

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



The start sheet for the

EAST DISTRICT CYCLING ASSOCIATION 100m TT

**Also incorporating the 2018 VTTA (East Anglian Group Championships) and
2018 Eastern Counties Cycling Association 100m Championships**

COURSE B100/4 (revised July 2015) – SUNDAY 15th JULY 2018 - 06:01 START

Course: B100/4 – REVISED JULY 2015

DIRECTIONS TO START from HQ turn RIGHT - 1st LEFT - 1st exit at roundabout - then next RIGHT - 2nd exit at roundabout – then 1st exit at next roundabout towards Spooner Row

START at paint mark on road opposite street light No.24 on SPOONER ROW road (0 miles)

Proceed to SPOONER ROW roundabout - take 1st exit and join A11 WESTBOUND - proceed via ATTLEBOROUGH roundabout to SNETTERTON interjunction - take slip and proceed to 1st roundabout (6.88 miles)

Take 1st exit - proceed to 2nd roundabout - take 1st exit - proceed over bridge to 3rd roundabout - take 1st exit - proceed via 4th roundabout to join A11 EASTBOUND - proceed via ATTLEBOROUGH roundabout to BROWICK interchange (signed MULBARTON) - take sliproad and proceed to 1st roundabout (18.00 miles)

Take 3rd exit - proceed over bridge to 2nd roundabout - take 2nd exit to rejoin A11 EASTBOUND - proceed to complete circuit at SPOONER ROW sliproad (22.41 miles)

Completion of 2nd CIRCUIT (44.35 miles)

Completion of 3rd CIRCUIT (66.29 miles)

Completion of 4th CIRCUIT (88.23 miles)

On completion of 4th circuit proceed WEST to SNETTERTON interjunction - take sliproad to take 1st exit and roundabouts 1, 2 and 3 - proceed via roundabout 4 to join A11 EASTBOUND - proceed on A11 via ATTLEBOROUGH roundabout to FINISH at paint mark by drain at EAST end of sliproad from B1077 joining A11 at ATTLEBOROUGH (100 miles)

EVENT HEADQUARTERS – MORLEY VILLAGE HALL (NR18 9SZ) OPEN FROM 05:00

Parking: ample parking at the Village Hall car park and along the adjacent lane. Please park with consideration. Numbers and signing on will be at the HQ and NOT at the start. Numbers can be exchanged for a free drink after the event.

Although East DC have a local regulation regarding the use of turbo-trainers at morning events, please note this does not apply to this HQ.

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. IN ACCORDANCE WITH REGULATION 15 ALL COMPETITORS UNDER THE AGE OF 18 YEARS AND/OR JUNIORS MUST WEAR PROTECTIVE HARD SHELL HELMETS. IT IS RECOMMENDED THAT A WORKING REAR LIGHT, EITHER FLASHING OR CONSTANT, IS FITTED TO THE MACHINE IN A POSITION VISIBLE TO FOLLOWING ROAD USERS AND IS ACTIVE WHILE THE MACHINE IS IN USE.**

AS SOON AS YOU HAVE FINISHED YOU SHOULD RETURN YOUR NUMBER TO THE EVENT HQ AND **PERSONALLY SIGN OUT (FAILURE TO DO SO WILL MEAN YOUR RIDE IS RECORDED AS A DNF)**. YOU SHOULD ALSO CHECK TO SEE IF YOU ARE REQUIRED FOR DOPING CONTROL.

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

8. **U-turns** (see note below)

"U-turns will not be permitted on course or roads adjacent to Start and Finish areas while a race is in progress".

Note – Any breaking of this Regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

Definition: A U-turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then, with machine, and walk across the road).

11. **Numbers**

"Numbers will be at the HQ and not at the Start".

Numbers can be exchanged for a hot or cold drink after the event at Morley Village Hal;

12. **Warming up**

"No warming up along the course by competitors once an event has started".

