

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



The start sheet for the
East Anglian VTTA 25m TT
GERI LANG MEMORIAL CUP

Awarded annually to the best on standard Group member in the last Group 25
Also includes Open Tandem event

Course E2/25 – Sunday 31st July 2016 - Starts at 06:06

Course details E2/25: - START at paint mark on A142 just before slip road to A14 westbound. Take slip road and continue onto A14 westbound, and stay in left lane onto A11 where A14 diverges. Continue to Four Went Ways (12.77m), where take slip road to elevated roundabout and circle to rejoin A11 northbound. Retrace via A11 and A14 to FINISH at the drain cover 60 kerb joints before 'Give way in 100 yards' sign on slip road to A142.

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

NOTES TO RIDERS - The following local regulations must be adhered to: -

1. No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride.
2. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
3. Numbers will be situated in the HQ and riders must sign for them personally. They can be exchanged for a hot or cold drink after the event at the Leisure Centre café, just give them your number.
4. NO cars to stop or park at the start or finish areas, the finish is a clearway.
5. No warming-up by competitors is allowed along any part of the designated course, after the event has started. **NOTE:** NO Riders allowed in the start area more than 5 minutes before starting.
6. **ON FINISHING RIDERS MUST STAY TO THE LEFT HAND SIDE OF THE SLIP ROAD, ANY RIDER MOVING OVER TO THE RIGHT WILL BE DISQUALIFIED, THIS IS FOR YOUR OWN SAFETY**
7. **AT THE TOP OF THE SLIP ROAD GO LEFT, THEN TAKE NEXT LEFT, WINDMILL HILL FOLLOW TO EXNING, AT T JUNCTION GO LEFT INTO EXNING ROAD, THE LEISURE CENTRE IS APPROX. 2.5 MILES.**
8. Please check notice board next to results board on returning number for Doping control.

