



# **EAST DISTRICT**

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## **CYCLING ASSOCIATION**

**EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP**  
**B10/37R, SATURDAY 1<sup>st</sup> June 2024**

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

**EVENT SECRETARY:** Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS [daniel\\_bloy@hotmail.com](mailto:daniel_bloy@hotmail.com) 07786 085 257

**TIMEKEEPERS:** Start: Peter Church; Finish: Andy Moore, Naomi Lucas

**HELPERS:** Amelia Bloy, David Bethell; Marshalls: Bruce Williams, Don Saunders, John Swindells

**Many thanks to all the helpers who made this event happen. I am very grateful for your assistance and without you, this event would not have happened.**

Given the recent poor weather, we were blessed with a dry if somewhat windy afternoon. The wind didn't seem to adversely affect the times and we saw some stunning rides. It was a particularly good afternoon for Matt and Hannah O'Brien of Loose Cannon's conditioning. Not only did they win the Open and Female, categories, but they also took 1<sup>st</sup> and 2<sup>nd</sup> place in the Veterans with +5.58 and +5.46. Both rode superbly well today, congratulations to you both.

In the Open category, 2<sup>nd</sup> and 3<sup>rd</sup> place was closely contested with Dan Blackburn of Epic Orange Race Team recording 20.56 narrowly edging Chris Holmes of VC Norwich with 20.58. In the veteran's category, those same two riders battled for 3<sup>rd</sup> and 4<sup>th</sup> places with Chris Holmes this time taking 3<sup>rd</sup> with +5.38 ahead of Dan Blackburn with +5.31.

The Female category was equally as closely contested for 2<sup>nd</sup> and 3<sup>rd</sup> place with Sarah Senderski of Kings Lynn Triathlon Club recording 24.57, 3 seconds ahead of Clair Hall of Parenesis-ToughHuman Cycling who recorded 25:00.

The team category was also closely contested. The Kings Lynn CC trio of Richard Camp, Simon Hardy and Paul Willis used their home advantage (and TT bikes) to good effect to record 1.06.03 to take the team award by 9 seconds from the Velouse Flyers trio of David Webster, Neil Watson and Simon Taylor who recorded 1.16.12. Whilst the Velouse Flyers trio came second, their performance should be recognised for the stunning result it was because all three of them were riding Road Bikes! Yes, Road Bikes! Rounding out the podium for the team were the West Suffolk Wheelers trio of David Young, Mark Eastwood and Martin Pyne.

Daniel Bloy

## PRIZES:



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.

## Pictures:

Brian Jones of Kimroy Photography was out on the course today and you can view the images Brian took at:

<https://tiny.one/KimroyPhotography>

Also out on the course today was Ming Lo. Keep an eye on the Kings Lynn CC Facebook page for links to his photographs.

## Open

Position	Number	Name	Club	District	Time
1	41	Matt O'Brien	Loose Cannon's Conditioning	East	20:29
2	40	Dan Blackburn	Epic Orange Race Team	East	20:56
3	39	Chris Holmes	VC Norwich	East	20:58
4	27	Jason Kierman	Born to Bike - Bridgtown Cycles	Midland	21:39
=5	35	Matthew McClure	Wisbech Whs	East	21:51
=5	43	Mark Richards	D A P Cycling Club	East	21:51
7	36	Terry Garlinge	Easterley Road Club	London East	22:00
8	31	Richard Camp	Kings Lynn CC	East	22:06
9	32	Ian Short	CC Sudbury	East	22:12
10	34	Glenn Taylor	Shorter Rochford RT	London North	22:23
11	33	John Manlow	Ely & District CC/B&T Motor Repairs	East	22:50
12	37	Stuart Supple	Sole Bay Cycle Sport	East	22:53
13	30	Craig Lamb	Alford Whs	Central	23:23
14	24	Jason Turner	Norwich A B C	East	23:52
15	11	David Webster	Velouse Flyers	East	24:30
16	16	Jacob Booth	Spalding CC	Central	24:58
17	25	Mark Booth	Spalding CC	Central	25:10
18	19	David Gill	Diss & District CC	East	25:19
19	18	Simon Hardy	Kings Lynn CC	East	25:33
20	9	Neil Watson	Velouse Flyers	East	25:43
21	15	David Young	West Suffolk Wheelers	East	25:58
22	4	Simon Taylor	Velouse Flyers	East	25:59
=23	17	Mark Eastwood	West Suffolk Wheelers	East	26:32
=23	23	Roger Sewell	Wisbech Whs	East	26:32
25	7	Trevor Roberts	Wolsey RC	East	26:39
26	12	Martin Pyne	West Suffolk Wheelers	East	26:44
27	6	Steven Rue	West Suffolk Wheelers	East	28:23
28	3	Paul Willis	Kings Lynn CC	East	28:24
29	1	John Steed	West Suffolk Wheelers	East	30:12

