

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 30th July 2017 - Starts at 06:03

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 & Wendy Dorling

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 Solo Event

| No | Name | Club / Team | Age | Standard | VTTA Group | Start |
|-----------|---------------------------|--|-----------|----------------|-------------------------|-------------|
| 3 | Kevin SMART | Stevenage CC | 45 | 1:07.03 | | 6.03 |
| 4 | Thierry HUSER | Dulwich Paragon CC | 56 | 1:09.19 | London & H/C | 6.04 |
| 5 | Denise HURREN (W) | Sole Bay Cycle Sport | 52 | 1:13.55 | East Anglia | 6.05 |
| 6 | Ian CARDY | Chelmer CC | 53 | 1:08.39 | East Anglia | 6.06 |
| 7 | John SWANBURY | VC Baracchi | 70 | 1:14.06 | East Anglia | 6.07 |
| 8 | Gillian REYNOLDS (W) | Willesden CC | 68 | 1:19.06 | London & H/C | 6.08 |
| 9 | Patrick ELLERBECK | St Neots CC | 63 | 1:11.16 | | 6.09 |
| 10 | Tim KINGSTON | GS Invicta-Eye Level Optical-Herbert cycles | 42 | 1:06.26 | Kent | 6.10 |
| 11 | Robert ROYSTON | Sydenham Whs | 62 | 1:10.57 | Kent | 6.11 |
| 12 | Graham PEPPERDINE | Verulam CC | 54 | 1:08.52 | East Anglia | 6.12 |
| 13 | Danny FROST | Folkestone Velo Club | 53 | 1:08.39 | Kent | 6.13 |
| 14 | Stuart FIELD | CC Ashwell | 52 | 1:08.26 | East Anglia | 6.14 |
| 15 | Ben BRANDON | Team Bottrill / HSS Hire | 50 | 1:08.02 | London & H/C | 6.15 |
| 16 | Chris ROBERTS | Team PedalRevolution.co.uk | 72 | 1:15.09 | East Anglia | 6.16 |
| 17 | Gary MATTHEWS | Sole Bay Cycle Sport | 56 | 1:09.19 | East Anglia | 6.17 |
| 18 | Wayne GREVE | Shaftesbury CC | 49 | 1:07.50 | East Anglia | 6.18 |
| 19 | Tim PHILLIPS | St Ives CC | 47 | 1:07.26 | | 6.19 |
| 20 | Andre DYASON | Cambridge CC | 57 | 1:09.34 | East Anglia | 6.20 |
| 21 | Barry McDONALD | Velo Schils Interbike RT | 46 | 1:07.15 | East Anglia | 6.21 |
| 22 | Steven NEILL | Kings Lynn CC | 50 | 1:08.02 | East Anglia | 6.22 |
| 23 | James McPHERSON | Hitchin Nomads CC | 50 | 1:08.02 | East Anglia | 6.23 |
| 24 | Tony FLYNN | Willesden CC | 44 | 1:06.51 | London & H/C | 6.24 |
| 25 | Paul LILLEY | Fenland Clarion CC | 57 | 1:09.34 | East Anglia | 6.25 |
| 26 | Jackie FIELD (W) | CC Ashwell | 52 | 1:13.55 | East Anglia | 6.26 |
| 27 | Chris DYASON | Cambridge CC | 69 | 1:13.37 | East Anglia | 6.27 |
| 28 | Paul EVELEIGH | Lincoln Wheelers CC | 56 | 1:09.19 | Notts & E.Mids | 6.28 |
| 29 | Bob LOADER | Sydenham Whs | 84 | 1:25.32 | Kent | 6.29 |
| 30 | Andrew WRIGHT | High Wycombe CC | 49 | 1:07.50 | London & H/C | 6.30 |
| 31 | Darran BENNETT | Ely & District CC/B&T Motor Repairs | 47 | 1:07.26 | East Anglia | 6.31 |
| 32 | Paul SEXTON | CC Breckland | 40 | 1:06.00 | | 6.32 |
| 33 | Graham LAWS | Ipswich BC | 41 | 1:06.13 | East Anglia | 6.33 |
| 34 | Trevor PARRISH | A5 Rangers CC | 73 | 1:15.43 | London & H/C | 6.34 |
| 35 | Colin LIZIERI | Cambridge CC | 62 | 1:10.57 | East Anglia | 6.35 |
| 36 | John OSBORN | Folkestone Velo Club | 46 | 1:07.15 | Kent | 6.36 |
| 37 | Paul DENNINGTON | VC Baracchi | 53 | 1:08.39 | East Anglia | 6.37 |
| 38 | Nigel HODGE | Tri- Anglia Triathlon Club | 49 | 1:07.50 | East Anglia | 6.38 |
| 39 | Stewart KIRK | CC Sudbury | 63 | 1:11.16 | East Anglia | 6.39 |
| 40 | Tim DAVIES | Icknield RC | 49 | 1:07.50 | London & H/C | 6.40 |
| 41 | Roger SEWELL | Hounslow & District Whs | 70 | 1:14.06 | East Anglia | 6.41 |
| 42 | Stu WRIGHT | Carnac-Planet X | 50 | 1:08.02 | Notts & E.Mids | 6.42 |
| 43 | David COOK | Bedfordshire Road RT | 61 | 1:10.38 | London & H/C | 6.43 |
| 44 | Lee THOMAS | Team Bottrill / HSS Hire | 44 | 1:06.51 | Notts & E.Mids | 6.44 |
| 45 | Jon PULESTON-JONES | Dulwich Paragon CC | 45 | 1:07.03 | East Anglia | 6.45 |
| 46 | Craig HARPER | Verulam CC | 43 | 1:06.39 | London & H/C | 6.46 |
| 47 | Martin FOORD | Abellio - SFA Racing Team | 55 | 1:09.05 | Kent | 6.47 |
| 48 | Bob QUARTON | Wolsey RC | 63 | 1:11.16 | East Anglia | 6.48 |
| 49 | Mary TWITCHETT (W) | Cambridge CC | 57 | 1:15.09 | East Anglia | 6.49 |
| 50 | Damon DAY | CC Sudbury | 50 | 1:08.02 | East Anglia | 6.50 |

