

## LOCAL RULES:

No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.

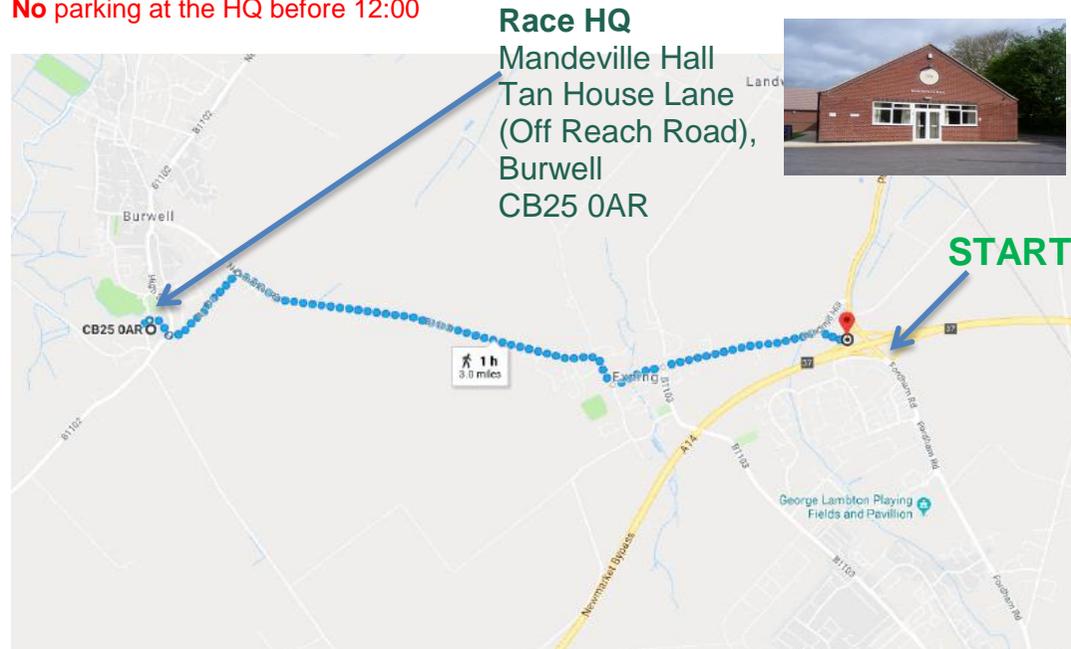
No warming up on the course once the event has started.

Riders **MUST NOT** wait on the carriageway when waiting to start.

No vehicles to park or stop on slip road or verges at Start or Finish; the road is a Clearway and stopping is an offence.

Marshals placed to direct competitors off the main carriageway **MUST NOT** stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

No parking at the HQ before 12:00



**START** (OS: TL 635,659) at paint mark on A142 just before slip road to A14 westbound. Proceed onto slip road to join A14. Continue on A14 westbound and after approximately 5 miles KEEP IN LEFT LANE to join A11 where the A14 diverges. **NOTE:** You must **NOT** stay in the middle lane, if you do you will stay on the A14, go off course and **BE AT HIGH RISK FROM PASSING VEHICLES**. Continue to Four Went Ways where take slip road (M) for A1307 to elevated roundabout(12.54 mls). Circle roundabout taking 4th exit (M) to rejoin A11 northbound. Retrace via A11 and A14 to **FINISH** (OS: TL 632,659) at 4th drain cover on slip road to A142.

In the interest of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. ALL junior and/or riders under the age of 19 years are required to wear a suitably approved helmet.

We strongly advise the use of a rear lamp, whether flashing or constant.

Event may be subject to doping control. All riders must sign out after completing their race and if necessary be available for doping control when called. Any rider not making themselves available will be disqualified.

