

THANKS

Thank you go to all the riders for supporting the event, to my timekeepers Tim & Becki for timing the event, to my marshals from Anglia Velo, Godric C.C. ,Bishops Stortford C.C.,Ciclos Uno,Diss & District C.C.,Kettering C.C.,Stowmarket& District C.C.,Team Salesengine.co.uk,West Suffolk Wheelers & Tri Club and my excellent teammates from Essex Roads CC. Lea and Len for standing in on short notice

A special thanks must go to my superb tea lady Netta who supplies us with excellent refreshments after the event

Bolton Fund This fund exists to help riders,especially younger ones,who would like some financial assistance towards the cost of a particular cycling based project.Recent examples have been help with travel costs to the European Cyclo Cross Championships in Italy and the set up costs of the Lea Valley Youth Road Team. Applications with an outline of the project and expected costs to the Treasurer, Terry Anderson terry@bigtel.me.uk at least six weeks beforehand to allow the Committee time to consider.

Keep up to date by visiting the Eastern Counties website at

: www.EasternCounties.org.uk



EASTERN COUNTIES CYCLING ASSOCIATION

Open 10 mile Solo,Handicap&Tandems
Promoted for and on behalf of Cycling Time
Trials under their Rules and Regulations

Result Sheet

Saturday 18th March 2016

EVENT SEC.

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TIMEKEEPERS

Tim Groves
Becki Groves

AWARDS SOLO

1st Daniel Northover Finsbury Park C.C. 20.20 2 INCH Boxed Medal

2nd Julian Elliott Finsbury Park C.C. 20.29 ECCA Gilt Medal

3rd= Gray Turnock Finsbury Park C.C. 20.53 ECCA Medal

3rd= Rob Young Team Vision Racing 20.53 ECCA Medal

5th William Wallace C.C. London 21.16 ECCA Medal

6th Lyster Romero Wigmore C.C. 21.21 ECCA Medal

1st Team Finsbury Park C.C. Daniel Northover,Julian Elliott,
Gray Turnock 1.01.42 ECCA Medals

