

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

START SHEET EAST ANGLIAN VTТА - 10 MILES TT



On Thursday, 27th June 2019

Course E2/10 at 19.00 Hours

EVENT SECRETARY

Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT.
Mobile: 07873 707826. Email: mwmartin_actuary@hotmail.co.uk

TIMEKEEPERS: Tim Groves & Becki Groves

Event H Q Westley Waterless Village Hall CB8 0RG

Course E2/10. Details O.S. References. Start: 573562. Finish: 571560

E2/10 COURSE START at paint mark at end of feeder road from West Wrattling. Just before junction with A1340 (1 Kerb joint before drain near "Give Way" Sign). Bear left on to A1034 and proceed onto A11 southbound. Continue to Take slip road to Four Went Ways intersection (A1307) (M), and circle Elevated Roundabout (5.14 miles) Take Fourth exit on to A11 Northbound (M), Retrace to Six Mile Bottom where take A1304 slip road (M), to **FINISH** at Paint mark 10 yards past end of island between old road and slip road (at sixth kerb joint past plastic phone indicator, post marked "85/0")

PARKING

Parking is available at and near the Event H.Q
Numbers can be exchanged for a drink when returned.

NOTE TO COMPETITORS

When starting take notice of traffic entering slip road from your right
GIVE WAY IF NECESSARY

Cycling Time Trials and the Event Promoters recommend the use of a **flashing / constant rear light whilst competing and visible to other road users.**

Signing-on and Body Numbers will be situated at the Event H.Q. **Don't forget to return your number and sign back in otherwise you will be disqualified.**

Catering by Ann Shuttleworth, Signage by Dave Nock

NOTES TO RIDERS AND HELPERS
and LOCAL REGULATIONS

No Warming Up by competitors on the course once the event has started.

No U-Turns are allowed within sight of either the start or finishing areas. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

Marshals placed to direct competitors off the main carriageways must not stand at the apex between the carriageway and the slip road, but should be located at the beginning of the slip road. Note, it is strongly recommended by both the police and London East D.C. that marshals wear a fluorescent jacket or bib.

There is to be no parking in the vicinity of the finishing point, except for the Timekeepers' cars.

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.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you wear a HARD SHELL HELMET that meets an internationally-accepted safety standard. ALL juniors and/or riders under the age of 19 years are required to wear a suitably-approved helmet.

Helmets should conform to a recognized Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

- a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Footnotes:

- (i) Any helmet which suffers damage (e.g. in the case of an accident or through mishandling) may no longer afford the same level of protection.*
- (ii) Cycling Time Trials makes no warranties or representations regarding the adequacy of any standard or the fitness for the purpose of any brand of helmet and will not accept any claim arising from the use of any particular helmet*
- (iii) The current British Standard BS 6863 is primarily intended for use by young riders and is not intended to provide a complete specification for helmets for high speed or long distance riding.*

PLEASE DO NOT SPEED THROUGH WESTLEY WATERLESS – WE DON'T WANT TO LOSE OUR HQ

AWARDS:

SCRATCH

- Males: 1st - £30, 2nd - £20, 3rd - £10
- Females: 1st - £30, 2nd - £20, 3rd - £10

STANDARD – VTTA QUALIFIERS

- Males: 1st - £30, 2nd - £20, 3rd - £10
- Females: 1st - £30, 2nd - £20, 3rd - £10
- Note only one prize per rider

PRIZE LIST FOR V.T.T.A. QUALIFIERS ONLY

Only members of the V.T.T.A. are eligible for V.T.T.A. Awards. (Note joining the VTTA is easy – just go into vtta.org.uk and following the instructions. No cheques etc)

- Actual fastest veteran – medal
- Best male on standard – medal
- Best female on standard – medal
- Fastest in 5 year age group – medals– 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75-79
- Best club team of 3 VTTA members on standard – medals