Timekeepers: John Cottee & Christine Yareham

Event Secretary: Paul Hirst, 85 Peterborough Avenue, Upminster, Essex. RM14 3LL

Mobile: 07704 622446

Start Sheet prepared by Keith West of Questronics Computing Service

VTTA Event

No	Name	Club / Team	Age	Standard	VTTA Group	Start
6	Ron NAMAN	Shaftesbury C.C.	72	1:15.09	East Anglia	6.06
7	Nicholas COE	Verulam C.C.	58	1:09.49	East Anglia	6.07
8	Ron BACK	West Suffolk Wheelers & Triathlon Club	77	1:18.26	East Anglia	6.08
9	Len FINCH	C.C. Sudbury	84	1:25.32	East Anglia	6.09
10	Paul VICKERS	West Suffolk Wheelers & Triathlon Club	45	1:07.03	East Anglia	6.10
11	Paul FRENCH	Bedfordshire Road R.T.	41	1:06.13	East Anglia	6.11
12	Richard CARRINGTON	West Suffolk Wheelers & Triathlon Club	41	1:06.13	East Anglia	6.12
13	Chris SYMONDS	North Road C.C.	42	1:06.26	East Anglia	6.13
14	Vince FREELEY	Finsbury Park C.C.	75	1:16.59	East Anglia	6.14
15	Andrew GRANT	Cambridge C.C.	63	1:11.16	East Anglia	6.15
16	Richard PARROTTE	Shaftesbury C.C.	51	1:08.14	East Anglia	6.16
17	Simon DOYLE	Team Salesengine.co.uk	44	1:06.51	London & Home Counties	6.17
18	Peter ANSTEY	Welwyn Wheelers	58	1:09.49	East Anglia	6.18
19	Paula ROBINSON (W)	VTTA (London & Home Counties)	50	1:13.28	London & Home Counties	6.19
20	David EMERY	Dulwich Paragon C.C.	44	1:06.51	London & Home Counties	6.20
21	Tony MAY	TMG Horizon Cycling Team	58	1:09.49	East Anglia	6.21
22	Marc PREECE	Royal Air Force Cycling Association	41	1:06.13		6.22
23	David ROGERS	Hemel Hempstead C.C.	58	1:09.49	London & Home Counties	6.23
24	James PARSONS	North Road C.C.	65	1:11.58	East Anglia	6.24
25	Karl READ	North Norfolk Wheelers	49	1:07.50	East Anglia	6.25
26	Dave WARNE	Bigfoot C.C.	60	1:10.21	East Anglia	6.26
27	Noah KNOCK	Victoria-Ciclos.com C.C.	45	1:07.03	East Anglia	6.27
28	Patrick CHARLTON	Wolsey R.C.	58	1:09.49	East Anglia	6.28
29	Mike PERRY	San Fairy Ann C.C.	72	1:15.09	Kent	6.29
30	Philip MURRELL	Finsbury Park C.C.	46	1:07.15	London & Home Counties	6.30
31	Lawrence WINTERGOLD	Hounslow & District Wheelers	51	1:08.14	London & Home Counties	6.31
32	Jason STUART	C.C. Ashwell	49	1:07.50		6.32
33	Len BENTON	Colchester Rovers C.C.	77	1:18.26	East Anglia	6.33
34	Nick PARRAVANI	C.C. Breckland	70	1:14.06	East Anglia	6.34
35	Ian PIKE	Fenland Road Club	48	1:07.38		6.35
36	Steve SHORE	Southend Wheelers	69	1:13.37	East Anglia	6.36
37	Ian DAY	Newmarket Cycling & Triathlon Club	46	1:07.15	East Anglia	6.37
38	Michael BRIARS	Finsbury Park C.C.	41	1:06.13		6.38
39	Gary JACKSON	Shaftesbury C.C.	58	1:09.49	East Anglia	6.39
40	Damon DAY	C.C. Sudbury	49	1:07.50	East Anglia	6.40
41	Tim CHILDS	Westerley Cycling Club	54	1:08.52	London & Home Counties	6.41
42	Duncan GILBERT	Chelmer C.C.	42	1:06.26	East Anglia	6.42
43	Geoff BREWSTER	Ely & District C.C.	57	1:09.34	East Anglia	6.43
44	Trevor PARRISH	A5 Rangers C.C.	72	1:15.09	London & Home Counties	6.44
45	Andrew HORNER	Stowmarket & District C.C.	40	1:06.00	East Anglia	6.45
46	Keith STOCKWELL	Welwyn Wheelers	46	1:07.15	London & Home Counties	6.46
47	Graham PEPPERDINE	Verulam C.C.	53	1:08.39		6.47
48	Douglas WILLIAMS	Colchester Rovers C.C.	53	1:08.39	East Anglia	6.48
49	Michael COPE	Kettering C.C.	56	1:09.19	East Anglia	6.49
50	Tim KINGSTON	Deal Tri	41	1:06.13	Kent	6.50
51	Grant ORSBORN	Icknield R.C.	56	1:09.19	London & Home Counties	6.51
52	Jon FRIEND	Bedfordshire Road R.T.	51	1:08.14	East Anglia	6.52
53	Bob QUARTON	Wolsey R.C.	62	1:10.57	East Anglia	6.53
54	Brian MARTIN	Ciclos Uno	67	1:12.44	East Anglia	6.54
55	Martin DICKINSON	Deal Tri	45	1:07.03	Kent	6.55

