

Event promoted for and on behalf of Cycling Time Trials under its rules and regulations

EASTERN COUNTIES



CYCLING ASSOCIATION

Start Sheet for Championship 25 miles Time Trial

for Solos, Tandem and 2 Up TTT

to be held on

Sunday 29th September 2024

Course E33/25 ~ Start at 9.00 am

Timekeepers

Trevor Pedley and Peter Smith

Awards

OPEN:	1st: Brunwin Cup + Boxed Medal. 2nd: Championship Gilt Medal. 3rd: Championship Medal.
FEMALES:	1st: Florence Lang Cup + Boxed Medal. 2nd: Championship Gilt Medal. 3rd: Championship Medal.
TEAM:	1st Team of Three: Championship Gilt Medals.
HANDICAP:	1st: ECCA Gilt Medal. 2nd to 3rd: ECCA Medal.
2-UP TTT:	1st Team: ECCA Gilt Medals.
Only members of ECCA affiliated clubs are eligible for awards	

Event Headquarters

Westley Waterless Village Hall, Main Street, Westley Waterless, Newmarket, CR8 0RG

Event Secretary: Keith West, 3 Dukes Road, Billericay, Essex. CM11 1BP
Mobile: 07952 910044 Email: TTSec@EasternCounties.org.uk

For full details of future ECCA events and results of past events and the season long competitions, go to www.easterncounties.org.uk where you will find this information plus lists of officials and member clubs. The website will always be up to date and should be your "go to" site for the latest information. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

If your club is not affiliated and is within one of our relevant districts why not affiliate. Not only do we promote a comprehensive time trials programme but we also have road races, circuit races and a grass track meeting. Full details are on the website. For those worried about the marshalling requirements note that the duties reflect rider participation and that we now pay each marshal £20 towards their expenses.

COURSE DETAILS E33/25 (modified Start & Finish)

Grid References Start: TL58945860 Finish: TL58445788

Interactive map: https://www.questronics.co.uk/maps.html?E33_25a

START At hardstanding on A1304, 0.4 miles north from Westley Bottom Road and just before entrance to farm on opposite side of the road. Proceed north on the A1304 to Stetchworth roundabout (2.34 miles). Take first exit and continue on A1303 to Dunsley Corner (7.89 miles) to turn sharp left onto lane (**WITH CARE**). Follow lane to Six Mile Bottom where turn left on to A1304 (11.54 miles). Continue north on A1304 to go past Start to Stetchworth roundabout (15.10 miles). Take first exit and continue on A1303 to Dunsley Corner (20.65 miles) to turn sharp left onto lane. Follow lane to Six Mile Bottom where turn left on A1304 (24.30 miles). Continue north on A1304 to **FINISH** which is the end of the layby which is 0.2 miles south of Westley Bottom Road (25 miles).

YOUR SAFETY

At the roundabout turn you should NOT enter the roundabout if the way is not clear; you MUST give way to any vehicle from the right and give a clear signal as to your intended route.

Dunsley Corner is the **second** road to the Wilbrahams and the turn is very sharp (60°) with the road turning back on itself. **TAKE CARE.**

The lane from Dunsley to Six Mile Bottom is a minor country lane with some large ruts at the side of the road and some poor surfaces, especially where it passes over the A14.

Care is required at the Traffic Calming chicanes on the A1304 north of Six Mile Bottom. Oncoming traffic could cause problems.

RIDERS' NOTES

No parking at either the start or finish, other than timekeepers. Parking is available at and near the Event H.Q. Please park outside the HQ grounds and only to the east of Village Hall. Park sensibly and avoid blocking the pathways by not parking on the verges. Obey the 30 mph speed limit in the village. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters. **This is especially important with regards to horses and riders; give way, slow down and leave plenty of room.**

Although Westley Bottom Road is the most direct route to the start the lane is very narrow, passes through a farm and can be blocked by farm vehicles. It is better to go via Six Mile Bottom and the distance to the Start is approximately 5 miles. Parking is available on the grass verges of the A1304, but do not park close to either the Start or Finish.

NATIONAL REGULATIONS

Regulation 15

Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.

Regulation 14 (j) and (k)

Riders are also reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

NO HELMET - NO LIGHT – NO RIDE

Regulations 13 (a) & 27(d)

Riders are reminded that you MUST notify of any improvement in your PBs. Failure to do so will disqualify you from the handicap awards. The event has been handicapped using the ECCA Handicapping System.

LONDON EAST REGULATIONS

4.5.1 A competitor must not warm up on any part of the course after the event has started.

4.6.2 No U-Turns are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

4.6.5 Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.

Event HQ will open at 8.00 am. Please respect the local residents and be as quiet as possible.

Body numbers will be available at the HQ and must be personally signed for after reading any special course instructions.

All competitors are reminded to personally sign the signing-out sheet when returning their number, otherwise they may be recorded as DNF.

Free drinks are available for riders and officials. A tempting choice of cakes will be provided by Annie Shuttleworth at £1 each. Please make sure to bring cash with you.