Time	Number	Name	Club	Gender	Category	Age on Day	VTTA Standard	VTTA Region
19:01	1	Robert Watson	Cambridge CC	M	V	58	00:27:28	East Anglia
19:02	2	Colin Lizieri	Cambridge CC	M	V	63	00:27:59	East Anglia
19:03	3	Ann Shuttleworth	Cambridge CC	F	V	52	00:29:16	East Anglia
19:04	4	Glenn Taylor	Shorter Rochford RT	M	V	51	00:26:54	East Anglia
19:05	5	James Scarth	Bishop's Stortford CC	M	V	41	00:26:07	East Anglia
19:06	6	Carmelo Luggeri	CC Ashwell	M	V	63	00:27:59	East Anglia
19:07	7	Graham Pepperdine	Verulam CC	M	V	55	00:27:12	East Anglia
19:08	8	Ian Short	Team Salesengine.co.uk	M	V	45	00:26:27	East Anglia
19:09	9	Harry Moore	Cycling Club Hackney	M	V	56	00:27:17	East Anglia
19:10	10	Paul Jay	Team Velovelocity	M	V	42	00:26:12	East Anglia
19:11	11	Barry McDonald	3T-RACING	M	V	47	00:26:36	East Anglia
19:12	12	James Rush	CC Sudbury	M	V	42		
19:13	13	Jeremy Saynor	PMR	M	V	56	00:27:17	Kent

19:14	14	Isabella Johnson	Datalynx-Parenesis Cycling	F	J	16		
19:15	15	Leon West	CC Sudbury	M	V	41		
19:16	16	Ian Cardy	Chelmer CC	M	V	55	00:27:12	East Anglia
19:17	17	Steve Peck	Ely & District CC/B&T Motor Repairs	M	V	61	00:27:45	East Anglia
19:18	18	Jed Rock	Dorking Cycling Club	M	V	50	00:26:49	Surrey & Sussex
19:19	19	Denese Hallahan	Wisbech Whs	F	V	64	00:30:31	East Anglia
19:20	20	Sam Brown	Lea Valley CC	M	S	35		
19:21	21	Fabien Large	NOPINZ	M	J	17		
19:22	22	Jez Willows	Sherwood CC	M	V	54	00:27:07	Notts & E.Mids
19:23	23	Mandy Bunn	Datalynx-Parenesis Cycling	F	V	50	00:29:06	East Anglia
19:24	24	Gillian Reynolds	Willesden CC	F	V	70	00:31:30	London & Home Counties
19:25	25	Oliver Handley	University of Southampton RC	M	S	24		
19:26	26	Gavin Hinxman (trike)	DRAG2ZERO	M	V	51	00:30:17	East Anglia
19:27	27	Nick Hickman	Team Salesengine.co.uk	M	V	52	00:26:58	East Anglia
19:28	28	John Royle	Fenland Clarion CC	M	V	72	00:29:20	Notts & E.Mids
19:29	29	Andrew Porter	Welwyn Whs	M	V	57	00:27:22	East Anglia
19:30	30	Julian Elliott	Finsbury Park CC	M	V	48	00:26:40	East Anglia
19:31	31	Jon Wilson	Aspire Velo Racing Team	M	S	36		
19:32	32	John Dowling	Hemel Hempstead CC	M	V	62	00:27:52	London & Home Counties
19:33	33	David Giffin	West Suffolk Wheelers	M	V	49		
19:34	34	Roger Hutchings	Lewes Wanderers CC	M	V	49	00:26:45	East Anglia
19:35	35	David Crisp	3T-RACING	M	V	42	00:26:12	East Anglia
19:36	36	Edward Mellor	Mapperley CC	M	V	41	00:26:07	Notts & E.Mids
19:37	37	Chris Nudds	CC Breckland	M	V	70	00:28:58	East Anglia
19:38	38	Mark Ready	Diss & District CC	M	V	58	00:27:28	East Anglia
19:39	39							
19:40	40	Stuart Fairweather	Team Velovelocity	M	V	42	00:26:12	East Anglia
19:41	41	Ross Edgar	Lea Valley CC	M	V	44	00:26:22	East Anglia
19:42	42	Chris Dyason	Cambridge CC	M	V	71	00:29:09	East Anglia
19:43	43	Patrick Charlton	Wolsey RC	M	V	61	00:27:45	East Anglia
19:44	44	Mark Vowells (trike)	CC Bexley	M	V	66	00:31:59	Kent