No	Name	Club / Team	Age	Standard	VTTA Group	Start
56	Peter HARRIDGE	Icknield R.C.	60	1:10.21	London & Home Counties	6.56
57	Michael WOOD	C.C. Breckland	64	1:11.36	East Anglia	6.57
58	Terry ANDERSON	Shaftesbury C.C.	76	1:17.41	East Anglia	6.58
59	David CAREY	Maldon & District C.C.	45	1:07.03		6.59
60	Matt STEEL	Shaftesbury C.C.	41	1:06.13	East Anglia	7.00
61	David PROCTER	Kings Lynn C.C.	54	1:08.52	East Anglia	7.01
62	Julia FREEMAN (W)	Easterley Road Club	53	1:14.09		7.02
63	Karl HINER	Nice Tri Triathlon Club St Neots	49	1:07.50		7.03
64	John COLES	West Suffolk Wheelers & Triathlon Club	73	1:15.43	East Anglia	7.04
65	Simon COLLINS	Dulwich Paragon C.C.	44	1:06.51	London & Home Counties	7.05
66	David RUMM	Southborough & District Wheelers	49	1:07.50	London & Home Counties	7.06
67	Nick WHITE	East London Velo	44	1:06.51	East Anglia	7.07
68	Danny FROST	Folkestone Velo Club	52	1:08.26	Kent	7.08
69	Peter HORSNELL	Chelmer C.C.	86	1:28.25	East Anglia	7.09
70	Ken PLATTS	Cambridge C.C.	64	1:11.36	East Anglia	7.10
71	Kevin HAYNES	Finsbury Park C.C.	45	1:07.03		7.11
72	Darren PRESTON	St Neots C.C.	41	1:06.13	East Anglia	7.12
73	Kevin GILL	Ciclos Uno	68	1:13.10	East Anglia	7.13
74	Sean GRAY	Victoria-Ciclos.com C.C.	50	1:08.02	East Anglia	7.14
75	Terry GARLINGE	East London Velo	47	1:07.26		7.15
76	Mark ELLIS	Team Milton Keynes	52	1:08.26	East Anglia	7.16
77	Clive WELLINGS	Hertfordshire Wheelers	47	1:07.26	East Anglia	7.17
78	Boyd NICHOLAS	West Suffolk Wheelers & Triathlon Club	49	1:07.50	East Anglia	7.18
79	Gerrard RAFFERTY	Bonito Squadra Corse	49	1:07.50	London & Home Counties	7.19
80	Mark NEWTON	Elite Cycling	49	1:07.50	East Anglia	7.20
81	Lee RUSSELL	V.C. Elan - Harry Perry Cycles	40	1:06.00	East Anglia	7.21
82	Andy STUART	Velo Club St Raphael	41	1:06.13	East Anglia	7.22
83	Michael DRAPER	Charlotteville Cycling Club	60	1:10.21	Surrey & Sussex	7.23
84	Murray KIRTON	A5 Rangers C.C.	75	1:16.59	Midlands	7.24
85	Paul SMITH	VeloRefined.com Aerosmiths	44	1:06.51	Kent	7.25
86	Reg SMITH	Gravesend C.C.	70	1:14.06	Kent	7.26
87	Stephen MURPHY	Shaftesbury C.C.	60	1:10.21	East Anglia	7.27
88	David SOLOMON	Whitewebbs C.C.	64	1:11.36	London & Home Counties	7.28
89	Dominic WHITEHEAD	St Ives C.C.	58	1:09.49		7.29
90	Richard GIFFORD	In-Gear Quickvit Trainsharp R.T.	52	1:08.26	Surrey & Sussex	7.30
91	Martin REYNOLDS	Cambridge C.C.	52	1:08.26	East Anglia	7.31
92	Adrian TAVERNA	St Neots C.C.	48	1:07.38	East Anglia	7.32
93	Lee GARROD	Sole Bay Cycle Sport	48	1:07.38	East Anglia	7.33
94	Will SHEPHERD	Ely & District C.C.	42	1:06.26	East Anglia	7.34
95	Matt KUWERTZ	Southborough & District Wheelers	41	1:06.13	East Anglia	7.35
96	Peter GELL	Bedfordshire Road R.T.	46	1:07.15	East Anglia	7.36
97	Simon PITCHFORD	Fenland Clarion C.C.	50	1:08.02		7.37
98	Wayne GREVE	Shaftesbury C.C.	48	1:07.38	East Anglia	7.38
99	Thomas HEWINS	East London Triathletes	48	1:07.38		7.39
100	Gavin HINXMAN	Kettering C.C.	48	1:07.38	East Anglia	7.40
101	Antony BEE	Wigmore C.C.	52	1:08.26	South East	7.41
102	Chris DYASON	Cambridge C.C.	68	1:13.10	East Anglia	7.42
103	Gary MATTHEWS	Sole Bay Cycle Sport	55	1:09.05	East Anglia	7.43
104	Michael PARKER	TMG Horizon Cycling Team	51	1:08.14	London & Home Counties	7.44
105	Chris LEA	Buxton C.C./Sett Valley Cycles	54	1:08.52	North Midlands	7.45