Timekeepers: Stephen Penney, Heather Saunders, Don Saunders

Marshals & Volunteers: Icen Velo, and other EDCA clubs

Event Secretary: Richard Reade, 15 Kingfisher Road, Attleborough, Norfolk, NR17 2RL

Mobile: 07702 305358

Tel: 01953 455012

Email 1: events@icenivelo.co.uk

Email 2: richardreade01702@hotmail.co.uk

EAST DISTRICT CYCLING ASSOCIATION & EASTERN COUNTIES CYCLING ASSOCIATION PRIZES TO BE PRESENTED AT RESPECTIVE EVENTS IN EARLY 2019 (DATES TO BE CONFIRMED)

EAST ANGLIAN VTTA CHAMPIONSHIPS (for VTTA members only)

Actual fastest VTTA member

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+

Team of three

The **Bob Hayworth Cup** will be awarded to the best **East Anglian Group** member on standard

The Fastest on standard & the trophy winner along with spouse/partner get free tickets for the East Anglian VTTA Group lunch & prize presentation on Sunday afternoon of 25th November at Rosery Country House Hotel, Exning, Newmarket, CB8 7EH. The guest of honour is Matt Bottrill, could award winners that intend to attend please email ianw_mackenzie1@yahoo.co.uk or phone 01702 204550

