



EAST DISTRICT

CYCLING ASSOCIATION

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP
B10/37R, SATURDAY 10th June 2017

(PROMOTED FOR AND ON BEHALF OF **CYCLING TIME TRIALS** UNDER THEIR RULES AND REGULATIONS)

EVENT SECRETARY: Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS daniel_bloy@hotmail.com 07786 085 257

TIME KEEPERS: Start: Peter Church; Finish: Andy Moore, Naomi Lucas

HELPERS: Andrew Leggett, Bruce Williams, Danny Watkins, Martin Haynes, Phil Lee,
Gary Smith, Stuart Fairweather, Lesley Elvin, Monica Williamson, Own Crisp

Many thanks to all the helpers who made this event happen. I am very grateful for your assistance and without you, this event would not have happened.

This year saw two riders in the men's event going faster than the previous course record and in less than perfect weather conditions. Well done to Matthew Senter who won the men's event this year with a stunning time of 20:04 and destroying the course record. Matthew has certainly announced himself this year as the man in form and the one to beat.

The ladies event was closely contested this year with Rebecca Johnson managing to edge out Verity Smith. Sadly, the ladies course record wasn't broken this year but I'm sure both Rebecca and Verity will be back again to have another go next year.

Well done to Bethany Barnett for winning the juniors event with a very credible time. We look forward to seeing you develop over the coming years. In the tandem event, it was great to see Michael & Eve McInerney in action; Eve being another young rider showing great promise.

Another year of strong riding by the veterans. It was very hotly contested with some super-fast times on standard. Mark Arnold just edging Denise Hurren by three seconds for 1st veteran on standard.

Prizes will be posted to prize winners. I hope to see you all again at this event next year.

Sincerely

Daniel Bloy

PRIZES:



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.



The following prizes have been kindly donated by VeloVelocity Coaching and can be won regardless of district affiliation.

1st Junior	£30	Bethany Barnett	Kings Lynn CC
1st Lady	£30	Rebecca Johnson	APRIRE Bicycles/HSS Hire
2nd Lady	£20	Verity Smith	Stowmarket & District CC
3rd Lady	£10	Denise Hurren	Sole Bay Cycle Sport
1st Man	£30	Matthew Senter	Team VeloVelocity
2nd Man	£20	Lloyd Chapman	Banks/Catford CC Equipe
3rd Man	£10	Harley Matthews	D A P Cycling Club
1st Vet on Std.	£30	Mark Arnold	CC Desiragear
2nd Vet on Std.	£20	Denise Hurren	Sole Bay Cycle Sport
3rd Vet on Std.	£10	Verity Smith	Stowmarket & District CC

Pictures:

There was a photographer out on the course on the day and the pictures should be available at the following locations once they have been uploaded:

Google Shared Album

<https://goo.gl/photos/kY4D9OhhfwNFcF7P6>

Tandem

Position	Number	Category	Name	Club	District	Time	+/- Vet
1	4	Tandem	Michael Mcinerney & Eve Mcinerney	Wisbech Whs	East	00:23:26	
2	2	Tandem	Mark Eastwood & John Steed	West Suffolk Whs & Triathlon Club	East	00:25:33	-00:32

Junior

Position	Number	Category	Name	Club	District	Time
1	54	Junior	Bethany Barnett	Kings Lynn CC	East	00:30:50

Ladies

Position	Number	Category	Name	Club	District	Time
1	58	Ladies	Rebecca Johnson	APRIRE Bicycles/HSS Hire	East	00:23:25
2	60	Ladies	Verity Smith	Stowmarket & District CC	East	00:23:36
3	51	Ladies	Denise Hurren	Sole Bay Cycle Sport	East	00:24:18
4	56	Ladies	Jennifer Smart	VC Norwich	East	00:25:02
5	59	Ladies	Kay Burgess	Kings Lynn CC	East	00:25:53
6	52	Ladies	Jenny Anderson	Great Yarmouth C C	East	00:26:32
7	57	Ladies	Agata Milk	Tri- Anglia Triathlon Club	East	00:27:36
8	53	Ladies	Denese Hallahan	Wisbech Whs	East	00:32:51