H/CAP AWARDS

1st Thomas Willan East London Velo 15.05 2 inch Boxed Medal

2nd Alex Cooper West Kent R.C. 15.53 ECCA Gilt Medal

3rd John Wingfield Team Milton Keynes 15.54 ECCA Medal

4th Alan Carter Diss & District C.C. 16.06 ECCA Medal

5th Simon Parchment C.C. London 16.32 ECCA Medal

6th Roger Mason Diss & District C.C. 16.34 ECCA Medal

1st Lady Mary Bower Momentum Cycles R.C. 23.56 ECCA Medal

2nd Lady Sarah Croucher Momentum Cycles R.C. 24.47 ECCA Medal

No	Name	Club	Ca t	H/Ca p	Tim e	HcTi me	N o	Name	Club	Ca t	H/Ca p	Time	HcTi me
1	Daniel Northover	Finsbury Park C.C.	V	1.53	20,20	18.27	45	Martin Holmes	Ely & District C.C.	V	4.56	23.23	18.27
2	Julian Elliott	Finsbury Park C.C.	V	2.24	20.29	18.05	47	Daniel Nichols	Anglia Velo	S	3.49	23.24	19.35
3	Gray Turnock	Finsbury Park C.C.	V	2.36	20.53	18.17	48	Steve Robinson	Team Salesengine.co.uk	V	4.26	23.26	19,00
3	Rob Young	Team Vision Racing	V	2,20	20.53	18.33	49	James Hutchins	Shaftesbury C.C.	V	5.18	23.29	18.11
5	William Wallace	C.C. London	S	3.05	21.16	18.11	50	Derek Ricketts	Ely & District C.C.	V	4.47	23.32	18.45
6	Lyster Romero	Wigmore C.C.	J	4.28	21.21	16.53	51	Matt Saunders	Team Vision Racing	S	4.07	23.33	19.26
7	Chris Potter	C.C. Ashwell	S	3.25	21.36	18.11	51	Carl Stephens	Basildon C.C.	V	5.34	23.33	17.59
8	Mark Ellis	Team Milton Keynes	V	3.17	21.40	18.23	53	Alan Carter	Diss & District C.C.	V	7.28	23.34	16.06
9	Andre Dyason	Cambridge C.C.	V	2.46	21.50	19.04	54	Paul Sexton	C.C. Breckland	S	4.08	23.39	19.31
10	Terry Garlinge	East London Velo	V	2.49	21.51	19.02	55	Jerome Watts	East London Velo	V	3.44	23.42	19.58
11	Ian Turner	Team SS	S	2.17	21.55	19.38	56	Jim Higson	C.C. London	S	6.34	23.48	17.14
12	Matt Steel	Shaftesbury C.C.	V	3.16	21.58	18.42	57	David Warlow	Essex Roads C.C.	V	4.04	23.54	19,50
13	Henry Farrell	Endeavour R.T.	S	2.53	21.59	19.06	58	Steve Peck	Newmarket C & T.C.	V	4.37	23.55	19.18
14	Richard Hancock	Team SS	V	2.08	22.02	19.54	59	Jeremy Saynor	PMR@ Toachim House	V	5.03	23.56	18.53
15	Anton Blackie	Rapha C.C.	S	3.02	22.05	19.03	59	Mary Bower	Momentum Cycles R.C.	W	4.53	23.56	19.03
16	Alex Bailey	C.C. Breckland	S	4.15	22.06	17.51	61	Ian Doe	Diss & District C.C.	V	4.55	23.58	19.03
17	Martin Reynolds	Cambridge C.C.	V	2.47	22.12	19.25	62	Jamie Maidment	Southend Wheelers	S	5.28	24.01	18.33
18	Gavin Lewis	Cambridge C.C.	S	4.05	22,14	18.09	62	Daniel Homer	London Pheonix C.C.	V	5.23	24.01	18.38
19	Kevin Bamber	Shaftesbury C.C.	V	5.09	22.17	17.08	64	Peter Tibbitts	Ford C.C.	V	4.39	24.06	19.27
19	Oliver Cozens	Norwich ABC	S	5.01	22.17	17.16	65	Matthew Scales	C.C. Ashwell	S	7.28	24.32	17.04

No	Name	Club	Ca t	H/Ca p	Tim e	HcTi me	N o	Name	Club	Ca t	H/Ca p	Time	HcTi me
21	Simon Scott	Anglia Velo	V	3.27	22.2 3	18.5 6	66	Bob Quarton	Wolset R.C.	V	6.04	24,4 0	18.3 6
22	Michael Martin	C.C. Ashwell	V	3.28	22.2 4	18.5 6	67	Sarah Croucher	Momentum Cycles R.C.	W	7.39	24.4 7	17.0 8
23	Thomas Willan	East London Velo	S	7.24	22.2 9	15.0 5	68	Graham Pepperdine	Verulam C.C.	V	4.54	24.5 1	19.5 7
24	Darren Davis	West Suffolk Wheelers	V	3.58	22.3 1	18.3 3	69	Helen Gravatt	Twickenham C.C.	V W	7.09	24.5 5	17.4 6
25	Sam Hayes	Team Salesengine.co.uk	S	3.07	22.3 4	19.2 7	70	Andrew Knowles	North Norfolk Wheelers	S	4.32	24.5 9	20.2 7
26	Paul Sparks	Ely & District C.C.	V	5.07	22.4 1	17.3 4	71	Laurence Toombs	West Kent R.C.	V	5.41	25,0 0	19.1 9
27	Gareth Davies	C.C. Ashwell	S	4.55	22.4 4	17.4 9	72	Michael Cope	Kettering C.C.	V	5.22	25.0 3	19.4 1
28	John Wingfield	Team Milton Keynes	S	6.53	22.4 7	15.5 4	73	Thomas Dean	Eagle R.C.	S	4.05	25.0 5*	21,0 0
29	Ian Bibby	Finsbury Park C.C.	V	3.40	22.5 1	19.1 1	74	Claire Lee	Momentum Cycles R.C.	V W	7.36	25.1 3	17.3 7
29	Nick Morgan	Hitchin Nomads C.C.	S	4.54	22.5 1	17.5 7	75	Gary Jackson	Shaftesbury C.C.	V	5,40	25.1 7	19.3 7
31	Oliver Simmonds	Diss & District C.C.	V	5.52	22.5 2	17,0 0	76	Edmund Spurgeon	Colchester Rovers C.C.	V	5,20	25.2 5	20.0 5
32	Phil Lee	Wisbech Wheelers	V	5.14	22.5 5	17.4 1	77	Jacob Keatt	Chelmer C.C.	E	5,10	25.3 4	20.2 4
33	Phillip Gosling	Ely & District C.C.	V	3.55	22.5 6	19.0 1	78	Daniel Wolman	London Pheonix C.C.	S	5.27	25.4 3	20.1 6
34	Darren Preston	Team SS	V	4.13	23.0 0	18.4 7	78	Simon Parchment	C.C. London	V	9.11	25.4 3	16.3 2
35	John Watson	Hitchin Nomads C.C.	V	4.14	23.0 1	18.4 7	80	Paul Willis	Wisbech Wheelers	V	7,00	25.4 6	18.4 6
36	Hugo Hocknell	Team Salesengine.co.uk	V	4.06	23.0 3	18.5 7	81	Michael Wood	C.C. Breckland	V	5.07	25.4 7	20,4 0
37	Paul Shelley	Diss & District C.C.	V	4.11	23.0 4	18.5 3	82	Alex Cooper	West Kent R.C.	V	10.0 4	25.5 7	15.5 3
38	Neil Dowie	Shorter Rochford R.T.	V	3.16	23.0 7	19.5 1	83	Roger Mason	Diss & District C.C.	V	9.32	26.0 6	16.3 4
39	Steve Kaye	Fenland Clarion C.C.	V	3.47	23.1 2	19.2 5	84	Janet Bassett	C.C. Ashwell	W	8.01	26.1 6	18.1 5
39	Jon Talbot	Wisbech Wheelers	V	4.27	23.1 2	18.4 5	85	Len Benton	Colchester Rovers C.C.	V	5.22	26,2 0	20.5 8