19:45	45	Dan Bromilow	Ely & District CC/B&T Motor Repairs	M	V	45	00:26:27	East Anglia
19:46	46	Ronnie Stone	Islington Cycling Club	M	V	46		
19:47	47	Paul Sexton	CC Breckland	M	V	42	00:26:12	East Anglia
19:48	48	Gemma Johnson	Beacon Roads CC	F	S	36		
19:49	49							
19:50	50	Fabos Young	VeloElite RC	M	V	44		
19:51	51	Richard O'rourke	Team Vision Racing - Silverhook	M	V	45	00:26:27	East Anglia
19:52	52	Patrick Ellerbeck	St Neots CC	M	V	65	00:28:13	East Anglia
19:53	53	Susan Triplow	CC Sudbury	F	V	52	00:29:16	East Anglia
19:54	54	Karen Dennett	Bishop's Stortford CC	F	V	62	00:30:16	East Anglia
19:55	55	Martin Reynolds	Cambridge CC	M	V	56	00:27:17	East Anglia
19:56	56	Chris Tye	Plomesgate CC	M	V	52	00:26:58	East Anglia
19:57	57	Gary Johnson	CC Sudbury	M	V	55		
19:58	58	Anthony Bye	Wisbech Whs	M	V	64	00:28:06	East Anglia
19:59	59							
20:00	60	Andy Proffitt	Ipswich BC	M	V	46	00:26:31	East Anglia
20:01	61	Damon Day	CC Sudbury	M	V	53	00:27:03	East Anglia
20:02	62	Kevin Stokes	Born to Bike - Bridgtown Cycles	M	V	56	00:27:17	London & Home Counties
20:03	63	Marcus Buksh	Kettering CC	M	V	56	00:27:17	East Anglia
20:04	64	Stephen Watson	Hertfordshire Whs	M	V	55	00:27:12	East Anglia
20:05	65	Iain Boardman	Dulwich Paragon CC	M	V	45	00:26:27	East Anglia
20:06	66	Gemma Royles	VeloElite RC	F	S	35		
20:07	67	Jackie Field	CC Ashwell	F	V	54	00:29:27	East Anglia
20:08	68	Stuart Field	CC Ashwell	M	V	54	00:27:07	East Anglia
20:09	69							
20:10	70	Harley Matthews	D A P Cycling Club	M	S	25		
20:11	71	Steven Bass	Maldon & District CC	M	V	51	00:26:54	East Anglia
20:12	72	David Halliday	Newmarket Cycling & Triathlon Club	M	S	35		
20:13	73	Richard Parrotte	Shaftesbury CC	M	V	54	00:27:07	East Anglia
20:14	74	Phillip Hatcher	Cyclism	M	S	31		
20:15	75	Andy Sewell	Aspire Velo Racing Team	M	S	36		

20:16	76	Geoff Perry	Born to Bike - Bridgtown Cycles	M	V	59	00:27:33	London & Home Counties
20:17	77	Joe Empson	Anglia Velo	M	V	68	00:28:39	East Anglia
20:18	78	Gary Boyd	Hub Velo	M	V	51	00:26:54	East Anglia
20:19	79	Brian Martin	Ciclos Uno	M	V	70	00:28:58	East Anglia
20:20	80	Richard Harrison	DRAG2ZERO	M	V	41	00:26:07	London & Home Counties
20:21	81	Terry Garlinge	Easterley Road Club	M	V	49		
20:22	82	Andy Sharman	Team Bottrill	M	V	48	00:26:40	London & Home Counties
20:23	83	Frank Moore	Cycling Club Hackney	M	E	19		
20:24	84	Dominic Whitehead	St Ives CC	M	V	60	00:27:39	East Anglia
20:25	85	Mick Hodson	Bedfordshire Road RT	M	V	49	00:26:45	East Anglia
20:26	86	Paul French	Bedfordshire Road RT	M	V	44	00:26:22	East Anglia
20:27	87	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	M	V	54	00:27:07	Surrey & Sussex
20:28	88	Mike Watson	CC Breckland	M	V	55	00:27:12	East Anglia
20:29	89							
20:30	90	Mark Jones	DRAG2ZERO	M	V	47	00:26:36	London & Home Counties

Reserve

Reserve	91	Michael Martin	CC Ashwell	M	V	54	00:27:07	East Anglia
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