No	Name	Club / Team	Age	Standard	VTTA Group	Start
106	Roger SEWELL	Hounslow & District Wheelers	69	1:13.37	London & Home Counties	7.46
107	Susan TRIPLOW (W)	Essex Roads C.C.	49	1:13.15	East Anglia	7.47
108	Nigel HODGE	Tri-Anglia Triathlon Club	48	1:07.38	East Anglia	7.48
109	Mark THOMAS	Bigfoot C.C.	53	1:08.39	East Anglia	7.49
110	Dave GREEN	Team Velovelocity	52	1:08.26	East Anglia	7.50
111	Robert GOLDING	Ely & District C.C.	43	1:06.39	East Anglia	7.51
112	Chris ROBERTS	Anglia Velo	71	1:14.36	East Anglia	7.52
113	Iain BOARDMAN	Dulwich Paragon C.C.	43	1:06.39	East Anglia	7.53
114	Michael FRY	Glendene C.C.	55	1:09.05	East Anglia	7.54
115	Chris WARD	Team Swift	51	1:08.14	Notts & E. Midlands	7.55
116	Gary SYMONS	Witham Wheelers	43	1:06.39	Notts & E. Midlands	7.56
117	Carl FERRI	Cadence Performance	46	1:07.15	East Anglia	7.57
118	Sue RUST (W)	Kettering C.C.	53	1:14.09	East Anglia	7.58
119	Christopher HAMBLION	Colchester Rovers C.C.	46	1:07.15		7.59
120	David LANGLANDS	Fenland Clarion C.C.	50	1:08.02	Notts & E. Midlands	8.00
121	Keith DORLING	Team Bottrill	57	1:09.34	East Anglia	8.01
122	Chris NUDDS	C.C. Breckland	68	1:13.10	East Anglia	8.02
123	Patrick ELLIS	Diss & District C.C.	47	1:07.26	East Anglia	8.03
124	Serge BOUSCHET	Dulwich Paragon C.C.	43	1:06.39	East Anglia	8.04
125	Robert WATSON	Team Velovelocity	55	1:09.05	East Anglia	8.05
126	Ian BASHFORD	Old Portlians C.C.	60	1:10.21	Surrey & Sussex	8.06
127	John GOLDER	Chelmer C.C.	63	1:11.16	East Anglia	8.07
128	Nigel CROXFORD	High Wycombe C.C.	59	1:10.04		8.08
129	Joanna BUTCHER (W)	Chelmer C.C.	47	1:12.49	East Anglia	8.09
130	Jonathan PARKER	Team Bottrill	42	1:06.26	Kent	8.10
131	Jeff ROBERTS	High Wycombe C.C.	51	1:08.14	London & Home Counties	8.11
132	Julian PEGG	Hitchin Nomads C.C.	52	1:08.26	East Anglia	8.12
133	Jan ERTNER	Cambridge C.C.	49	1:07.50	East Anglia	8.13
134	Denise HURREN (W)	Sole Bay Cycle Sport	51	1:13.41	East Anglia	8.14
135	Lee TURNER	Sigma Sport.co.uk	47	1:07.26	East Anglia	8.15
136	Nigel HALE	Team Salesengine.co.uk	44	1:06.51	East Anglia	8.16
137	Jeremy SAYNOR	PMR @ Toachim House	53	1:08.39	Kent	8.17
138	John MANLOW	Ely & District C.C.	47	1:07.26	East Anglia	8.18
139	Doug BENTALL	Southborough & District Wheelers	50	1:08.02		8.19
140	Peter LAWRENCE	High Wycombe C.C.	44	1:06.51	London & Home Counties	8.20

Tandem Event

No	Names	Club / Team	Age	Standard	VTTA Group	Start
142	Vic HAINES Craig CHAPPELL	Essex Roads C.C. Team Vision Racing - Silverhook	67 42	1:02.38	East Anglia East Anglia	8.22
144	Dean LUBIN John ISZATT	Team Vision Racing - Silverhook	47 57	1:01.39	- East Anglia	8.24