PLEASE KEEP YOUR HEAD UP AND HAVE A SAFE FAST RIDE

N	Name	Club	C	A	VTTA Group	VTTA Standard	Handicap	Start Time
1	Nick Esser	DAP Cycling Club	V	46	n/a	04:52:32	00:56:00	06:01
2	Simon Keen	Crest CC	S	39	-	-	00:58:48	06:02
3	Zena Palgrave	Ely & District CC/B&T Motor Repairs	WV	43	East Anglian	05:12:28	01:13:26	06:03
4	Simon Boyle	Orwell Velo	V	49	East Anglian	04:55:34	00:56:00	06:04
5	John Swindells	Iceni Velo-Duff Morgan	V	44	n/a	04:50:29	00:20:58	06:05
6	Martin Bullen	Peterborough CC	V	66	North Midlands	05:19:33	00:52:31	06:06
7	Patrick Hannah	Greenwich Tritons Tri Club	S	27	-	-	01:05:20	06:07
8	Robert Peevor	Wolsey RC	V	41	n/a	04:47:16	01:24:00	06:08
9	Susan Sanders	Drighlington BC	WV	44	n/a	05:13:37	01:28:40	06:09
10	Phil Lee	Wisbech Wheelers	V	49	n/a	04:55:34	00:42:47	06:10
11	Julian Claxton	Great Yarmouth CC	S	37	-	-	00:51:47	06:11
12	Mark Smart	VC Norwich	V	50	East Anglian	04:56:36	00:58:32	06:12
13	Tim Wood	Chelmer CC	V	58	East Anglian	05:05:57	01:12:14	06:13
14	Jan Smith	Great Yarmouth CC	WV	51	n/a	05:21:29	01:24:00	06:14
15	Bob Quarton	Wolsey RC	V	64	East Anglian	05:15:33	00:49:28	06:15
16	Patrick Ellerbeck	St Neots CC	V	64	East Anglian	05:15:33	00:56:00	06:16
17	Helen Gravatt	CC Ashwell	WV	54	London & HC	05:25:07	01:05:20	06:17
18	Gary Boyd	Hub Velo	V	50	East Anglian	04:56:36	01:14:48	06:18
19	Peter Horsnell	Chelmer CC	V	88	East Anglian	07:21:46	01:33:16	06:19
20	Simon Ward	Scarborough Paragon CC	V	45	Yorkshire	04:51:31	00:42:43	06:20
21	Jennifer Smart	VC Norwich	WV	45	East Anglian	05:14:45	00:51:18	06:21
22	Noel Toone	Kettering CC	V	57	East Anglian	05:04:37	00:58:06	06:22
23	Michael Fry	Glendene CC	V	57	East Anglian	05:04:37	01:09:35	06:23
24	Andrew Ellis	Wolsey RC	S	32	-	-	01:24:00	06:24
25	Robert Warwicker	Tri-Anglia Triathlon Club	V	47	n/a	04:53:33	00:47:53	06:25
26	John Quimby	Coalville Wheelers	V	67	Nottingham & EM	05:21:44	00:51:20	06:26
27	James Wood	West Suffolk Wheelers	V	55	East Anglian	05:02:08	01:15:20	06:27
28	Matt Price	Icknield RC	S	39	-	-	01:15:20	06:28
29	Cathy Wood	Chelmer CC	WV	54	East Anglian	05:25:07	01:38:51	06:29
30	Chris Ford	High Wycombe CC	V	55	London & HC	05:02:08	00:42:33	06:30
31	Andrew Ward	Wisbech Wheelers	V	50	n/a	04:56:36	00:51:03	06:31
32	Adrian Watkins	Tornado Road Cycling Club	V	50	Wessex	04:56:36	00:57:19	06:32
33	Christopher Bailey	Lyme Racing Club	V	57	Manchester & NW	05:04:37	01:05:30	06:33
34	Gary Lane	Hainault RC	V	55	n/a	05:02:08	01:24:00	06:34
35	Becky Murley	Wisbech Wheelers	WV	43	East Anglian	05:12:28	00:45:16	06:35
36	Stewart Kirk	CC Sudbury	V	64	East Anglian	05:15:33	00:55:14	06:36
37	Rachel Holman	Ride Harder	WV	43	n/a	05:12:28	01:01:13	06:37
38	Ian Damant	Becontree Wheelers CC	V	58	East Anglian	05:05:57	01:14:40	06:38
39	James Bromley	Becontree Wheelers CC	V	59	East Anglian	05:07:21	01:29:30	06:39
40	Philip Watkins	North Norfolk Wheelers	V	55	n/a	05:02:08	00:42:00	06:40
41	Leanne Cutler	Hitchin Nomads CC	WV	45	East Anglian	05:14:45	00:50:33	06:41
42	Andrew Grant	Cambridge CC	V	65	East Anglian	05:17:29	00:18:40	06:42
43	Graham Mann	Hainault RC	V	69	n/a	05:26:33	01:05:20	06:43
44	Bethany Harrison	Lovelo Cinelli RT	W	36	-	-	01:24:00	06:44
45	Alan Emmott	Fareham Wheelers CC	V	71	Wessex	05:32:03	00:44:20	06:45
46	Mandy Bunn	CC Sudbury	WV	49	East Anglian	05:19:12	00:56:00	06:46
47	Michael Hutchings	Harrogate Nova CC	V	52	Yorkshire	04:58:43	01:00:14	06:47
48	Kathryn Innes	Dulwich Paragon CC	W	39	-	-	01:22:45	06:48
49	Peter Horsfield	Redmon CC	V	68	Surrey/Sussex	05:24:04	01:29:08	06:49
50	Mark Smith	Crawley Wheelers	V	44	Surrey/Sussex	04:50:29	00:09:04	06:50
51	Chris Womack	VC Baracchi	V	71	East Anglian	05:32:03	00:51:52	06:51
52	Laura Bartlett	a3crg	W	35	-	-	00:25:14	06:52
53	David Pugh	Stafford RC	S	36	-	-	00:31:48	06:53
54	Colin Ross	Lea Valley CC	S	36	-	-	00:36:10	06:54
55	Julian Pegg	Hitchin Nomads CC	V	55	East Anglian	05:02:08	00:14:22	06:55
56	Dale Sturman	West Suffolk Wheelers	V	51	n/a	04:57:39	00:21:19	06:56
57	Abid Hussain	Icknield RC	V	42	London & HC	04:48:22	00:28:00	06:57
58	Graham Rudd	Redbridge CC	S	39	-	-	00:32:39	06:58
59	Nick Boyle	Chelmer CC	V	43	East Anglian	04:49:26	00:41:49	06:59
60	Mat Ivings	Buxton CC/Sett Valley Cycles	V	45	Manchester & NW	04:51:31	00:08:17	07:00

