



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

The START SHEET for the

## East Anglia VTTA 10 mile Individual & Tandem Time Trials

**COURSE E2/10 – SATURDAY 1<sup>st</sup> SEPTEMBER 2018 - STARTS AT 14:01**

**Course details E2/10 - START** at paint mark at end of feeder road from West Wrating just before junction with A1034 (1 kerb joint before drain near 'Give Way' sign). Bear left onto A1034 and thence onto A11 southbound. Continue to take slip road to Four Went Ways interchange, A1307, and circle elevated roundabout (5.14m), taking fourth exit onto A11 northbound. Retrace to Six Mile Bottom, where take the A1034 slip road to **FINISH** at paint mark 5 yards past end of island between old road and slip road (at 6<sup>th</sup> kerb joint past plastic phone indicator post marked '85/0').

**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 national and 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. Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and slip road, but should be located at the start of the slip road.**
- 3. 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.**
- 4. No warming-up by competitors is allowed along any part of the designated course, after the event has started.**
- 5. Numbers will be situated in the HQ; these can be exchanged for a hot or cold drink after the event.**
- 6. Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.**
- 7. Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.**

**Timekeepers: Tim Groves and Becki Groves**

**Event Secretary: Dominic Whitehead**

**4 Dove House Close, Godmanchester, Huntingdon, Cambs, PE29 2DY**

**Home: 01480 380297      Mobile: 07504 439362**

## Awards (only VTTA Members are eligible for awards)

### VTTA medals for:

1<sup>st</sup> Actual fastest

1<sup>st</sup> Best on Standard

1<sup>st</sup> Lady on Standard

1<sup>st</sup> Team of 3 Best 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

### East Anglia Vets only:

Memorial Shield for Best on Standard

If your details in the tables below don't include a VTTA Group and you are in fact registered with the VTTA this means that you haven't included the details on your CTT profile. To make it easier for promoters please add your Group and Membership Number to your profile and **LET US KNOW** (preferably before the race) so that we can make sure you qualify for any award.



**Proceeds from the catering will be donated to this charity**

**EVENT HQ – Westley Waterless Village Hall, CB8 0RH**

**Note: the start is approximately 3 miles from the HQ, please allow enough time to get to the start on time, there are also adequate areas near the start to park & warm up.**

### VTTA Tandem Event

No	Name	Club / Team	Age	Standard	VTTA Group	Start
1	Adrian GORHAM Michael COPE	Kettering CC	56 58	26:14	East Anglia	14:01
3	John SWANBURY Allistair BANKS	VC Baracchi	71 63	27:28	East Anglia	14:03