East Anglian VTTA awards

Actual Fastest

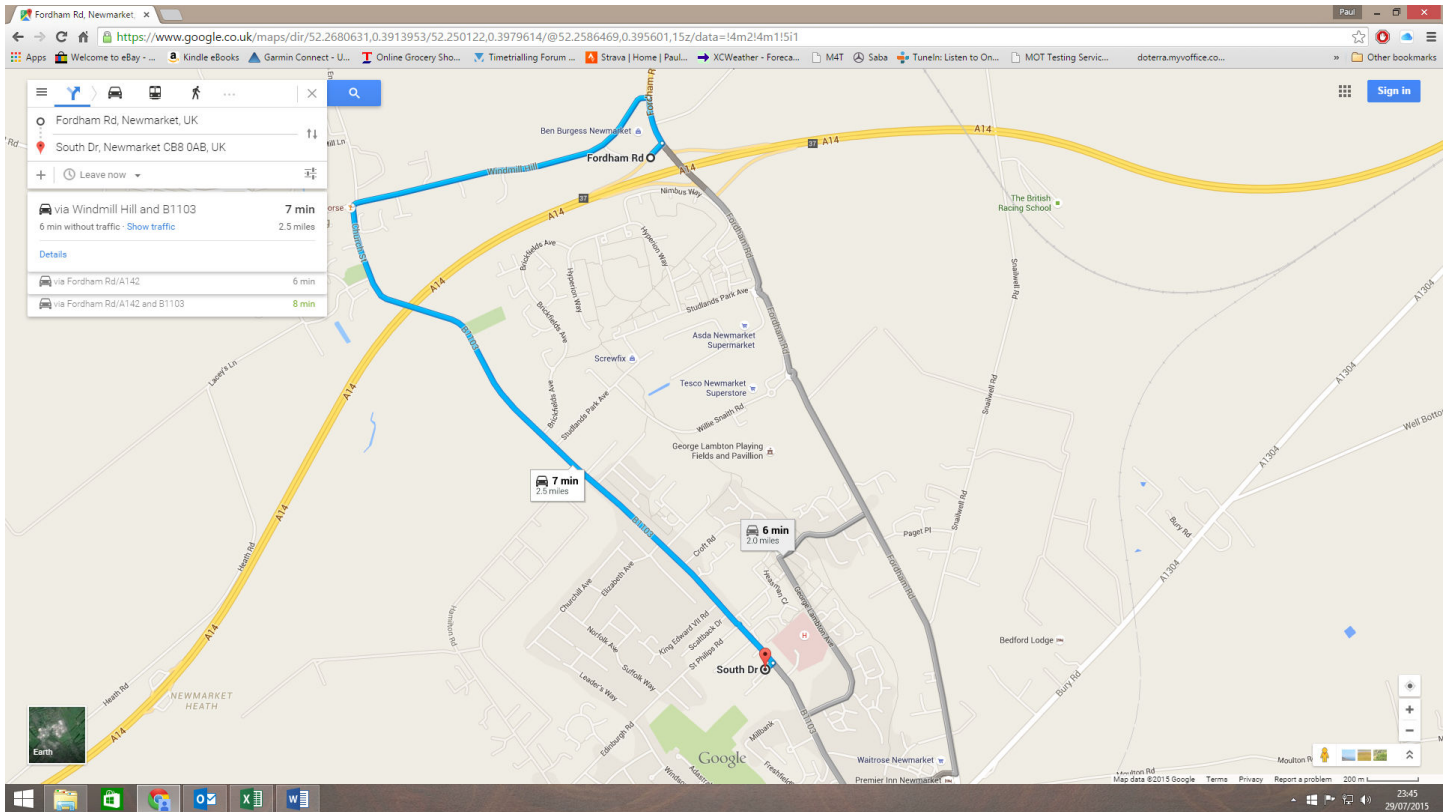
1st Best on Standard

1st Lady on Standard

Fastest age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 & 85-89

Club team of three on Standard

GERI LANG MEMORIAL CUP - for East Anglian Group members only



EVENT HQ – Small Gym at Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk, CB8 0EB. To get to the HQ, turn off the A14 and turn northwards on the A142. Turn left into Windmill Hill. At T junction turn left into Exning Road and the Leisure Centre is on your right approximately 2.5 miles along Exning Road. There is adequate parking, but please be considerate and park sensibly.

Note: the Start is approximately 2.5 miles from the HQ, please allow enough time to get to the start on time. The route to the Start is different to that from the Finish but it will be well signed and you should follow those signs. There are adequate areas near the start to park & warm up.

Changing facilities and showers are available in the Leisure Centre, please do not change in the car park.

You can exchange your number for a hot drink at the Café.