## Female

Position	Number	Name	Club	District	Time
1	28	Hannah O'Brien	Loose Cannon's Conditioning	East	23:03
2	10	Sarah Senderski	Kings Lynn Triathlon Club	East	24:57
3	20	Claire Hall	Parenesis-TougHuman Cycling	London East	25:00
4	26	Julia Freeman	Easterley Road Club	London East	26:28
5	13	Kerry Brennand	Newmarket Cycling & Triathlon Club	East	26:29
6	14	Sally Withey	Swift Racing	Yorkshire	26:39
7	21	Ann Shuttleworth	Cambridge CC	London East	27:22
8	2	Denese Hallahan	Wisbech Whs	East	36:48

## Veterans

Position	Number	Name	Club	District	+/- Vet
1	41	Matt O'Brien	Loose Cannon's Conditioning	East	+5:58
2	28	Hannah O'Brien	Loose Cannon's Conditioning	East	+5:46
3	39	Chris Holmes	VC Norwich	East	+5:38
4	40	Dan Blackburn	Epic Orange Race Team	East	+5:31
5	27	Jason Kierman	Born to Bike - Bridgtown Cycles	Midland	+5:12
6	36	Terry Garlinge	Easterley Road Club	London East	+5:10
7	34	Glenn Taylor	Shorter Rochford RT	London North	+5:01
8	31	Richard Camp	Kings Lynn CC	East	+4:40
9	32	Ian Short	CC Sudbury	East	+4:34
10	23	Roger Sewell	Wisbech Whs	East	+4:32
11	33	John Manlow	Ely & District CC/B&T Motor Repairs	East	+4:27
12	20	Claire Hall	Parenesis-TougHuman Cycling	London East	+3:57
13	30	Craig Lamb	Alford Whs	Central	+3:54
14	37	Stuart Supple	Sole Bay Cycle Sport	East	+3:43
15	26	Julia Freeman	Easterley Road Club	London East	+3:33
16	24	Jason Turner	Norwich A B C	East	+3:11
17	11	David Webster	Velouse Flyers	East	+2:54
18	19	David Gill	Diss & District CC	East	+2:45
19	14	Sally Withey	Swift Racing	Yorkshire	+2:41
20	12	Martin Pyne	West Suffolk Wheelers	East	+2:20
21	13	Kerry Brennand	Newmarket Cycling & Triathlon Club	East	+2:15
22	21	Ann Shuttleworth	Cambridge CC	London East	+2:12
23	18	Simon Hardy	Kings Lynn CC	East	+1:44
24	6	Steven Rue	West Suffolk Wheelers	East	+1:29
25	25	Mark Booth	Spalding CC	Central	+1:26
26	17	Mark Eastwood	West Suffolk Wheelers	East	+1:15
27	9	Neil Watson	Velouse Flyers	East	+1:08
28	3	Paul Willis	Kings Lynn CC	East	+0:40
29	1	John Steed	West Suffolk Wheelers	East	+0:36
30	7	Trevor Roberts	Wolsey RC	East	+0:07
31	2	Denese Hallahan	Wisbech Whs	East	-4:25

# Overall

Position	Number	Name	Club	District	Time
1	41	Matt O'Brien	Loose Cannon's Conditioning	East	20:29
2	40	Dan Blackburn	Epic Orange Race Team	East	20:56
3	39	Chris Holmes	VC Norwich	East	20:58
4	27	Jason Kierman	Born to Bike - Bridgtown Cycles	Midland	21:39
=5	35	Matthew McClure	Wisbech Whs	East	21:51
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8	31	Richard Camp	Kings Lynn CC	East	22:06
9	32	Ian Short	CC Sudbury	East	22:12
10	34	Glenn Taylor	Shorter Rochford RT	London North	22:23
11	33	John Manlow	Ely & District CC/B&T Motor Repairs	East	22:50
12	37	Stuart Supple	Sole Bay Cycle Sport	East	22:53
13	28	Hannah O'Brien	Loose Cannon's Conditioning	East	23:03
14	30	Craig Lamb	Alford Whs	Central	23:23
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37	2	Denese Hallahan	Wisbech Whs	East	36:48

# Team

## **1<sup>st</sup> Kings Lynn CC, 1:16:03**

Richard Camp, 22:06

Simon Hardy, 25:33

Paul Willis, 28:24

## **2<sup>nd</sup> Velouse Flyers, 1:16:12**

David Webster, 24:30

Neil Watson, 25:43

Simon Taylor, 25:59

## **3<sup>rd</sup> West Suffolk Wheelers, 01:19:14**

David Young, 25:58

Mark Eastwood, 26:32

Martin Pyne, 26:44

## **4<sup>th</sup> Wisbech Wheelers, 1:25:11**

Matthew McClure, 21:51

Roger Sewell, 26:32

Denese Hallahan, 36:48

# DNS Apologies

#44, Lloyd Chapman, Loose Cannon's Conditioning

#42, Nick Partridge, Sole Bay Cycle Sport

#29, Antony Stapleton, Parenesis-ToughHuman Cycling

# DNS

#5, Bob Brabbins, VTTA West Group

#8, Kayleigh Wales, Wisbech Whs

#22, Mark Crookes, Icen Velo

#38, Robert Golding, Ely & District CC/B&T Motor Repairs