Incorporating  
Comet Cycling Club  
Crescent Wheelers C. C.  
University Cycling Club



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

START SHEET

# LEA VALLEY CYCLING CLUB

## Gordon Attwell Memorial TANDEM & SOLO 25 mile TT

(BBAR Qualifying Event)

Incorporating

### MEDIUM GEAR (72") 25 mile TT

(Medium Gear League Qualifying Event 4)

Course E2/25

7<sup>th</sup> April 2018

Start Time 14:00

**Event Secretary**

Mark Freeman

07739 214 194

Markfreeman70@ymail.com

**Time Keepers**

Mike Keen

Frida Wezel

Assistant Time

Keeper

Ian Taylor

Promoted for and behalf of Cycling Time Trials (CTT) under their rules and regulations

## Medium Gear

Bib	Start_Time	Name	Club	cat	25	14:25	Richard	Gifford	trainSharp	Male	Veteran		
					26	14:26	Thomas	Dean	Eagle Road Club	Male	Veteran		
					27	14:27	nick	Hanson	Seacroft Whs	Male	Veteran		
1	14:01:00	Richard	Hutt	Harp RC	Male	Veteran	28	14:28	Julia	Freeman	Easterley Road Club	Female	Veteran
2	14:02:00	Gray	Turnock	Finsbury Park CC	Male	Veteran	29	14:29	Grazyna	Monaghan	ABCpure	Female	Senior

## Tandem

							30	14:30	David	Langlands	Vanguard	Male	Veteran
							31	14:31	Terry	Garlinge	Silverhook	Male	Veteran
3	14:03:00	Barry	McDonald	3T-RACING	Male	Veteran	32	14:32	Stuart	Fairweather	Team Velovelocity	Male	Veteran
		Gary	Pamment	VTTA (East Anglia Group)	Male	Veteran	33	14:33	Chris	Nudds	CC Breckland	Male	Veteran
4	14:04:00	Kevin	Baumber	Shaftesbury CC	Male	Veteran	34	14:34	Katja	Rietdorf	Born to Bike - Bridgtown	Female	Veteran
		Martin	Baumber	Shaftesbury CC	Male	Veteran	35	14:35	Dave	Green	CC Breckland	Male	Veteran

## Solos

							36	14:36	Chris	Ward	Team Swift	Male	Veteran
5	14:05	Trudy	Sharam	Lea Valley CC	Female	Veteran	37	14:37	Keith	Stockwell	Welwyn Whs	Male	Veteran
6	14:06	Paul	French	Bedfordshire Road RT	Male	Veteran	38	14:38	Peter	Tibbitts	Ford CC	Male	Veteran
7	14:07	Roger	Porter	Verulam CC	Male	Veteran	39	14:39	Jennifer	Andrews	CC Ashwell	Female	Senior
8	14:08	Samuel	Robinson	Ashford Whs	Male	Senior	40	14:40	Alan	Murchison	DRAG2ZERO	Male	Veteran
9	14:09	Lesley	Newman	Ashford Whs	Female	Veteran	41	14:41	Andy	Lack	Paceline RT	Male	Veteran
10	14:10	Peter	Harding	Chelmer CC	Male	Senior	42	14:42	Lee	Turner	Sigma Sports	Male	Veteran
11	14:11	Andrew	Grant	Cambridge CC	Male	Veteran	43	14:43	Gareth	Williams	Twickenham CC	Male	Veteran
12	14:12	Peter	Hooper	Eastbourne Rovers CC	Male	Senior	44	14:44	Susan	Semple	Born to Bike - Bridgtown	Female	Veteran
13	14:13	Matt	O'Brien	Plomesgate CC	Male	Veteran	45	14:45	Alice	Lethbridge	Cycles	Female	Senior
14	14:14	Becky	Murley	Wisbech Whs	Female	Veteran	46	14:46	Simon	Scott	DRAG2ZERO	Male	Veteran
15	14:15	Howard	Shaw	Eastbourne Rovers CC	Male	Senior	47	14:47	David	Crisp	Anglia Velo	Male	Veteran
				Southborough & Dist.			48	14:48	Adrian	Pettitt	3T-RACING	Male	Veteran
16	14:16	Matt	Kuwertz	Whs	Male	Veteran	49	14:49	Ellen	Dyverfeldt	Stowmarket & District CC	Male	Veteran
17	14:17	Ian	Turner	North Road CC	Male	Veteran	50	14:50	Geir	Robinson	Lea Valley CC	Female	Senior
18	14:18	Andy	Robinson	Ashford Whs	Male	Veteran					Regents Park Rouleurs	Male	Veteran
19	14:19	Mary	Twitchett	Cambridge CC	Female	Veteran	51	14:51	robert	watson	Team Bottrill /	Male	Veteran
				Team Bottrill /			52	14:52	Alastair	Semple	Vanguard	Male	Veteran
20	14:20	Wendy	Gooding	Vanguard	Female	Veteran	53	14:53	Roger	Sewell	Stafford RC	Male	Veteran
				Team Backstedt Bike			54	14:54	Jasmijn	Muller	Wisbech Whs	Male	Veteran
21	14:21	Michiel	Vaal	Performance	Male	Veteran	55	14:55	Mark	Flannery	Kingston Wheelers CC	Female	Senior
				Team Vision Racing -			56	14:56	Karl	Willis	Team Swift	Male	Veteran
22	14:22	matthew	saunders	Silverhook	Male	Senior	57	14:57	Steve	Clarke	Herts Rouleurs Racing Club	Male	Senior
				Born to Bike - Bridgtown			58	14:58	James	Walsgrove	TMG Horizon Cycling Team	Male	Veteran
23	14:23	Geoff	Perry	Cycles	Male	Veteran					Ride Harder	Male	Senior
24	14:24	lynn	Hanson	Seacroft Whs	Female	Veteran							

