

CYCLE CLUB SUDBURY

'THE MAD MARCH HILLY'

SUNDAY 3rd. MARCH 2013

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

EVENT SECRETARY: Jonathan Weatherley

Tel. no. 01787 460114 Mobile on day of event 07754 586598

Timekeepers: Geoff Morse, Brian Weber

Recorder: Linda Pillet

Observer: Peter Whitely

COURSE: BS/24R 35K 21.7 miles Lavenham-Hadleigh-Monks Eleigh Circuit Time of Start 08:30.

Start on the B1071 by the telegraph pole opposite Potland Lane in Lavenham near the church. Proceed south on the B1071 towards Sudbury. At the junction with the B1115, bear right and continue to Great Waldingfield. Continue to the mini roundabout and take the first exit left, Valley Road. Proceed along Valley Road (signposted Great Cornard) to the junction with the A134 take care, and turn left. Proceed on the A134 through Newton Green, and then turn left onto the A1071-sign-posted Ipswich. Continue on this road passing Boxford on the bypass being careful at the sharp right hand corner at Bower House Tye, continuing on to the Hadleigh bypass. Once on the Hadleigh bypass take the first left onto the A1141 sign-posted Bildeston. At the top of Semer Hill, turn left (sign-posted Lavenham). Continue on the A1141 through Monks Eleigh to Lavenham to the finish at telegraph pole 04 near the craft workshops.

When finishing, riders should continue back to the HQ, to keeping the finish clear.

The onus of keeping to the course rests with each rider.

HEADQUARTERS: Lavenham village hall which is at the far end of the car park opposite the church. Please do not wear cleats in the Hall-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.

In the interests of safety, Cycling Time Trials and the event promoters strongly advise you to wear a Hard Shell Helmet that meets internationally accepted safety standards.

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.

The East District Committee recommends that competitors should fit a rear LED light to enhance visibility to other road users.

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

Have a Safe and Enjoyable Ride

AWARDS

ONLY ONE PRIZE PER RIDER

FIRST FASTEST MALE	£25
SECOND FASTEST MALE	£20
THIRD FASTEST MALE	£15
FASTEST FEMALE	£10
FASTEST JUNIOR	£10
FASTEST TEAM OF THREE	£10

MANY THANKS TO LIFE CYCLE UK OF BILDESTON FOR THE GENEROUS DONATION
TOWARDS THE PRIZE MONEY



No.	Name	Club	Cat	Start time
1	Clive Gilham	CC Sudbury	V	8.31
2	Andrew Renshaw	Boxford Bike Club	V	8.32
3	Simon Norton	CC Sudbury	V	8.33
4	David Rudling	CC Sudbury	V	8.34
5	Mathew Shotbolt	CC Sudbury	S	8.35
6	John Bradbury	Boxford Bike Club	V	8.36
7	Robert Wallace	CC Sudbury	S	8.37
8	Emma Beard	Stowmarket & District C.C.- Orbea/Autostrasse	LS	8.38
9	Gerry Barton	West Suffolk Whs	V	8.39
10	Simon Wright	C.C. Sudbury	V	8.40
11	Denise Leeder	C.C. Sudbury	LV	8.41
12	Kirsty White	C.C. Sudbury	LV	8.42
13	Curtis Caba	Boxford Bike Club	V	8.43
14	Peter Beard	Stowmarket & District C.C.- Orbea/Autostrasse	V	8.44
15	Jason Bouttell	Team Velovelocit.y.co.uk	S	8.45
16	Kelly Wagland	Boxford Bike Club	V	8.46
17	Richard Porter	Boxford Bike Club	V	8.47
18	Mike Remblance	Wolsey Road Club	V	8.48
19	Lee Nowak	Kings Lynn Cycling Club	V	8.49
20	Simon Daw	C.C. Sudbury	V	8.50
21	Matthew Shinn	Boxford Bike Club	V	8.51
22	Charlie Pratt	C.C. Sudbury	J	8.52
23	Nick Baker	CC Sudbury	V	8.53
24	Paul Rooke	West Suffolk Whs	S	8.54
25	David Staff	Team Velovelocit.y.co.uk	V	8.55
26	Darren Rule	C.C. Sudbury	V	8.56
27	Darren Pratt	C.C. Sudbury	V	8.57
28	Nick Rivett	North Norfolk Wheelers	V	8.58
29	Adrian McTigue	Plomesgate CC	V	8.59
30	Phil Jarvis	Colchester Rovers CC	V	9.00
31	David Crisp	Stowmarket & District CC	S	9.01
32	David Cole	Boxford Bike Club	S	9.02
33	Colin Lown	Ipswich BC	V	9.03
34	James Rush	C.C. Sudbury	S	9.04
35	Mark Arnold	Team PedalRevolution.co.uk	S	9.05
36	Nicholas Webber	Colchester Rovers CC	V	9.06
37	Andrew Kennedy	Ipswich BC	V	9.07
38	Gary Smith	Kings Lynn Cycling Club	V	9.08
39	Ben Caisey	Stowmarket & District CC	S	9.09
40	Paul Jay	Team Velovelocit.y.co.uk	S	9.10
41	Barry McDonald	Velo Schils Interbike R.T	S	9.11
42	Neil Hornett	Eagle Road Club	S	9.12
43	Andrew Leggett	Stowmarket & District C.C.- Orbea/Autostrasse	S	9.13
44	Andre Dyason	Team Swift	V	9.14

SPONSORED CLUBS
 Stowmarket & District C.C.- Orbea/Autostrasse.
 Team Velo Velocity
 Team Swift.
 Velo Schils Interbike RT