## VTTA Solo Event

No	Name	Club / Team	Age	Standard	VTTA Group	Start
6	Daniel NORTHOVER	Finsbury Park CC	41	26:04		14:06
7	Carmelo LUGGERI	CC Ashwell	62	27:51	East Anglia	14:07
8	Russell HORNER	Team Sportslab	49	26:41		14:08
9	Peter ANSTEY	Welwyn Whs	60	27:38	East Anglia	14:09
<b>10</b>	<b>Mick HODSON</b>	<b>Bedfordshire Road RT</b>	<b>48</b>	<b>26:36</b>	<b>East Anglia</b>	<b>14:10</b>
11	Colin LIZIERI	Cambridge CC	63	27:59	East Anglia	14:11
12	Lindsay CLARKE (W)	Fenland Clarion CC	56	29:26		14:12
13	Gary BOYD	Hub Velo	50	26:45	East Anglia	14:13
14	David FENN	CC Sudbury	68	28:42	East Anglia	14:14
<b>15</b>	<b>Damon DAY</b>	<b>CC Sudbury</b>	<b>52</b>	<b>26:54</b>	<b>East Anglia</b>	<b>14:15</b>
16	Martin BULLEN	Peterborough CC	66	28:23		14:16
17	Nigel HODGE	Tri-Anglia Triathlon Club	50	26:45		14:17
18	Michael HENNESSY	Southend Wheelers	77	30:40	East Anglia	14:18
19	Roger CHAPPELL	Team Vision Racing - Silverhook	70	29:02	East Anglia	14:19
<b>20</b>	<b>Tim PHILLIPS</b>	<b>St Ives CC</b>	<b>48</b>	<b>26:36</b>		<b>14:20</b>
21	Jez WILLOWS	Velo Club Flintham	53	26:59	Notts & E.Mids	14:21
22	Peter TIBBITTS	Ford CC	66	28:23	East Anglia	14:22
23	Andrew SIMPKINS	Solihull CC	64	28:06	Midlands	14:23
24	Trudy SHARAM (W)	Lea Valley CC	44	28:24		14:24
<b>25</b>	<b>Ken PLATTS</b>	<b>Cambridge CC</b>	<b>66</b>	<b>28:23</b>	<b>East Anglia</b>	<b>14:25</b>
26	Roger SEWELL	Wisbech Whs	71	29:14	East Anglia	14:26
27	Michael WOOD	CC Breckland	66	28:23	East Anglia	14:27
28	Sally WITHEY (W)	Team Swift	49	28:48	East Anglia	14:28
29	Charlotte RIDSDALE (W)	Rutland Cycling Club	51	28:58		14:29
<b>30</b>	<b>Darran BENNETT</b>	<b>Ely &amp; District CC/B&amp;T Motor Repairs</b>	<b>48</b>	<b>26:36</b>	<b>East Anglia</b>	<b>14:30</b>
31	Ian CARDY	Chelmer CC	54	27:04	East Anglia	14:31
32	Steve PECK	Ely & District CC/B&T Motor Repairs	60	27:38	East Anglia	14:32
33	John ISZATT	Team Vision Racing - Silverhook	59	27:32	East Anglia	14:33
34	Robin HARRIS	Clapham Chasers	51	26:50		14:34
<b>35</b>	<b>Paul FRENCH</b>	<b>Bedfordshire Road RT</b>	<b>43</b>	<b>26:13</b>	<b>East Anglia</b>	<b>14:35</b>
36	Andy KENNEDY	Ipswich BC	53	26:59	East Anglia	14:36
37	Andrew BRIGHT	Chronos RT	50	26:45	London & Home Counties	14:37
38	Mark READY	Diss & District CC	58	27:26		14:38
39	John SHELLARD	Team PedalRevolution.co.uk	74	29:53	East Anglia	14:39
<b>40</b>	<b>Sean HUNT</b>	<b>Lincoln Wheelers CC</b>	<b>54</b>	<b>27:04</b>	<b>Notts &amp; E.Mids</b>	<b>14:40</b>
41	Marcus EDWARDS	Kingston Phoenix RC	54	27:04		14:41
42	Ian FENSOM	Fenland Road Club	58	27:26		14:42
43	Steve CLARKE	Fenland Clarion CC	58	27:26		14:43
44	Gillian REYNOLDS (W)	Willesden CC	69	31:12	London & Home Counties	14:44
<b>45</b>	<b>Daniel SHAW</b>	<b>Halifax Imperial Wheelers</b>	<b>50</b>	<b>26:45</b>	<b>Yorkshire</b>	<b>14:45</b>
46	Mark GREENHOW	St Neots CC	50	26:45	East Anglia	14:46
47	Sue RUST (W)	Kettering CC	55	29:20	East Anglia	14:47
48	Tracy ROWLINSON (W)	Lyme Racing Club	53	29:09	Manchester & NW Group	14:48
49	Trevor CUTLER	Basildon CC	66	28:23		14:49
<b>50</b>	<b>Robert WATSON</b>	<b>Cambridge CC</b>	<b>57</b>	<b>27:20</b>	<b>East Anglia</b>	<b>14:50</b>
51	Derek RICKETTS	Ely & District CC/B&T Motor Repairs	56	27:14	East Anglia	14:51
52	Chris ROBERTS	Team PedalRevolution.co.uk	73	29:39	East Anglia	14:52
53	Alan HALE	Team PedalRevolution.co.uk	77	30:40		14:53
54	Vince FREELEY	Finsbury Park CC	78	30:58	East Anglia	14:54
<b>55</b>	<b>John MARTIN</b>	<b>Elmsall Road Club</b>	<b>56</b>	<b>27:14</b>	<b>North Midlands</b>	<b>14:55</b>
56	Lee THOMAS	Team Backstedt Bike Performance	45	26:23	Notts & E.Mids	14:56
57	Jeremy SAYNOR	PMR @ Toachim House	55	27:09	Kent	14:57
58	Bob QUARTON	Wolsey RC	64	28:06	East Anglia	14:58
59	Ron NAMAN	Shaftesbury CC	73	29:39	East Anglia	14:59
<b>60</b>	<b>Mark ELLIS</b>	<b>Team Milton Keynes</b>	<b>54</b>	<b>27:04</b>	<b>East Anglia</b>	<b>15:00</b>
61	Lee TURNER	Sigma Sports	49	26:41	East Anglia	15:01
62	Chris LORD	Brighton Excelsior CC	65	28:14	Surrey & Sussex	15:02

