

Startsheet

vc norwich

Start Number	Start Time	Rider	Club	Gender	Category
2	08:02:00	Bob Carter	VC Norwich		
3	08:03:00	Lewis Fulljames	Kings Lynn CC		
4	08:04:00	Paul Seaman	Wolsey RC		
5	08:05:00	Ross Fawcett	Ipswich BC		
6	08:06:00	Robert Tillott	St Ives CC		
7	08:07:00	Nick Ponsford	VC Norwich		
8	08:08:00	Derek Lusher	Norwich A B C		
9	08:09:00	Michael Jones	Performancecoaching.me		
10	08:10:00	Gary Matthews	Sole Bay Cycle Sport		
11	08:11:00	Mark Farrow	Team PedalRevolution.co.uk		
12	08:12:00	Trevor Figgitt	Plomesgate CC		
13	08:13:00	Colin Harris	CC Sudbury		
14	08:14:00	Nick Robinson	100% ME		
15	08:15:00	Andrew Hill	VC Deal		
16	08:16:00	Trevor Roberts	Wolsey RC		
17	08:17:00	Mark Field	VC Norwich		
18	08:18:00	Carl Murley	Wisbech Whs		
19	08:19:00	Christine Cooke	Godric CC		
20	08:20:00	Verity Smith	Stowmarket & District CC		
21	08:21:00	Denise Hurren	Sole Bay Cycle Sport		
22	08:22:00	Mandy Bunn	CC Sudbury		
23	08:23:00	Kate Lucas	Norwich A B C		
24	08:24:00	Christina Lankford	Cambridge Triathlon Club		
25	08:25:00	Cindy Berry	Hoddesdon Tri Club		
26	08:26:00	Jennifer Smart	VC Norwich		
27	08:27:00	Jenny Anderson	Great Yarmouth C C		
28	08:28:00	Emma Taylor	Stowmarket & District CC		
29	08:29:00	Jane Hannah	Tri Harder		
30	08:30:00	Francesca Rust	Ely & District CC/B&T Motor Repairs		
31	08:31:00	Ann Shuttleworth	Chelmer CC		
32	08:32:00	Rebecca Murley	Wisbech Whs		
33	08:33:00	Giovanna Bertoldi	Iceni Velo		

Start Number	Start Time	Rider	Club	Gender	Category
34	08:34:00	Kay Burgess	Kings Lynn CC		
35	08:35:00	Sophie Lankford	Cambridge Triathlon Club		
36	08:36:00	David Fenn	CC Sudbury		
37	08:37:00	Nigel Hodge	Tri-Anglia Triathlon Club		
38	08:38:00	Steven Barnes	Iceni Velo		
39	08:39:00	Pete Baldwin	Wisbech Whs		
40	08:40:00	Dan Blackburn	VC Norwich		
41	08:41:00	Chris Nudds	CC Breckland		
42	08:42:00	Andrew Knowles	St Ives CC		
43	08:43:00	Barry McDonald	Velo Schils Interbike RT		
44	08:44:00	Patrick Charlton	Wolsey RC		
45	08:45:00	Tim Duncan-Booth	Farnborough & Camberley CC		
46	08:46:00	Jim Hardwicke	Plomesgate CC		
47	08:47:00	Lee Garrod	Sole Bay Cycle Sport		
48	08:48:00	Bob Quarton	Wolsey RC		
49	08:49:00	Ali Argo	VC Norwich		
50	08:50:00	Steve Burrows			
51	08:51:00	Roger Sewell	Hounslow & District Whs		
52	08:52:00	Steve Cave	Wolsey RC		
53	08:53:00	Julian Bosley	Stowmarket & District CC		
54	08:54:00	Michael Fry	Glendene CC		
55	08:55:00	Graham Sparkes	Mulbarton Velo Club		
56	08:56:00	Lyster Romero	Plomesgate CC		
57	08:57:00	Len Benton	Colchester Rovers CC		
58	08:58:00	Oliver Cozens	Norwich A B C		
59	08:59:00	Markos Janes	VC Norwich		
60	09:00:00	Rory Havis	St Ives CC		
61	09:01:00	Chris Dyason	Cambridge CC		
62	09:02:00	James Wylie	Velo Schils Interbike RT		
63	09:03:00	Nick Esser	VC Baracchi		
64	09:04:00	Ashley Thompson	Diss & District CC		
65	09:05:00	Andy Stuart	Velo Club St Raphael		
66	09:06:00	Chris Roberts	Anglia Velo		
67	09:07:00	Adam Cross	CC Breckland		
68	09:08:00	Henry Woodley	North Norfolk Whs		
69	09:09:00	Simon Lomax	VC Norwich		
70	09:10:00	Richard Carrington	West Suffolk Wheelers		
71	09:11:00	Paul Shelley	Diss & District CC		

