



## PLOMESGATE CYCLING CLUB

( [www.plomesgate.co.uk](http://www.plomesgate.co.uk) )

present



### Open 10 MILE Time Trials for Tandems and Solos

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

To be held on the afternoon of Saturday 28<sup>th</sup> March 2009 on the B10/9 course.

**First rider off at 14.07**

#### Officials:

Timekeepers:	Mr. C. Kindred Mr. T. Figgitt	Wolsey RC Plomesgate CC
Marshals & Helpers:	Members & friends of	Plomesgate CC
Event Secretary:	Evert Wijnberg	2 White Lodge Gardens Wind Rush Road Kesgrave Suffolk IP5 2NQ Tel: 01473 621659 Mobile: 07766543222

#### Event HQ :

Sudbourne Village Hall, Sudbourne. Approx 2 miles from the start and 1 mile from the finish. Car Parking at rear of Village Hall; entry through front entrance/ gap in wall.

Please note, the car park at the HQ is NOT large.

Please park considerately at the rear of the hall.

**No parking on the pavements outside the hall on either side of the road.**

**HQ will be open for signing on from 1 pm.**

#### Prize List for Solos:

1 Fastest	£15	1 Veteran on Std	£15	1 Woman	£12
2 Fastest	£12	2 Veteran on Std	£12	2 Woman	£10
3 Fastest	£10	3 Veteran on Std	£10		
4 Fastest	£8	4 Veteran on Std	£8		
1 Team 3*	£7				

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.

#### Course records:

£10 will be awarded to the rider breaking any category of course record.

#### Course Details B10/9 (Sudbourne- Tunstall- Bentwaters- Tunstall- Sudbourne):

START on B1078 approx. 0.25 miles from the junction with B1084 near Sudbourne (at Forestry Commission Track "30").

Proceed on B1078 northwards through Tunstall village (care on left hand bend in centre of village).

Follow B 1069 to roundabout at entrance to former Bentwaters Airbase (4.5 miles), where retrace route along B1069 & B1078 past start.

Turn left onto B1084 to FINISH by large fence post in boundary fence on left, approx. 200 yards from "Five Crossways" south of Sudbourne village.

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

### Course Records:

Men: 21.51 Pete Dale 2005  
Women: 24.25 Julia Shaw 2003  
Tandem: 21.59 Geoff Bateman / Joe Empson 1999

### Rider's Note:

**The start is approx. 2 miles from the HQ.  
Please allow plenty of time ( 10 – 15 minutes ) to get to the start.  
From HQ travel south for approx. 0.5 mile, turn Right along B1084, then  
turn Right onto B1078.  
Start is approx. 0.25 mile down hill on left.**

### “Promoted for and on behalf of Cycle Time Trials under their Rules and Regulations”

- “U-turns will not be permitted on courses adjacent to Start and Finish areas while an event is in progress”  
**Note:** Any breaking of the 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 180 degree turn completed within a width of the carriage way 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 riding 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 Village. Failure to comply with this regulation may lead to disqualification”.**
  
- **Cycle Helmets:**  
**In the interest of your own safety, Cycle 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, AUS/NZS 2063;96, DIN 33-954, CPSC or EN1078.  
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 a rear LED light to enhance visibility to other road users.**

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

Christine Willmets  
8 Barrowcrofts  
Histon, Cambs, CB4 9EV  
Tel: 01223 2342235