| No | Name | Club / Team | Age | Standard | VTTA Group | Start |
|------------|--------------------------|--|-----------|----------------|--------------------------------|-------------|
| 51 | Andrew CLARKE | Mid Shropshire Wheelers | 58 | 1:09.49 | Merseyside | 6.51 |
| 52 | Simon DOYLE | Team Salesengine.co.uk | 45 | 1:07.03 | London & H/C | 6.52 |
| 53 | Steve SHORE | Southend Wheelers | 70 | 1:14.06 | East Anglia | 6.53 |
| 54 | David SAWYER | Wolsey RC | 54 | 1:08.52 | East Anglia | 6.54 |
| 55 | Tim BEAVEN | Bicester Millennium CC | 42 | 1:06.26 | London & H/C | 6.55 |
| 56 | Michael BRIARS | Finsbury Park CC | 42 | 1:06.26 | London & H/C | 6.56 |
| 57 | Chris SPRAY | Ratae RC | 50 | 1:08.02 | Notts & E.Mids | 6.57 |
| 58 | Helen GRAVATT (W) | Twickenham CC | 52 | 1:13.55 | London & H/C | 6.58 |
| 59 | Karen DENNETT (W) | Bishop's Stortford CC | 60 | 1:16.01 | East Anglia | 6.59 |
| 60 | Terry GARLINGE | East London Velo | 48 | 1:07.38 | | 7.00 |
| 61 | John BRADBURY | CC Sudbury | 45 | 1:07.03 | East Anglia | 7.01 |
| 62 | Richard JONES | Abellio - SFA Racing Team | 40 | 1:06.00 | Kent | 7.02 |
| 63 | James FARREN | Maldon & District CC | 46 | 1:07.15 | | 7.03 |
| 64 | Dominic WHITEHEAD | St Ives CC | 59 | 1:10.04 | East Anglia | 7.04 |
| 65 | Mark SHEPHERD | Banjo Cycles.com/Raceware/Specialized | 46 | 1:07.15 | East Anglia | 7.05 |
| 66 | Julia FREEMAN (W) | Easterley Road Club | 54 | 1:14.23 | | 7.06 |
| 67 | Chris SYMONDS | North Road CC | 43 | 1:06.39 | East Anglia | 7.07 |
| 68 | John ADAMS | Stowmarket & District CC | 72 | 1:15.09 | East Anglia | 7.08 |
| 69 | Peter HORSNELL | Chelmer CC | 87 | 1:30.04 | East Anglia | 7.09 |
| 70 | Robert WATSON | Team Bottrill / HSS Hire | 56 | 1:09.19 | East Anglia | 7.10 |
| 71 | Iain BOARDMAN | Dulwich Paragon CC | 44 | 1:06.51 | East Anglia | 7.11 |
| 72 | Simon BOYLE | Orwell Velo | 49 | 1:07.50 | East Anglia | 7.12 |
| 73 | Paul FAIRMAN | Abellio - SFA Racing Team | 62 | 1:10.57 | Kent | 7.13 |
| 74 | Keith CLARKE | Colchester Rovers CC | 72 | 1:15.09 | East Anglia | 7.14 |