E33/25 Course Records

Solo Open	John Archibald	48:50	18th October 2020
Solo Female	Emily Meakin	55:02	18th October 2020
Solo Open (Junior)	Aaron Freeman	53:03	18th October 2020
Solo Female (Junior)	Eva Callinan	1:00:30	18th October 2020
Tandem	Steve Robinson, Sam Hays	57:21	14th April 2018

Solos

No	Start	Name	Club/Team	Cat	Bike	Hcap	PB
3	09:03	Colin White	Colchester Rovers CC	V	TT	1:04:42	1:49:19
4	09:04	Edward Nottingham	Diss & District CC	V	RB	27:52	1:09:51
5	09:05	Samuel Thienel	Elysium Kalas Race Team	S	TT	8:55	49:33
6	09:06	David Gill	Diss & District CC	V	RB	20:46	1:02:14
7	09:07	Marc Brant	Basildon CC	V	RB	26:04	1:07:55
8	09:08	Mary Twitchett	Cambridge CC	FV	TT	26:28	1:08:21
9	09:09	Colin Edmond	**Maldon & District CC	V	RB		1:24:16
10	09:10	Jonny Allen	Elysium Kalas Race Team	S	TT	7:40	48:12
11	09:11	Emily Varley	Hitchin Nomads CC	FS	TT	15:13	56:18
12	09:12	Dominic Bray	Finsbury Park CC	V	TT	17:47	59:03
13	09:13	Alison Fox	Ely & District CC/B&T Motor Repairs	FV	TT	23:17	1:04:56
14	09:14	Andy Stuart	**Velo Club St Raphael	V	RB		
15	09:15	Grant Orsborn	**Bedfordshire Road RT	V	TT		52:25
16	09:16	Deborah Beare	Icknield RC	FV	TT	14:25	55:26
17	09:17	Simon Bevan	Cambridge CC	S	TT	19:59	1:01:24*
18	09:18	Amy Sole	**Full Moo Cycling	FV	TT		1:07:52
19	09:19	Malcolm Strickland	**CC Bexley	V	RB		1:24:15
20	09:20	Paul Pardoe	Peterborough CC	V	TT	7:15	47:46
21	09:21	Louise Robinson	Shaftesbury CC	FV	TT	13:52	54:51
22	09:22	Gregory Smith	Finsbury Park CC	V	TT	17:38	58:53
23	09:23	Graham Hurrell	Basildon CC	V	TT	23:10	1:04:49
24	09:24	Gill Carter	Essex Roads CC	FV	TT	27:52	1:09:51
25	09:25	Nicholas Knight	Hart Performance Coaching	V	TT	10:33	51:18
26	09:26	Richard Mellor	**Team Bottrill	V	RB		55:23
27	09:27	Philip Hodey	Shaftesbury CC	V	TT	18:39	59:58
28	09:28	David Carey	Southend Wheelers	V	TT	25:42	1:07:32
29	09:29	Matthew Heywood	Cambridge CC	V	TT	33:20	1:15:42
30	09:30	John Wingfield	Elysium Kalas Race Team	S	TT	7:04	47:34
31	09:31	Robert Watson	Cambridge CC	V	TT	12:15	53:07
32	09:32	Philip Skinner	**Welwyn Whs	V	TT		58:44
33	09:33	Phillip Brant	Southend Wheelers	V	TT	21:52	1:03:25
34	09:34	Rachel Halamandres	Basildon CC	FV	TT	27:07	1:09:03
35	09:35	Adam Fisher	Cambridge CC	V	TT	10:30	51:14
36	09:36	John Manlow	Ely & District CC/B&T Motor Repairs	V	RB	12:36	53:29
37	09:37	Phil Bailey	Loose Cannon's Conditioning	V	TT	21:48	1:03:21
38	09:38	Tom Walton	**Islington Cycling Club	S	RB		1:07:01
39	09:39	Louise Kedge	Newhall CC	FS	TT	28:56	1:10:59
40	09:40	Matthew Smith	**DRAG2ZERO	V	TT		45:59
41	09:41	David Glossy	Elysium Kalas Race Team	V	TT	11:54	52:44
42	09:42	Alan Crane	**Chronos RT	V	TT		57:38
43	09:43	Harry Boscawen	**Dulwich Paragon CC	S	TT		59:34
44	09:44	Samuel Robinson	Ashford Whs	S	TT	13:18	54:15
45	09:45	Nic Pillinger	St Neots CC	V	TT	8:54	49:32

** = Club not affiliated to ECCA. Rider(s) not eligible for awards.

* = PB calculated from other distances.

Tandem						
No	Start	Name	Club/Team	Cat	Bike	PB
46	09:46	John Swanbury Allistair Banks	**VC Baracchi	V V	TT	54:58
** = Club not affiliated to ECCA. Rider(s) not eligible for awards.						

2 Up TTT					
No	Start	Name	Club/Team	Cat	Bike
47	09:48	Oscar Fenton	**Newmarket Cycling & Triathlon Club	Y	TT
48		Jamie Fenton		V	TT
49	09:50	Sean Epstein	**Regents Park Rouleurs	S	TT
50		Issy Zimmerman		V	TT
51	09:52	Ian Markham	**Chronos RT	V	TT
52		Stuart Tarry		V	TT
53	09:54	Claire Hall	Parenesis-TougHuman Cycling	FV	TT
54		Antony Stapleton		V	TT
55	09:56	Colin Ward	**Primo RT	V	RB
56		Charlie Crawl		S	RB
57	09:58	Jack Patmore	**George Fox Cycling Solutions	S	TT
58		George Fox		S	TT
** = Club not affiliated to ECCA. Rider(s) not eligible for awards.					