



Start Sheet

'MAD MARCH HILLY' (SpoCo E) Open TT

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

Sunday 12th March 2017

Event Secretary: Darren Rule **t:** 07747 643858 **e:** roadracing@cycleclubsudbury.com

Timekeepers: Brian Webber, Robin Weaver, Geoff Morse

Event HQ: Lavenham Village Hall, Church St, Lavenham, Suffolk CO10 9QT

The HQ is located at the far end of the car park opposite the church, behind The Cock Horse public house. Please do not wear cleats in the HQ as they will damage the floor.

Numbers will be at the HQ. Sign on here, and exchange your number for a drink when you finish.

All car parking to be in the car park adjacent to the village hall. **No car parking on the main road or near the start or finish.** Please leave the car parking spaces in front of the village hall free for Cycle Club Sudbury Officials.

Course: BS/24R 35km (21.7 miles) Lavenham-Newton-Hadleigh-Monks Eleigh-Lavenham circuit.

Start Time: 08:00. Start on the B1071 by the telegraph pole opposite Potland Lane and the church.

Course map and GPX file can be found here: <http://www.cycleclubsudbury.com/events/open-10>

**When finishing, riders should continue back to the HQ, keeping the finish clear.
The onus of keeping to the course rests with each rider.**

- (a) In the interests of your own cycling safety, Cycling Time Trials and Cycle Club Sudbury strongly advise you to wear a Hard Shell Helmet that meets an internationally accepted safety standard.
- (b) Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use. Note: these are recommendations only and cannot be imposed should a rider not comply with either.

All competitors under the age of 18 years and /or juniors must wear a properly-fitted helmet that must conform to a recognized Standard such as Shell B95. C.T.T. (East District local regulations 2008).

(reg.8) **U-Turns** will not be permitted on the course or roads adjacent to start and finish areas while the race 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 council.

Definition: a U-turn is defined as a 180 degree turn completed within the highway whilst astride the machine (it is recommended that the rider should dismount check the road is clear in both directions, then with machine walk across the road.)

(reg.11) **Numbers** will be available at the HQ and not at the start.

(reg.12) **Warming Up**, no warming up along the course by competitors once an event has started.

(reg.15) **Turbo Trainers**, the use of turbo trainers is banned at all events with am start times.

(reg. 21) **Paced & Company Riding**, Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

PLEASE KEEP YOUR HEAD UP AT ALL TIMES - HEAD DOWN RIDING CAN KILL

Have a safe and enjoyable ride



Awards

Sporting course competitions:

This event is a Category B counting event for the SpoCo E series:

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

Prize money:

| Men | Women |
|-----------------------|-----------------------|
| 1 st = £25 | 1 st = £25 |
| 2 nd = £20 | 2 nd = £20 |
| 3 rd = £15 | 3 rd = £15 |

Fastest Junior = £ 10

Fastest Team of 3 = £10 per rider.

Only one prize per rider will be awarded except for team prize.

Course record prizes:

£50 for the person (male or female) who sets the new overall course record (currently 00:48:08, Mark Arnold –CC Desiragear)

£50 for the Lady who sets the new Ladies course record (currently 00:51:41 Hayley Simmonds – Team Velosport)

£25 for the C.C. Sudbury or Boxford Bike Club member who sets the new fastest time by a male member from these clubs (currently 00:50:55 Simon Wright - C.C. Sudbury)

£25 for the female C.C. Sudbury or Boxford Bike Club member who sets the new fastest time by a female member of these clubs (currently 1:05:31 Samantha Segger – Boxford Bike Club)

Only one course record prize per rider will be awarded

Club course record prizes open to first claim members of respective clubs only.



