	34.28
10	John Sanderson	Beacon RCC	00:28:21			21.16	34.06
11	Rob Smith	Ipswich BC	00:28:25			21.11	33.98
12	John Williamson	Wolsey RC	00:28:44			20.88	33.61
13	Nigel Sadler	PCC Guest	00:28:53			20.77	33.43
14	Andrew Hawes	Plomesgate CC	00:29:58	-00:02:25	00:23:56	20.02	32.22
15	Viv Broughton	Plomesgate CC	00:30:02	-00:01:24	00:22:22	19.98	32.15
16	Peter Lennard	Ipswich Tri	00:31:33			19.02	30.61
17	James Studd	Plomesgate	00:32:44		00:22:00	18.33	29.5

		CC						
18	John Vidler	Plomesgate CC	00:33:46	-00:03:01	00:25:34	17.77	28.6	
19	Ron Shoobridge	Plomesgate CC	00:33:47	-00:01:17	00:25:15	17.76	28.58	
20	Jack Hardwicke	Plomesgate CC	00:34:44		00:22:00	17.27	27.8	
21	Katie Bloomfield	Plomesgate CC	00:35:48		00:22:59	16.76	26.97	

Well the weather stayed good which reflected in both the quantity of riders and the quality of the performances. Despite having trained earlier in the day Matt Donaldson blasted around the course to win in 23:32, 1:20 in front of second placed Jim Hardwicke (24:52) who managed to stay 1 second ahead of third placed Adrian McTigue (24:53), and Pete Whelan in fourth (25:23).

The heroes of the night though were definitely the youngsters, new member James Studd (15) rode an excellent first race, even catching a rider to finish with 32:44, whilst Jack Hardwicke (12) completed his first event in 34:44, and Katie Bloomfield got her season of to a good start with 35:48.