| 75 | Richard WILLIAMS | Bigfoot CC | 53 | 1:08.39 | Kent | 7.15 |
| 76 | Steve CAVE | Wolsey RC | 46 | 1:07.15 | | 7.16 |
| 77 | David CLEMENTS | Eastbourne Rovers CC | 45 | 1:07.03 | Surrey & Sussex | 7.17 |
| 78 | Sue RUST (W) | Kettering CC | 54 | 1:14.23 | East Anglia | 7.18 |
| 79 | Andrew BURNETT | Bicester Millennium CC | 54 | 1:08.52 | | 7.19 |
| 80 | David EMERY | Dulwich Paragon CC | 45 | 1:07.03 | London & H/C | 7.20 |
| 81 | Steve KAYE | Fenland Clarion CC | 58 | 1:09.49 | East Anglia | 7.21 |
| 82 | Jon FRIEND | Bedfordshire Road RT | 52 | 1:08.26 | East Anglia | 7.22 |
| 83 | Jason DAVIES | West Suffolk Whs & Triathlon Club | 45 | 1:07.03 | East Anglia | 7.23 |
| 84 | Douglas WILLIAMS | Colchester Rovers CC | 54 | 1:08.52 | East Anglia | 7.24 |
| 85 | Chris TYE | Plomesgate CC | 50 | 1:08.02 | East Anglia | 7.25 |
| 86 | Michael BENNETT | Bicester Millennium CC | 48 | 1:07.38 | London & H/C | 7.26 |
| 87 | Katie CROWE (W) | Dulwich Paragon CC | 41 | 1:11.28 | | 7.27 |
| 88 | Ian PIKE (Trike) | Fenland Road Club | 49 | 1:11.57 | Notts & E.Mids | 7.28 |
| 89 | Gary JACKSON | Shaftesbury CC | 59 | 1:10.04 | East Anglia | 7.29 |
| 90 | Mark NEWTON | Elite Cycling | 50 | 1:08.02 | East Anglia | 7.30 |
| 91 | David CRISP | Velo Schils Interbike RT | 41 | 1:06.13 | East Anglia | 7.31 |
| 92 | Stuart FAIRWEATHER | Team Velovelocity | 40 | 1:06.00 | East Anglia | 7.32 |
| 93 | Zoe WHITESIDE (W) | Team Bottrill / HSS Hire | 44 | 1:12.10 | North Lancs & Lakes | 7.33 |
| 94 | Mark THOMAS | Bigfoot CC | 54 | 1:08.52 | East Anglia | 7.34 |
| 95 | Paul FRENCH | Bedfordshire Road RT | 42 | 1:06.26 | East Anglia | 7.35 |
| 96 | Chris NUDDS | CC Breckland | 69 | 1:13.37 | East Anglia | 7.36 |
| 97 | Adrian GORHAM | Kettering CC | 54 | 1:08.52 | East Anglia | 7.37 |
| 98 | Ann SHUTTLEWORTH (W) | Chelmer CC | 50 | 1:13.28 | East Anglia | 7.38 |
| 99 | John BEER | Kingston Phoenix RC | 66 | 1:12.20 | London & H/C | 7.39 |
| 100 | Scott LEVERINGTON | Springfield Financial Racing Team | 44 | 1:06.51 | North Lancs & lakes | 7.40 |