59	14:59	Jenny	Lee	Yeovil Cycling Club	Female	Senior	95	15:35	Ross	Clarke	TMG Horizon Cycling Team	Male	Senior
60	15:00	Henrik	Persson	Kingston Wheelers CC	Male	Senior	96	15:36	Richard	Moule	Bossard Whs	Male	Veteran
61	15:01	Matthew	Reader	Verulam CC	Male	Veteran	97	15:37	Andrew	Wright	High Wycombe CC	Male	Veteran
62	15:02	Martin	Winter	Twickenham CC	Male	Veteran	98	15:38	Adam	Fisher	Cambridge CC	Male	Senior
63	15:03	Richard	Parrotte	Shaftesbury CC	Male	Veteran	99	15:39	David	Clements	Eastbourne Rovers CC	Male	Veteran
64	15:04	Alan	Lang	Hartlepool CC	Male	Veteran	100	15:40	Richard	Harrison	DRAG2ZERO	Male	Veteran
65	15:05	Mark	Ellis	Team Milton Keynes	Male	Veteran	101	15:41	eva	nyirenda	...a3crg	Female	Senior
66	15:06	Michael	Martin	CC Ashwell	Male	Veteran	102	15:42	Alex	Leek	Velo Club St Raphael	Male	Senior
67	15:07	Kevin	Stokes	Born to Bike - Bridgtown Cycles	Male	Veteran	103	15:43	peter	watson	Harrogate Nova CC	Male	Senior
68	15:08	Andrew	Clarke	Mid Shropshire Wheelers	Male	Veteran	104	15:44	Robert	Barker	Kettering CC	Male	Veteran
69	15:09	Vicky	Gill	DRAG2ZERO	Female	Senior	105	15:45	Joe	Gorman	Stevenage CC	Male	Senior
70	15:10	Jack	Levick	Tuxford Clarion C C Cheltenham & County Cycling Club	Male	Espoir	106	15:46	ray	retter	North Devon Wheelers	Male	Veteran
71	15:11	Jonathan	Gould	Army Cycling Union	Male	Veteran	107	15:47	stuart	stow	Twickenham CC	Male	Veteran
72	15:12	Richard	Jennings	Wigmore CC	Male	Senior	108	15:48	Daniel	Ryan	North Road CC	Male	Senior
73	15:13	Anthony	Bee	Eastbourne Rovers CC	Male	Veteran	109	15:49	Jon	Talbot	Wisbech Whs	Male	Veteran
74	15:14	David	Clark	C and N Cycles RT	Male	Veteran	110	15:50	Gavin	Hinxman	DRAG2ZERO	Male	Veteran
75	15:15	Matt	Peel	Chelmer CC	Male	Senior	111	15:51	Leanne	Cutler	Hitchin Nomads CC	Female	Veteran
76	15:16	rehman	haroon	Eastbourne Rovers CC	Male	Veteran	112	15:52	Glenn	Taylor	Shorter Rochford RT Team Bottrill / Vanguard	Male	Veteran
77	15:17	Michael	Davey	Sydenham Whs	Male	Veteran	113	15:53	Stephen	Tierney	Baines Racing	Male	Veteran
78	15:18	Jonathan	Coulson	St Helens CRC	Female	Veteran	114	15:54	Pierre	Scrase	Team Vision Racing - Silverhook	Male	Veteran