Start Sheet

| No. | Start Time | Rider Name | Club | Cat. |
|-----|------------|--------------------|-----------------------------------|------|
| 1 | 08:01 | David Fenn | CC Sudbury | V |
| 2 | 08:02 | Fraser Elsworth | West Suffolk Whs & Triathlon Club | Jun. |
| 3 | 08:03 | Gary Johnson | CC Sudbury | V |
| 4 | 08:04 | Curtis Caba | Boxford Bike Club | V |
| 5 | 08:05 | Paul Rooke | West Suffolk Whs & Triathlon Club | S |
| 6 | 08:06 | Graham Laws | Ipswich BC | V |
| 7 | 08:07 | Kelly Wagland | Boxford Bike Club | V |
| 8 | 08:08 | Peter Beard | Stowmarket & District CC | V |
| 9 | 08:09 | Colin Risley | Boxford Bike Club | V |
| 10 | 08:10 | Simon Daw | Velo Schils Interbike RT | V |
| 11 | 08:11 | Mark Smart | VC Norwich | V |
| 12 | 08:12 | Chris Steward | Boxford Bike Club | S |
| 13 | 08:13 | Anita Ward | West Suffolk Whs & Triathlon Club | LV |
| 14 | 08:14 | David Miller | CC Sudbury | V |
| 15 | 08:15 | Antony Birt | Team Bottrill / HSS Hire | V |
| 16 | 08:16 | Adrian McTigue | Plomesgate CC | V |
| 17 | 08:17 | Andrew Ward | West Suffolk Whs & Triathlon Club | V |
| 18 | 08:18 | Emma Taylor | Stowmarket & District CC | LS |
| 19 | 08:19 | Sarah Johnson | Boxford Bike Club | LV |
| 20 | 08:20 | Stuart Fairweather | Team Velovelocity | V |
| 21 | 08:21 | Phil Jarvis | Colchester Rovers CC | V |
| 22 | 08:22 | Stewart Kirk | CC Sudbury | V |
| 23 | 08:23 | James Wood | West Suffolk Whs & Triathlon Club | V |
| 24 | 08:24 | Phil Bailey | Basildon CC | V |
| 25 | 08:25 | Lyster Romero | Wigmore CC | Jun. |
| 26 | 08:26 | Edmund Spurgeon | Colchester Rovers CC | V |
| 27 | 08:27 | Mandy Bunn | CC Sudbury | LV |
| 28 | 08:28 | Clement Wallace | West Suffolk Whs & Triathlon Club | Jun. |
| 29 | 08:29 | Isabella Johnson | Boxford Bike Club | Juv. |
| 30 | 08:30 | Lee Woodcock | HKR XC TEAM | S |
| 31 | 08:31 | Mark Farrow | Team PedalRevolution.co.uk | V |
| 32 | 08:32 | Jennifer Smart | VC Norwich | LV |
| 33 | 08:33 | Cliff Matthews | Wolsey RC | V |
| 34 | 08:34 | James Harman | Boxford Bike Club | S |
| 35 | 08:35 | David Webster | Kings Lynn MTB club | V |
| 36 | 08:36 | Adrian Pettitt | Stowmarket & District CC | V |



| No. | Start Time | Rider Name | Club | Cat. |
|-----|------------|-----------------|-----------------------------------|------|
| 37 | 08:37 | N J Parravani | CC Breckland | V |
| 38 | 08:38 | Andrew Renshaw | Boxford Bike Club | V |
| 39 | 08:39 | Charlie Knowler | West Suffolk Whs & Triathlon Club | Juv. |
| 40 | 08:40 | Andre Dyson | Cambridge CC | V |
| 41 | 08:41 | David Crisp | Velo Schils Interbike RT | V |
| 42 | 08:42 | Daniel Wood | Stowmarket & District CC | V |
| 43 | 08:43 | Doz Bree | CC Sudbury | V |
| 44 | 08:44 | Karen Easton | Wolsey RC | LV |
| 45 | 08:45 | Andy Kennedy | Ipswich BC | V |
| 46 | 08:46 | Lee Ford | CC Sudbury | S |
| 47 | 08:47 | Peter Gregg | Stowmarket & District CC | V |
| 48 | 08:48 | Colin Harris | CC Sudbury | V |
| 49 | 08:49 | Brendan O'Brien | Eagle Road Club | V |
| 50 | 08:50 | Paul Jay | Team Velovelocity | V |
| 51 | 08:51 | Dave Schindler | Stowmarket & District CC | S |
| 52 | 08:52 | Trevor Caley | Plomesgate CC | V |
| 53 | 08:53 | Gavin Ratcliff | CC Sudbury | V |
| 54 | 08:54 | Patrick Crew | Boxford Bike Club | V |
| 55 | 08:55 | Leon West | CC Sudbury | S |
| 56 | 08:56 | Nicholas Webber | Hadleigh Cycling Club | V |
| 57 | 08:57 | Jeff Wilson | CC Sudbury | V |

Keep in touch with us and up-to-date with CC Sudbury events:



cycleclubsudbury.com



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