## VTTA Solo Event

No	Name	Club / Team	Age	Standard	VTTA Group	Start
63	Nigel CROXFORD	High Wycombe CC	61	27:44	London & Home Counties	15:03
64	Andrew PORTER	Welwyn Whs	56	27:14		15:04
<b>65</b>	<b>Andy STUART</b>	<b>Velo Club St Raphael</b>	<b>43</b>	<b>26:13</b>	<b>East Anglia</b>	<b>15:05</b>
66	Simon ELKINGTON	St Neots CC	48	26:36		15:06
67	Stu HAMMOND	Team Backstedt Bike Performance	51	26:50	Notts & E.Mids	15:07
68	Adam BISHOP	Lea Valley CC	44	26:18		15:08
69	Claire HALL (W)	Dunmow Velo	44	28:24	East Anglia	15:09
<b>70</b>	<b>Dave ELLIOTT</b>	<b>Rugby Racing Cycling Club</b>	<b>41</b>	<b>26:04</b>	<b>Midlands</b>	<b>15:10</b>
71	David CRISP	3T-RACING	42	26:09	East Anglia	15:11
72	Stephen MURPHY	Shaftesbury CC	62	27:51	East Anglia	15:12
73	Dena FORD (W)	High Wycombe CC	52	29:03	London & Home Counties	15:13
74	Kay BURGESS (W)	Kings Lynn CC	49	28:48		15:14
<b>75</b>	<b>Steve KAYE</b>	<b>Fenland Clarion CC</b>	<b>59</b>	<b>27:32</b>	<b>East Anglia</b>	<b>15:15</b>
76	Steve SMITH	Redbridge CC	63	27:59	London & Home Counties	15:16
77	Brian EVANS	North Road CC	52	26:54		15:17
78	John ROYLE	Fenland Clarion CC	71	29:14	Notts & E.Mids	15:18
79	Denese HALLAHAN (W)	Wisbech Whs	63	30:14	East Anglia	15:19
<b>80</b>	<b>Simon HANCE</b>	<b>Ipswich BC</b>	<b>47</b>	<b>26:32</b>	<b>East Anglia</b>	<b>15:20</b>
81	James MURPHY	Vive Le Velo	41	26:04	Yorkshire	15:21
82	Jeff WHARTON	Velo Schils Interbike RT	46	26:27		15:22
83	Tony BAXTER	Withington Wheelers	72	29:26	Manchester & NW Group	15:23
84	Adrian BARWICK	Harrogate Nova CC	51	26:50	Yorkshire	15:24
<b>85</b>	<b>Terry GARLINGE</b>	<b>Team Vision Racing - Silverhook</b>	<b>48</b>	<b>26:36</b>		<b>15:25</b>
86	Carl MURLEY	Wisbech Whs	54	27:04	East Anglia	15:26
87	Patrick CHARLTON	Wolsey RC	60	27:38	East Anglia	15:27
88	Jan ERTNER	Cambridge CC	52	26:54	East Anglia	15:28
89	Caroline FRANK (W)	Lindsey Roads Cycling Club	54	29:14	North Midlands	15:29
<b>90</b>	<b>Stuart FAIRWEATHER</b>	<b>Team Velovelocity</b>	<b>41</b>	<b>26:04</b>	<b>East Anglia</b>	<b>15:30</b>
91	Mervyn WILSON	North Lancashire Road Club	67	28:32	North Lancs and Lakes	15:31