| No | Name | Club / Team | Age | Standard | VTTA Group | Start |
|------------|------------------------|-------------------------------------|-----------|----------------|----------------------------|-------------|
| 101 | Chris FORD | High Wycombe CC | 54 | 1:08.52 | | 7.41 |
| 102 | Martin BULLEN | Peterborough CC | 64 | 1:11.36 | Nth Midlands | 7.42 |
| 103 | Mark ENDERSBY | Anglia Velo | 43 | 1:06.39 | East Anglia | 7.43 |
| 104 | Chris JOLLIFFE | Crawley Wheelers | 60 | 1:10.21 | Wessex | 7.44 |
| 105 | Abid HUSSAIN | Icknield RC | 41 | 1:06.13 | London & H/C | 7.45 |
| 106 | Mark INGRAM | Fenland Clarion CC | 54 | 1:08.52 | East Anglia | 7.46 |
| 107 | Stephen MURPHY | Shaftesbury CC | 61 | 1:10.38 | East Anglia | 7.47 |
| 108 | Daniel HOMER | London Phoenix CC | 47 | 1:07.26 | London & H/C | 7.48 |
| 109 | Murray KIRTON | A5 Rangers CC | 76 | 1:17.41 | Midlands | 7.49 |
| 110 | David PROCTER | Team Velovelocity | 55 | 1:09.05 | East Anglia | 7.50 |
| 111 | Grant ORSBORN | Bedfordshire Road CC | 57 | 1:09.34 | London & H/C | 7.51 |
| 112 | Dan BROMILOW | Ely & District CC/B&T Motor Repairs | 44 | 1:06.51 | East Anglia | 7.52 |
| 113 | James DOY | Sole Bay Cycle Sport | 51 | 1:08.14 | East Anglia | 7.53 |
| 114 | Carl MURLEY | Wisbech Whs | 53 | 1:08.39 | East Anglia | 7.54 |
| 115 | Andrew GRANT | Cambridge CC | 64 | 1:11.36 | East Anglia | 7.55 |
| 116 | John GOLDER | Chelmer CC | 64 | 1:11.36 | East Anglia | 7.56 |
| 117 | Susan TRIPLOW (W) | Essex Roads CC | 50 | 1:13.28 | East Anglia | 7.57 |
| 118 | Rebecca MURLEY (W) | Wisbech Whs | 41 | 1:11.28 | East Anglia | 7.58 |
| 119 | Dena FORD (W) | High Wycombe CC | 51 | 1:13.41 | | 7.59 |
| 120 | Adam BIDWELL | Kingston Wheelers CC | 40 | 1:06.00 | Surrey & Sussex | 8.00 |
| 121 | John MITCALF | Bedfordshire Road RT | 43 | 1:06.39 | | 8.01 |
| 122 | John MANLOW | Ely & District CC/B&T Motor Repairs | 48 | 1:07.38 | East Anglia | 8.02 |
| 123 | Jan ERTNER | Cambridge CC | 50 | 1:08.02 | East Anglia | 8.03 |
| 124 | Patrick CHARLTON | Wolsey RC | 59 | 1:10.04 | East Anglia | 8.04 |
| 125 | Lee TURNER | Sigma Sport.co.uk | 48 | 1:07.38 | East Anglia | 8.05 |
| 126 | Jon TALBOT | Wisbech Whs | 45 | 1:07.03 | East Anglia | 8.06 |
| 127 | Sam DAY | CS Grupetto | 43 | 1:06.39 | Kent | 8.07 |
| 128 | David CAREY | Maldon & District CC | 46 | 1:07.15 | | 8.08 |
| 129 | Ian TURNER | Southborough & Dist. Whs | 68 | 1:13.10 | Kent | 8.09 |
| 130 | David LANGLANDS | Team Bottrill / HSS Hire | 51 | 1:08.14 | Notts & E.Mids | 8.10 |
| 131 | Steven BASS | Maldon & District CC | 49 | 1:07.50 | East Anglia | 8.11 |
| 132 | Gavin HINXMAN (Trike) | DRAG2ZERO | 49 | 1:11.57 | East Anglia | 8.12 |
| 133 | Michael WOOD | CC Breckland | 65 | 1:11.58 | East Anglia | 8.13 |
| 134 | Stu LEVENE | Whitewebbs CC | 48 | 1:07.38 | | 8.14 |
| 135 | Keith DORLING | Team Bottrill / HSS Hire | 58 | 1:09.49 | East Anglia | 8.15 |
| 136 | Robert GOLDING | Ely & District CC/B&T Motor Repairs | 44 | 1:06.51 | East Anglia | 8.16 |
| 137 | Darren PRESTON | Team Secret Squirrel | 42 | 1:06.26 | East Anglia | 8.17 |
| 138 | Nicholas COE | Verulam Really Moving | 59 | 1:10.04 | East Anglia | 8.18 |
| 139 | Michael FRY | Glendene CC | 56 | 1:09.19 | East Anglia | 8.19 |
| 140 | Kevin TYE | VeloRefined.com Aerosmiths | 55 | 1:09.05 | Kent | 8.20 |
| 141 | Andrew HALLIDAY | Westerley Cycling Club | 45 | 1:07.03 | London & H/C | 8.21 |
| 142 | Richard CARRINGTON | West Suffolk Whs & Triathlon Club | 42 | 1:06.26 | East Anglia | 8.22 |
| 143 | Andy YEOMAN | Bishop's Stortford CC | 46 | 1:07.15 | | 8.23 |
| 144 | Nik ALLEN | Worthing Excelsior CC | 46 | 1:07.15 | Surrey & Sussex | 8.24 |