No	Name	Club	Cat	Age	VTTA Group	VTTA Standard	Handicap	Start Time
61	Chris Hopkinson	Richmond CC	V	50	n/a	04:56:36	00:16:44	07:01
62	Dan Bromilow	Ely & District CC/B&T Motor Repairs	V	44	East Anglian	04:50:29	00:25:10	07:02
63	Paul Vickers	West Suffolk Wheelers	V	47	East Anglian	04:53:33	00:30:02	07:03
64	Tony Reeves	GS Stella	V	47	n/a	04:53:33	00:36:00	07:04
65	Nick Jones	Bournemouth Jubilee Wheelers	V	42	Wessex	04:48:22	00:14:00	07:05
66	Pete Harris	Andover Wheelers	V	50	n/a	04:56:36	00:50:19	07:06
67	Tim Mcevoy	Camel Valley C & TC	V	40	n/a	04:46:07	00:35:30	07:07
68	Kimberley Halton-Farrow	DRAG2ZERO	W	30	-	-	00:32:37	07:08
69	Andrew Whitehead	Rockingham CC	V	52	North Midlands	04:58:43	00:41:49	07:09
70	Gray Turnock	Finsbury Park CC	V	49	East Anglian	04:55:34	00:07:35	07:10
71	Chris Lea	Buxton CC/Sett Valley Cycles	V	56	North Midlands	05:03:21	00:16:28	07:11
72	Katja Rietdorf	Born to Bike - Bridgtown Cycles	WV	47	London & HC	05:16:58	00:23:34	07:12
73	Robert Bullyment	Catford CC	V	45	Kent	04:51:31	00:28:26	07:13
74	Steve Burrows	Vive Le Velo	V	59	Yorkshire	05:07:21	00:35:37	07:14
75	David Shepherd	a3crg	V	57	n/a	05:04:37	00:13:38	07:15
76	Ben Stancombe	Team Velovelocisty	S	28	-	-	00:20:49	07:16
77	Neil Palmer	Spalding CC	V	47	n/a	04:53:33	00:42:56	07:17
78	Sean Sanders	Drighlington BC	V	48	n/a	04:54:33	00:32:31	07:18
79	Ray Retter	Born to Bike - Bridgtown Cycles	V	72	West	05:35:06	00:40:09	07:19
80	Stephen Williamson	a3crg	V	47	Wessex	04:53:33	00:07:16	07:20
81	Andy Stuart	Velo Club St Raphael	V	43	East Anglian	04:49:26	00:15:18	07:21
82	Iain Boardman	Dulwich Paragon CC	V	44	East Anglian	04:50:29	00:21:56	07:22
83	Adam Laycock	VTTA (East Anglia Group)	V	51	East Anglian	04:57:39	00:28:21	07:23
84	Andy Cook	Chippenham & District Wheelers	V	55	West	05:02:08	00:35:15	07:24
85	Kevin Baumber	Shaffesbury CC	V	44	East Anglian	04:50:29	00:12:19	07:25
86	Howard Waller	Python RT	V	53	London & HC	04:59:49	00:19:10	07:26
87	Gavin Hinxman (tricycle)	DRAG2ZERO	V	50	East Anglian	05:14:40	00:27:04	07:27
88	John Golder	Chelmer CC	V	65	East Anglian	05:17:29	00:32:16	07:28
89	Jeff Roberts	High Wycombe CC	V	53	London & HC	04:59:49	00:37:53	07:29
90	Charles Mitchell	a3crg	S	39	-	-	00:01:19	07:30
91	Julian Middlewick	Hampshire Road Club	V	45	Wessex	04:51:31	00:14:38	07:31
92	Daniel Ryan	North Road CC	S	34	-	-	00:21:33	07:32
93	John Bradbury	CC Sudbury	V	47	East Anglian	04:53:33	00:28:01	07:33
94	Simon Cox	Chippenham & District Wheelers	V	47	n/a	04:53:33	00:33:40	07:34
95	Alice Lethbridge	DRAG2ZERO	W	33	-	-	00:11:47	07:35
96	John Grenfell-Shaw	Cambridge University CC	S	25	-	-	00:18:40	07:36
97	Saul Clayton	Albarosa CC	V	40	n/a	04:46:07	00:27:04	07:37
98	Paul Winchcombe	Chippenham & District Wheelers	V	58	West	05:05:57	00:32:14	07:38
99	Martin Arundel	Verulam CC	V	53	East Anglian	04:59:49	00:37:21	07:39
100	Dave Green	CC Breckland	V	54	East Anglian	05:00:57	00:00:28	07:40
101	Tom Thornely	Buxton CC/Sett Valley Cycles	S	35	-	-	00:14:25	07:41
102	Tim Davies	Ickniel RC	V	50	London & HC	04:56:36	00:21:27	07:42