



PLOMESGATE CYCLING CLUB



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

present

OPEN 30 MILE Time Trial for Solos & Tandems

(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

Incorporating East District CA Championship

To be held on the afternoon of Saturday 13th June 2009 on the B30/9Rev course.

First rider off at 14:01

Officials:

Timekeepers:	Trevor Figgitt	Plomesgate CC	
	Bev Whelan	Plomesgate CC	
Marshals & Helpers:	Members & friends of	Plomesgate CC	
Event Secretary:	Pete Whelan	22 Naverne Meadows	
		Woodbridge	Tel: 01394 385281
		Suffolk, IP12 1HU	Mobile: 07711026258

EVENT HQ : Tunstall Village Hall, Tunstall, Suffolk. In Tunstall village take the B1078 towards Campsea Ashe and turn immediately left (well before the garage) into a small lane, signed 'Bowls Parking', just behind the pub. Follow this lane round to the right to the village hall. There is plenty of parking space at the hall if done considerately. **HQ will be open for signing on from 1pm.**

Plomesgate CC Prize List

1st Fastest	£15	1st Vet on Std	£15	1 st Handicap	£15	Tandem	£12
2nd Fastest	£12	2nd Vet on Std	£12	2 nd Handicap	£12	1st Woman	£12
3rd Fastest	£10	3rd Vet on Std	£10	3 rd Handicap	£10	1 st Junior	£8
						1st team of 3	£7 each

One rider one prize, except for team award. (In the event that a rider is eligible for more than one prize the prize of greater value will be awarded.)

East District CA Championship

Medals will be awarded to East District members, and presented at the annual prize giving, for overall Fastest, Team of 3, fastest Lady, Vet on Std, and handicap.

Course Details (B30/9) (Tunstall - Bentwaters - Bromeswell - Butley - Tunstall)

START on B1078 at Tunstall Common at entrance to Peddars Lane track, approx. 100m east of junction with unclassified road to Wantisden. Proceed west on B1078 through Tunstall village (care on left hand bend in centre of village). Follow B1069 to go 'straight across' (2nd exit) the Bentwaters roundabout (4.5miles) onto the A1152 and through Eyke (caution: 2 speed bumps and a zebra crossing) to Bromeswell. In Bromeswell turn left onto the B1084. Proceed through Rendlesham Forest to Butley and continue to follow B1084 road to the right to pass through Chillisford. At junction of B1084/B1078 turn left onto B1078 and continue to pass start (beware of starting riders) to begin second lap. At end of second lap finish approx 100m before the start point (midway between the start of the 25 mile course and the start of the 30 mile course).

The police have asked for no parking of vehicles on the road near the start or finish areas.

Course records (B30/9R):

Men:	1:07:21 Lee Bark, 2008
Women:	1:16:54 Emilie Fisher, 2008
Tandem:	1:05:43 Bobby De'ath & Iain Dawson, 2008

Rider's Notes:

- **The start is about 1.5 miles from the HQ.** Please allow plenty of time to get to the start. From the HQ follow the B1078 east towards Orford to find the start just at the edge of Tunstall Forest.
- **There is a zebra crossing in Eyke. You MUST give way to any pedestrians using the crossing.** There is likely to be an observer situated in this area and any rider reported as failing to give way to pedestrians using the crossing will be disqualified from the event and may be referred to the District Committee.
- **The edges of the road can be sandy in places.** We have tried to sweep the course as much as possible of sand and other debris to give a good riding line on the road.
- **Handicap times.** Have been based on those entering a time for Line 6 or 7. Please inform the organiser if you have a faster time before you start.

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- “U-turns will not be permitted on the course or roads adjacent to Start and Finish areas while an event is in progress”.
Note - Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

Note: A U-turn is defined as a 180 degree turn completed within the width of the carriageway whilst **astride the machine**. It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with machine, walk across the road.

- “Numbers will be at the HQ and not at the start.”
- **Please exchange your number for a drink at the HQ after finishing.**
- “No warming up along the course by competitors once the event has started.”
- “Competitors must not cross the white centre line on the right angle bend in the centre of Tunstall. Failure to comply with this regulation may lead to disqualification.”

Cycle Helmets: In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognized standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063;96, DIN 33-954, CPSC or EN 1078.

It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

The East District Committee recommend that Competitors should fit and use a rear LED light to enhance visibility to other road users.

Note: the corner in Butley as you exit the village through to Chillesford has been re-surfaced earlier in the year. Whilst it is a nice smooth surface, please take care on the bends as it may still be releasing greases when damp.

Heads up, take care on the corners and have an enjoyable sporting afternoon !!