79	15:19	Janet	Fairclough	Team Bottrill / Vanguard	Male	Senior	115	15:55	Rob	Young	Shaftesbury CC	Male	Veteran
80	15:20	Neal	Parkin	Team Skipper	Male	Senior	116	15:56	matt	steel	Bedfordshire Road CC	Male	Veteran
81	15:21	Joe	Skipper	C and N Cycles RT	Male	Veteran	117	15:57	Grant	Orsborn	Ipswich BC	Male	Veteran
82	15:22	Richard	Weatherstone	Cambridge CC	Male	Veteran	118	15:58	Andy	Kennedy	London Women's Racing CC	Female	Veteran
83	15:23	Chris	Dyason	VC Norwich	Male	Veteran	119	15:59	Helen	Gravatt	Finsbury Park CC	Male	Veteran
84	15:24	Mark	Smart	Abellio - SFA Racing Team	Male	Senior	120	16:00	Julian	Elliott	Army Cycling Union	Male	Senior
85	15:25	john	cockrill	Team Salesengine.co.uk	Male	Senior	121	16:01	Russ	danckert	Fenland Clarion CC	Male	Veteran
86	15:26	Ryan	Witchell	Cambridge CC	Male	Veteran	122	16:02	Steve	Kaye	Worthing Excelsior CC	Male	Veteran
87	15:27	Martin	Reynolds	Catford CC	Male	Veteran	123	16:03	Mike	O'Gorman	Kettering CC	Male	Veteran
88	15:28	Robert	Bullyment	Lea Valley CC	Male	Senior	124	16:04	Adrian	Gorham	Lea Valley CC	Male	Senior
89	15:29	Colin	Ross	Team Bottrill / Vanguard	Male	Veteran	125	16:05	David	Veitch	Dulwich Paragon CC	Male	Veteran
90	15:30	Daniel	Barnett	Lyme Racing Club	Female	Veteran	126	16:06	Thomas	Pfeiffer	Chelmer CC	Male	Veteran
91	15:31	Tracy	Rowlinson	West Suffolk Wheelers	Male	Veteran	127	16:07	Sam	Wightman	Sydenham Whs	Male	Veteran
92	15:32	paul	vickers	Plomesgate CC	Male	Veteran	128	16:08	Robert	Royston	Ride Harder	Female	Veteran
93	15:33	Chris	Tye	Sydenham Whs	Male	Veteran	129	16:09	RACHEL	HOLMAN	DRAG2ZERO	Male	Veteran
94	15:34	Richard	Birtwhistle		Male	Veteran	130	16:10	MARK	JONES			



# AWARDS Solo

## Mens Prize

1<sup>st</sup> £60

2<sup>nd</sup> £50

3<sup>rd</sup> £40

4<sup>th</sup> £30

5<sup>th</sup> £20

6<sup>th</sup> £11

## Womens Prize

1<sup>st</sup> £60

2<sup>nd</sup> £50

3<sup>rd</sup> £40

## Tandem Prize (per machine)

1<sup>st</sup> £20

MG 72"

1<sup>st</sup> £20

Thank you to all Marshall's, timekeepers  
and helpers from the Lea Valley Cycle Club  
for their contribution on the day.

## Course Record E2/25

Alex Dowsett

44.29

2016

## Last Year's winner

John Dewey

45:20