TANDEM EVENT

| No | Name | Club / Team | Age | Standard | VTTA Group | Start |
|-----|-------------|---------------------------------|-----|----------|-------------|-------|
| 145 | John ISZATT | Team Vision Racing - Silverhook | 58 | 1:01.51 | East Anglia | 8.25 |
| | Dean LUBIN | | 48 | | | |

East Anglian VTTA awards

Actual Fastest

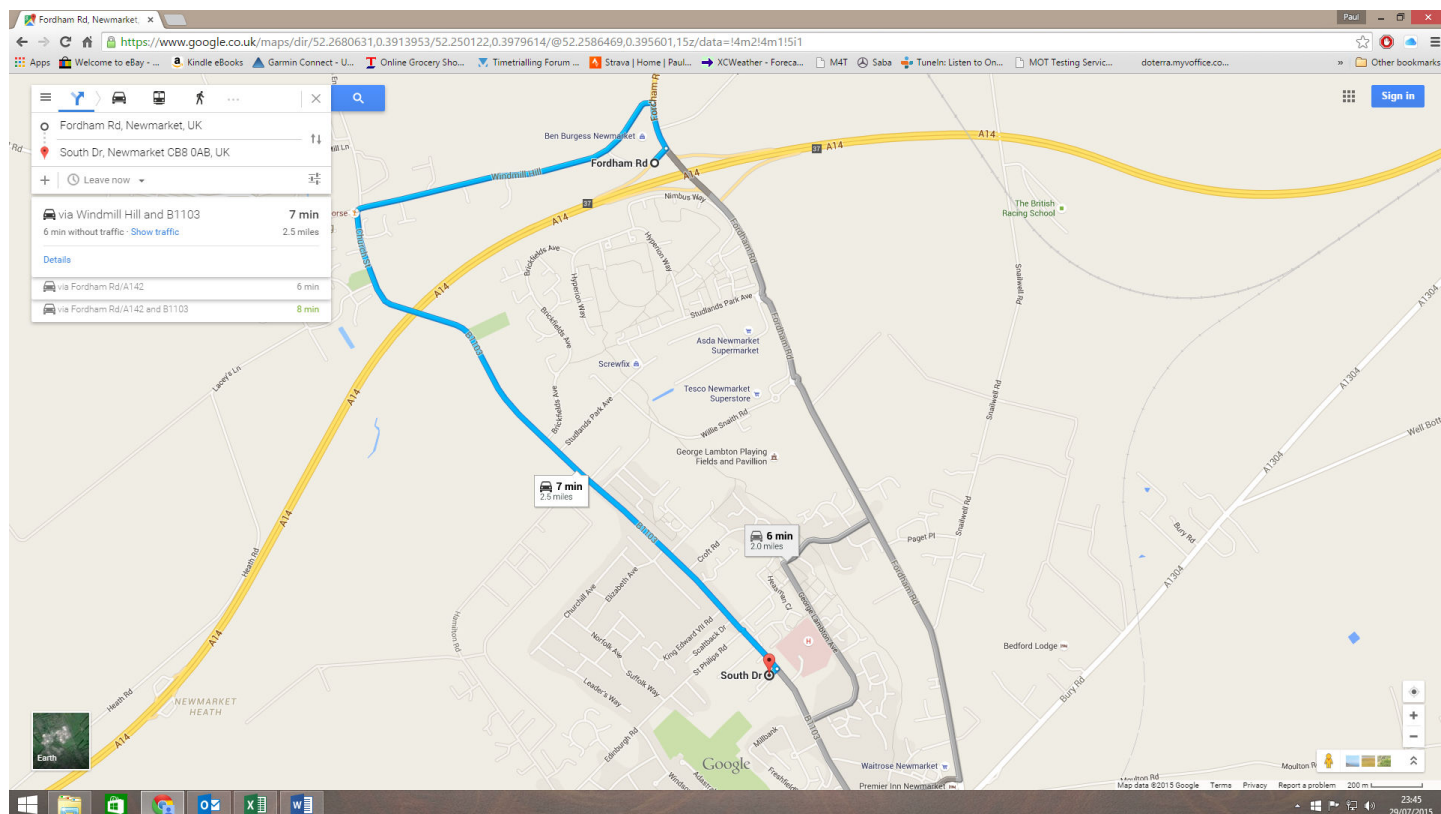
1st Best on Standard

1st Lady on Standard

Fastest age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, & 80+

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.