This event is a qualifying event for SPOCO East.

For further details on SPOCO EAST for 2009 contact:

<http://www.team-cambridge.co.uk/spocoeast/>

Christine Willmets,
8, Barrowcrofts,
Histon, Cambs. CB4 9EV
Tel: 01223 234235



STARTING ORDER:**First Rider off at 14.01**

Number	Name	Club	Cat	District	Handicap	Vet. Std	Time Off
1	Stephen Beaumont	Plomesgate CC	V	E		1:22:13	14:01
2	Mike Jones	Stowmarket & District CC	S	E			14:02
3	Phil Hollingsworth	East Anglian CC	V	E	25:46	1:31:57	14:03
4	Ken Nichols	Wolsey RC	V	E	36:08	1:39:44	14:04
5	Chris Leggett	Stowmarket & District CC	S	E	19:23		14:05
6	Ted Saunderson	Ipswich BC	V	E	28:13	1:41:14	14:06
7	Barry Lee	Wolsey RC	V	E		1:34:00	14:07
8	Eddie Fone	Norwich ABC	V	E	32:36	1:47:29	14:08
9	Peter Beard	Stowmarket & District CC	V	E		1:23:27	14:09
10	Oliver Milk	Diss & District CC	S	E			14:10
11	Ben Caisey	Stowmarket & District CC	S	E			14:11
12	Trevor Kimber	Team Cambridge	V	LE	19:41	1:24:05	14:12
13	Paul Moss	Stowmarket & District CC	V	E		1:19:48	14:13
14	Ted Jackson	Haverhill Wheelers	V	E		1:40:29	14:14
15	Gary Buckle	Stowmarket & District CC	V	E		1:29:14	14:15
16	Emilie Fisher	www.elmycycles.co.uk	L	E	20:27		14:16
17	Colin Lown	Ipswich BC	V	E		1:27:55	14:17
18	Mark Eastwood	West Suffolk Wheelers	V	E	19:12	1:21:36	14:18
19	Maureen Nichols	Wolsey RC	LV	E	42:31	1:44:19	14:19
20	Duncan Murphy	Cambridge CC	S	LE			14:20
21	Jim Hardwicke	Plomesgate CC	V	E		1:21:00	14:21
22	Damon Day	CC Sudbury	V	E		1:21:00	14:22
23	John Steed	West Suffolk Wheelers	V	E		1:31:57	14:23
24	John Sanderson	Beacon RCC	S	Mid			14:24
25	Evert Wijnberg	Plomesgate CC	V	E		1:31:16	14:25
26	Eddie Dean	Norwich ABC	V	E	21:57	1:19:48	14:26
27	Mark Fairhead	CC Breckland	V	E		1:22:13	14:27
28	Chris Lacey	Stowmarket & District CC	V	E		1:25:59	14:28
29	Thomas Vaughan	Norwich ABC	J	E			14:29
30	Guy Stevens	East Anglian CC	V	E		1:25:21	14:30
31	John Tovell	Wolsey RC	V	E	24:06	1:39:00	14:31
32	Peter Johnson	Norwich ABC	V	E		1:22:50	14:32
33	Ged Coles	Wolsey RC	V	E	28:33	1:41:14	14:33
34	Bob Jones	Cardiff 100 Miles RCC	V	S Wales	23:39	1:29:54	14:34
35	Alan Stevenson	CC Breckland	V	E		1:33:18	14:35
36	John Adams	Stowmarket & District CC	V	E	19:36	1:34:42	14:36
37	Andrew Ward	Wisbech Wheelers	V	E	28:22	1:19:48	14:37
38	Brian Foster	Norwich ABC	V	E	21:38	1:40:29	14:38
39	Gary Matthews	East Anglia VTTA	V	E		1:24:05	14:39
40	Andrew Leggett	Stowmarket & District CC	S	E	13:09		14:40
41							
42	Bobby De'ath	CC Breckland	S	E	Tandem		14:42
42	Iain Dawson	CC Breckland	S	E	Tandem		

Sponsored Clubs: Stowmarket & District CC (Autostrasse/Orbea),www.elmycycles.co.uk (Elmy Cycles)

Future Plomesgate CC Promotions:

Saturday August 8th 2009 Open Grass Track Meeting,

1pm at Bredfield Village Hall, Near Woodbridge. Open to all categories, including youth and U12.

Contact: Evert Wijnberg (01473 621659)

Saturday September 19th 2009 Open 25 on B25/2Rev.

First rider off 2pm.HQ at Tunstall Village Hall.

Contact: Bev Whelan (01394 385281)