Number	Name	Club	Cat	Std Time	Time Off
1					14:01
2					14:02
3					14:03
4					14:04
<b>5</b>					<b>14:05</b>
6					14:06
7	Bev Whelan	Plomesgate CC	WV	00:29:48	14:07
8	Olive Forsbrook	Wolsey Road Club	WV	00:36:37	14:08
9	Julie Baker	Colchester Rovers CC	WV	00:28:52	14:09
10	Maureen Nichols	Wolsey Road Club	WV	00:34:06	14:10
<b>11</b>	Emilie Fisher	www.elmycycles.co.uk	W		<b>14:11</b>
12	Lucinda Seymour	Reading Cycle Club	WV	00:27:33	14:12
13	Gavin Moore	Stowmarket & District CC			14:13
14	Gary Matthews	53-12 Multi-Sports	V	00:28:12	14:14
<b>15</b>	Duncan Murphy	Cambridge CC			<b>14:15</b>
16	John Coles	Wolsey Road Club	V	00:31:15	14:16
17	Ray Robinson	Stowmarket & District CC	V	00:26:54	14:17
18	Stephen Beaumont	Plomesgate CC	V	00:26:30	14:18
19	Herman Ramsey	Colchester Rovers CC	V	00:32:00	14:19
<b>20</b>	Geoff Frost	Api-Metrow			<b>14:20</b>
21	Ken Baker	Colchester Rovers CC	V	00:28:12	14:21
22	Phil Hollingsworth	East Anglian CC	V	00:29:48	14:22
23	Kevin Norman	Stowmarket & District CC	V	00:26:18	14:23
24	Mark Broughton	Plomesgate CC	V	00:27:33	14:24
<b>25</b>	Geoff Bateman	Anglia Velo	V	00:28:38	<b>14:25</b>
26	Gary Buckle	Stowmarket & District CC	V	00:28:52	14:26
27	Pete Whelan	Plomesgate CC	V	00:28:12	14:27
28	Adam Cross	CC Breckland	J		14:28
29	Rickaby Shearly-Sanders	Colchester Rovers CC	V	00:30:02	14:29
<b>30</b>	James Eman	Anglia Velo			<b>14:30</b>
31	Chris Leggett	Stowmarket & District CC			14:31
32	Richard Carrington	Mildenhall CC			14:32
33	Neil Douglas	Stowmarket & District CC	V	00:26:42	14:33
34	Andrew Hawes	Plomesgate CC	V	00:27:33	14:34

<b>35</b>	Guy Stevens	East Anglian CC	V	00:27:20	<b>14:35</b>
36	John Tovell	Wolsey Road Club	V	00:32:15	14:36
37	Peter Baumber	Cambridge CC	V	00:34:22	14:37
38	Roger Selmes	Wolsey Road Club	V	00:30:16	14:38
39	William Harrison	Witham Wheelers	V	00:28:12	14:39
<b>40</b>	Glenn Taylor	Api-Metrow	V	00:25:30	<b>14:40</b>
41	Patrick Ellis	Fat Birds CC			14:41
42	Jim Hardwicke	Plomesgate CC	V	00:26:06	14:42
43	Ted Saunderson	Ipswich BC	V	00:32:46	14:43
44	Colin Clarke	Wolsey Road Club	V	00:27:20	14:44
<b>45</b>	Adrian Pettitt	Stowmarket & District CC		00:27:07	<b>14:45</b>
46	James Rush	CC Sudbury			14:46
47	Anthony Whale	Ciclos Uno	V	00:27:20	14:47
48	Paul Moss	Stowmarket & District CC	V	00:25:42	14:48
49	Simon Larbey	Mildenhall CC	V	00:28:12	14:49
<b>50</b>	Andrew Leggett	Stowmarket & District CC			<b>14:50</b>
51	James Rutherford	Team Science in Sport	V	00:28:12	14:51
52	John Bonnyhood	VC Revolution	V	00:28:25	14:52
53	Mike Lewis	Witham Wheelers	V	00:29:20	14:53
54	John Parkes	Wolsey Road Club	V	00:30:45	14:54
<b>55</b>	Matt Donaldson	Anglia Velo	V	00:25:30	<b>14:55</b>
56	Adrian McTigue	Plomesgate CC			14:56
57	Tim Snook	Ipswich BC	V	00:26:06	14:57
58	Rob Hobbs	VC Norwich			14:58
59	Kenneth Nichols	Wolsey Road Club	V	00:32:30	14:59
<b>60</b>	Lee Bark	Stowmarket & District CC	V	00:26:30	<b>15:00</b>
61	Steve Presland	Ely & District CC	V	00:27:59	15:01
62	Bob Quarton	Wolsey Road Club	V	00:28:25	15:02
63	Colin Lown	Ipswich BC	V	00:28:38	15:03
64	Terry Law	CC Sudbury	V	00:33:18	15:04
<b>65</b>	Angus Jardine	Ipswich BC	V	00:26:06	<b>15:05</b>
66	Damon Day	CC Sudbury	V	00:26:06	15:06
67	Andy Tyler	CC Breckland			15:07
68	Antony Birt	Ipswich BC			15:08
69	Paul Willsher	Plomesgate CC	V	00:30:45	15:09
<b>70</b>	David McGaw	Arctic Premier RT			<b>15:10</b>