Team

Team VeloVelocity, 01:03:53, Matthew Senter, Paul Jay, Ben Keeley

Men

Position	Number	Category	Name	Club	District	Time
1	40	Men	Matthew Senter	Team VeloVelocity	East	00:20:04
2	50	Men	Lloyd Chapman	Banks/Catford CC Equipe	South East	00:20:16
3	35	Men	Harley Matthews	D A P Cycling Club	East	00:20:37
4	46	Men	Ben Stancombe	Kings Lynn CC	East	00:21:02
5	45	Men	Mark Arnold	CC Desiragear	London West	00:21:25
6	20	Men	Oliver Milk	Tri- Anglia Triathlon Club	East	00:21:35
7	30	Men	Paul Jay	Team VeloVelocity	East	00:21:46
8	26	Men	Ben Keeley	Team VeloVelocity	East	00:22:03
9	10	Men	Steven Neill	Kings Lynn CC	East	00:22:23
10	15	Men	Paul Sparks	Ely & District CC/B&T Motor Repairs	East	00:22:35
11	5	Men	Lee Garrod	Sole Bay Cycle Sport	East	00:23:05
12	16	Men	Gary Matthews	Sole Bay Cycle Sport	East	00:23:14
13	31	Men	Paul Sexton	CC Breckland	East	00:23:17
=14	21	Men	James Senter	Kings Lynn CC	East	00:23:25
=14	41	Men	Nick Esser	VC Baracchi	East	00:23:25
16	27	Men	James Doy	Sole Bay Cycle Sport	East	00:23:27
17	6	Men	Neil Empson	Anglia Velo	East	00:23:36
18	12	Men	Ray Barnett	Kings Lynn CC	East	00:23:38
19	22	Men	Derek Ricketts	Ely & District CC/B&T Motor Repairs	East	00:24:05
20	17	Men	Cliff Loveday	Ely & District CC/B&T Motor Repairs	East	00:24:11
21	23	Men	Evert Wijnberg	Plomesgate CC	East	00:24:15
22	43	Men	Thomas Carroll	CC Breckland	East	00:24:16
23	48	Men	Paul Moss	Stowmarket & District CC	East	00:24:20
24	37	Men	David Staff	Diss & District CC	East	00:24:22
25	32	Men	Simon Hardy	Kings Lynn CC	East	00:24:34
26	33	Men	Paul Willis	Wisbech Whs	East	00:24:35
27	49	Men	Justin Gyton	Kings Lynn CC	East	00:24:46
28	18	Men	Martin Pyne	Anglia Velo	East	00:24:49
29	8	Men	Paul Seaman	Wolsey RC	East	00:24:53
30	44	Men	Jonathan Tully	Ely & District CC/B&T Motor Repairs	East	00:25:23
31	42	Men	Mark Fairhead	CC Breckland	East	00:25:24

Position	Number	Category	Name	Club	District	Time
32	11	Men	Joe Empson	Anglia Velo	East	00:25:49
33	34	Men	Trevor Roberts	Wolsey RC	East	00:26:03
34	13	Men	Michael Fry	Glendene CC	London East	00:26:04
35	39	Men	Chris Levy	Kings Lynn CC	East	00:26:13
36	24	Men	David Young	West Suffolk Whs & Triathlon Club	East	00:27:18
37	14	Men	Roger Selmes	Wolsey RC	East	00:31:41
38	9	Men	Paul Coulthrad	CC Breckland	East	00:31:53