92	Chris NUDDS	CC Breckland	70	29:02	East Anglia	15:32
93	Martin KEABLE	Kettering CC	50	26:45		15:33
94	Colin HOLMES	VTTA (London & Home Counties)	75	30:07	London & Home Counties	15:34
<b>95</b>	<b>David DICKERSON</b>	<b>Team Echelon</b>	<b>50</b>	<b>26:45</b>	<b>Midlands</b>	<b>15:35</b>
96	Julia FREEMAN (W)	Easterley Road Club	54	29:14		15:36
97	Susan TRIPLOW (W)	Essex Roads CC	51	28:58	East Anglia	15:37
98	Hugh WILLIAMS	Redbridge CC	50	26:45		15:38
99	Peter HORSNELL	Chelmer CC	88	35:35		15:39
<b>100</b>	<b>Adam BIDWELL</b>	<b>Kingston Wheelers CC</b>	<b>42</b>	<b>26:09</b>	<b>Surrey &amp; Sussex</b>	<b>15:40</b>
101	Michael MARTIN	CC Ashwell	53	26:59	East Anglia	15:41
102	Chris FORD	High Wycombe CC	55	27:09	London & Home Counties	15:42
103	Simon CONSTABLE	Basildon CC	41	26:04	East Anglia	15:43
104	Tony CAPON	Becontree Wheelers CC	56	27:14		15:44
<b>105</b>	<b>Andrew GRANT</b>	<b>Cambridge CC</b>	<b>65</b>	<b>28:14</b>	<b>East Anglia</b>	<b>15:45</b>
106	Darren DAVIS	West Suffolk Wheelers	48	26:36	East Anglia	15:46
107	Mark ENDERSBY	Anglia Velo	44	26:18	East Anglia	15:47
108	Gary CLARKE	Rutland Cycling Club	53	26:59		15:48
109	Karen DENNETT (W)	Bishop's Stortford CC	61	29:59	East Anglia	15:49
<b>110</b>	<b>Gary PAMMENT</b>	<b>3T-RACING</b>	<b>47</b>	<b>26:32</b>	<b>East Anglia</b>	<b>15:50</b>
111	Julian BOSLEY	Stowmarket & District CC	48	26:36		15:51
112	Alan CRANE	Chronos RT	49	26:41	London & Home Counties	15:52
113	Steve SHORE	Southend Wheelers	71	29:14	East Anglia	15:53
114	Brian MARTIN	Ciclos Uno	69	28:52	East Anglia	15:54
<b>115</b>	<b>Sam WIGHTMAN</b>	<b>Chelmer CC</b>	<b>41</b>	<b>26:04</b>	<b>East Anglia</b>	<b>15:55</b>
116	Alister CAMPBELL	Eagle Road Club	40	25:59		15:56
117	Will SHEPHERD	Ely & District CC/B&T Motor Repairs	44	26:18	East Anglia	15:57
118	Dominic WHITEHEAD	St Ives CC	60	27:38	East Anglia	15:58
119	Stephen WATSON	Hertfordshire Whs	54	27:04	East Anglia	15:59
<b>120</b>	<b>James RIX</b>	<b>Team Bottrill / Vanguard</b>	<b>42</b>	<b>26:09</b>	<b>Surrey &amp; Sussex</b>	<b>16:00</b>