No	Name	Club	Ca t	H/Ca p	Tim e	HcTi me	No	Name	Club	Ca t	H/Ca p	Time	HcTi me
39	Peter Kerry	Ipswich Velo	S	4.17	23.1 2	18.5 5	86	Daniel Diaz	C.C. London	S	8.39	26.3 9	18,0 0
42	Robert Bullyment	Catford C.C.	V	6.16	23.1 6	17,0 0	87	Alison Wood	Redbridge C.C.	V W	7.34	27,0 0	19.2 6
43	Roger Porter	Verulam C.C.	V	3.56	23.1 7	19.2 1	88	Nancy Staniland	London Pheonix C.C.	W	9,10	27.0 8	17.5 8
44	Alex Lubbock	API Metrow	E	4.31	23.1 8	18.4 7	89	James Greenwood	West Suffolk Wheelers	V	7.24	27.1 2	19.4 8
45	Ian Nixon	Diss & District C.C.	V	4.59	23.1 9	18,2 0	90	Alison Holmes	Ely & District C.C.	V W	8.39	27.1 5	18.3 6

No	Name	Club	Ca t	H/Ca p	Tim e	HcTime
91	Tony Capon	Becontree Wheelers C.C.	V	6.31	27.2 2	20.51
92	James Bromley	Becontree Wheelers C.C.	V	8.06	27.3 7	19.31
93	Dominic Whitehead	St Ives C.C.	V	6.39	27.5 8	21.19
94	Keith Clarke	Colchester Rovers C.C.	V	6.27	28,0 0	21.33
95	Brian Martin	Ciclos Uno	V	7.24	28.0 4	20,40
96	Trudy Sharam	Lea Valley C.C.	V W	11,20	28.1 4	16.54
97	Andrew Porter	Welwyn Wheelers	V	7.09	28.2 1	21.12
98	Antonio Paolino	Essex Roads C.C.	V	7.54	28.2 5	20.31
98	Roger Chappell	Team Vision Racing	V	8.04	28.2 5	20.21
100	Paul Fairman	Essex Roads C.C.	V	7.24	28.3 8	21.14
101	Michael Hennessy	Southend Wheelers	V	6.09	29.1 3	23.04
102	Cheryl Smith	Finsbury Park C.C.	V W	7.05	29.2 5*	22,20
103	Karin Taplin	C.C. London	V W	5.43	29.5 9	24.16
104	Francine Hill	C.C. London	W	10.27	30.0 3	19.36

No	Name	Club	Ca t	H/Ca p	Tim e	HcTime
105	Jeanette Degiorgio	Crest C.C.	V W	11.26	30.2 9	19.03
106	Peter Horsnell	Chelmer C.C.	V	9.18	31.3 8	20,20
107	Denese Hallahan	Wisbech Wheelers	V W	8.38	32.4 7	24.09
*	Thomas Dean receives 3.23 LS					
*	Cheryl Smith receives 2.13 LS					
DN F	77,94,107					
DN S	(A),6,10,19,23,27,	41,48,53,60,74,76,96,98				
DN S	13,34					