Veterans

Position	Number	Category	Name	Club	District	Time	+/- Vet
1	45	Men	Mark Arnold	CC Desiragear	London West	00:21:25	04:48
2	51	Ladies	Denise Hurren	Sole Bay Cycle Sport	East	00:24:18	04:45
3	60	Ladies	Verity Smith	Stowmarket & District CC	East	00:23:36	04:32
4	10	Men	Steven Neill	Kings Lynn CC	East	00:22:23	04:22
5	23	Men	Evert Wijnberg	Plomesgate CC	East	00:24:15	04:17
6	30	Men	Paul Jay	Team VeloVelocity	East	00:21:46	04:13
7	16	Men	Gary Matthews	Sole Bay Cycle Sport	East	00:23:14	04:00
8	15	Men	Paul Sparks	Ely & District CC/B&T Motor Repairs	East	00:22:35	03:43
9	5	Men	Lee Garrod	Sole Bay Cycle Sport	East	00:23:05	03:36
10	52	Ladies	Jenny Anderson	Great Yarmouth C C	East	00:26:32	03:27
11	27	Men	James Doy	Sole Bay Cycle Sport	East	00:23:27	03:23
12	56	Ladies	Jennifer Smart	VC Norwich	East	00:25:02	03:22
13	33	Men	Paul Willis	Wisbech Whs	East	00:24:35	03:09
14	22	Men	Derek Ricketts	Ely & District CC/B&T Motor Repairs	East	00:24:05	02:59
15	41	Men	Nick Esser	VC Baracchi	East	00:23:25	02:58
16	17	Men	Cliff Loveday	Ely & District CC/B&T Motor Repairs	East	00:24:11	02:53
17	59	Ladies	Kay Burgess	Kings Lynn CC	East	00:25:53	02:50
18	18	Men	Martin Pyne	Anglia Velo	East	00:24:49	02:49
19	11	Men	Joe Empson	Anglia Velo	East	00:25:49	02:34
20	12	Men	Ray Barnett	Kings Lynn CC	East	00:23:38	02:31
21	48	Men	Paul Moss	Stowmarket & District CC	East	00:24:20	02:21
22	37	Men	David Staff	Diss & District CC	East	00:24:22	02:19

Position	Number	Category	Name	Club	District	Time	+/- Vet
23	32	Men	Simon Hardy	Kings Lynn CC	East	00:24:34	02:02
24	8	Men	Paul Seaman	Wolsey RC	East	00:24:53	02:01
25	42	Men	Mark Fairhead	CC Breckland	East	00:25:24	01:35
26	49	Men	Justin Gyton	Kings Lynn CC	East	00:24:46	01:13
27	13	Men	Michael Fry	Glendene CC	London East	00:26:04	01:10
28	34	Men	Trevor Roberts	Wolsey RC	East	00:26:03	00:10
29	39	Men	Chris Levy	Kings Lynn CC	East	00:26:13	-00:14
30	14	Men	Roger Selmes	Wolsey RC	East	00:31:41	-00:39
31	53	Ladies	Denese Hallahan	Wisbech Whs	East	00:32:51	-02:45
32	9	Men	Paul Coulthead	CC Breckland	East	00:31:53	-03:47

Scratch

Position	Number	Category	Name	Club	District	Time
1	40	Men	Matthew Senter	Team VeloVelocity	East	00:20:04
2	50	Men	Lloyd Chapman	Banks/Catford CC Equipe	South East	00:20:16
3	35	Men	Harley Matthews	D A P Cycling Club	East	00:20:37
4	46	Men	Ben Stancombe	Kings Lynn CC	East	00:21:02
5	45	Men	Mark Arnold	CC Desiragear	London West	00:21:25
6	20	Men	Oliver Milk	Tri- Anglia Triathlon Club	East	00:21:35
7	30	Men	Paul Jay	Team VeloVelocity	East	00:21:46
8	26	Men	Ben Keeley	Team VeloVelocity	East	00:22:03
9	10	Men	Steven Neill	Kings Lynn CC	East	00:22:23
10	15	Men	Paul Sparks	Ely & District CC/B&T Motor Repairs	East	00:22:35
11	5	Men	Lee Garrod	Sole Bay Cycle Sport	East	00:23:05
12	16	Men	Gary Matthews	Sole Bay Cycle Sport	East	00:23:14
13	31	Men	Paul Sexton	CC Breckland	East	00:23:17
=14	21	Men	James Senter	Kings Lynn CC	East	00:23:25
=14	41	Men	Nick Esser	VC Baracchi	East	00:23:25
=14	58	Ladies	Rebecca Johnson	APRIRE Bicycles/HSS Hire	East	00:23:25
17	27	Men	James Doy	Sole Bay Cycle Sport	East	00:23:27
=18	6	Men	Neil Empson	Anglia Velo	East	00:23:36

Position	Number	Category	Name	Club	District	Time
=18	60	Ladies	Verity Smith	Stowmarket & District CC	East	00:23:36
20	12	Men	Ray Barnett	Kings Lynn CC	East	00:23:38
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46	9	Men	Paul Coulthred	CC Breckland	East	00:31:53
47	53	Ladies	Denese Hallahan	Wisbech Whs	East	00:32:51
	7	Men	David Gitsham	Plomesgate CC	East	DNF