Start Number	Start Time	Rider	Club	Gender	Category
72	09:12:00	Andy Kennedy	Ipswich BC		
73	09:13:00	Mark Smart	VC Norwich		
74	09:14:00	Simon Ridgewell	Wisbech Whs		
75	09:15:00	Matthew Senter	Peterborough CC		
76	09:16:00	James Senter	Kings Lynn CC		
77	09:17:00	Gary Smith	Team Velovelocity		
78	09:18:00	Roger Graham	CC Breckland		
79	09:19:00	Gary Pamment	Velo Schils Interbike RT		
80	09:20:00	Jon Wilson	Newmarket Cycling & Triathlon Club		
81	09:21:00	Paul Vickers	West Suffolk Wheelers		
82	09:22:00	Karl Read	North Norfolk Whs		
83	09:23:00	Neil Empson	Anglia Velo		
84	09:24:00	Jason Corner	Diss & District CC		
85	09:25:00	Mathew Eley	Ely & District CC/B&T Motor Repairs		
86	09:26:00	Ed Dean	Norwich A B C		
87	09:27:00	Ian Nixon	Diss & District CC		
88	09:28:00	Peter Kerry	Ipswich Velo		
89	09:29:00	Paul Willis	Wisbech Whs		
90	09:30:00	Jason Turner	Norwich A B C		
91	09:31:00	Stuart Fairweather	Plomesgate CC		
92	09:32:00	John Swindells	Iceni Velo		
93	09:33:00	Joe Empson	Anglia Velo		
94	09:34:00	John Swanbury	VC Baracchi		
95	09:35:00	Steve Gorbitt	Diss & District CC		
96	09:36:00	David Moore	VC Norwich		
97	09:37:00	Neil Stevens	Team PedalRevolution.co.uk		
98	09:38:00	James Walsgrove	Tri Harder		
99	09:39:00	Nick Parravani	CC Breckland		
100	09:40:00	Mark Richards	VC Baracchi		
101	09:41:00	Dougal Toms	Iceni Velo		
102	09:42:00	Paul Dennington	VC Baracchi		
103	09:43:00	Patrick Ellis	Diss & District CC		
104	09:44:00	Nick Dunkley	Anglia Velo		
105	09:45:00	Sean Taylor	Royal Air Force Cycling Association		
106	09:46:00	Damon Day	CC Sudbury		
107	09:47:00	Paul Hayward	VC Baracchi		

Start Number	Start Time	Rider	Club	Gender	Category
108	09:48:00	Graham Dilks	Norwich A B C		
109	09:49:00	Michael Meadows	VC Norwich		
110	09:50:00	James Trenchard	Godric CC		
111	09:51:00	Matt Smith	Team PedalRevolution.co.uk		
112	09:52:00	Stuart Emmett	Performancecoaching.me		
113	09:53:00	Steve Shore	Southend Wheelers		
114	09:54:00	Myles Higby			
115	09:55:00	Harley Matthews	Team PedalRevolution.co.uk		
116	09:56:00	Darren Preston	St Neots CC		
117	09:57:00	Chris Womack	VC Baracchi		
118	09:58:00	John Adams	Stowmarket & District CC		
119	09:59:00	John Brown	Wisbech Whs		
120	10:00:00	Lloyd Chapman			
121	10:01:00	Tom Sykes	Ely & District CC/B&T Motor Repairs		
Reserve	--	Peter Beard	Stowmarket & District CC		
Reserve	--	John Shellard	Team PedalRevolution.co.uk		
Reserve	--	David Miller	CC Sudbury		
Reserve	--	Tom Moore	Great Yarmouth C C		
Reserve	--	Roger Selmes	Wolsey RC		
Reserve	--	Keith Grasby	CC Breckland		
Reserve	--	Paul Coulthred	CC Breckland		