



**EAST DISTRICT**  
**CYCLING ASSOCIATION**

EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP  
B10/37R, SATURDAY 4<sup>th</sup> June 2022

(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, David Bethell; Finish: Andy Moore, Naomi Lucas

**HELPERS:** Amelia Bloy, Matthew Rushton, Neil Empson, Sharon Empson

**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.**

It looks like we managed to get the best of the weekend weather. Whilst it was a little breezy out on course at least it was dry! The wind direction and strength added to the challenge today, there were still some amazing times. In the Juveniles event, Abbey Thompson (Stonham Barns Park -SYRT) set an excellent time of 26:37. The ladies event saw Becky Ridge (TPH Racing) finish in 23:13, narrowly ahead of Hannah O'Brien (Loose Cannon's Conditioning) in 23:31. The podium was completed by Verity Smith (Loose Cannon's Conditioning) posting 25:08 for 3<sup>rd</sup> place. The men's event was incredibly tight with just 3 seconds separating 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. Winning the event was Lloyd Chapman (Loose Cannon's Conditioning) with 20:35, narrowly beating teammate Matt O'Brien (Loose Cannon's Conditioning) who finished in 20:37 with Mark Richards (D A P Cycling Club) finishing just 1 second further back in 20:38. Amazing times all round. In the veteran's event Keith Dorling (Team Bottrill) continued to show his class with 6:02, ahead of O'Brien pair Matt O'Brien (Loose Cannon's Conditioning) with 5:46 and Hannah O'Brien (Loose Cannon's Conditioning) with 5:26. This year the Loose Cannon's Conditioning team led by Lloyd Chapman have certainly shown their strength and depth, demonstrating they are the team to beat in the Eastern District.

Stay safe,  
Sincerely

Daniel Bloy

**PRIZES:**

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

**Pictures:**

Out on the course today we had the legendary Ming Lo who has taken photos. Ming has created and added his photos to the "2022 EDCA 10 Mile TT Championship (B10/37R) album in the Kings Lynn Cycling clubs Facebook page. I have also shared the album from my Facebook page. See <https://www.facebook.com/media/set/?set=oa.1211348426070756&type=3>

## Juveniles

Position	Name	Club	District	Time
1	Abbey Thompson	Stonham Barns Park – SYRT	East	26:37

## Ladies

Position	Name	Club	District	Time
1	Becky Ridge	TPH Racing	East	23:13
2	Hannah O'Brien	Loose Cannon's Conditioning	East	23:31
3	Verity Smith	Loose Cannon's Conditioning	East	25:08
4	Julia Freeman	Easterley Road Club	London East	25:59
5	Sally Withey	Swift Racing	Yorkshire	27:11
6	Marion Denby	Newmarket Cycling & Triathlon Club	East	30:32
7	Denese Hallahan	Wisbech Whs	East	32:27

## Men

Position	Name	Club	District	Time
1	Lloyd Chapman	Loose Cannon's Conditioning	East	20:35
2	Matt O'Brien	Loose Cannon's Conditioning	East	20:37
3	Mark Richards	D A P Cycling Club	East	20:38
4	Oliver Milk	Epic Orange Race Team	East	21:11
5	Ed Slater	VC Norwich	East	21:17
6	James Potter	Loose Cannon's Conditioning	East	21:21
=7	Stuart Fairweather	Loose Cannon's Conditioning	East	21:30
=7	Dan Blackburn	Epic Orange Race Team	East	21:30
9	Robert Staines	Loose Cannon's Conditioning	East	22:00
10	Rory Havis	Ely & District CC/B&T Motor Repairs	East	22:04
11	Keith Dorling	Team Bottrill	Central	22:11
12	Ben Keeley	Team Velovelocity	East	22:31

Position	Name	Club	District	Time
13	Antony Stapleton	North Essex Velo	London East	22:54
14	Terry Garlinge	Easterley Road Club	London East	22:56
15	Stefan Hurst	Ronde Cycling Club	Scotland	23:13
16	Dean Buckingham	Velouse Flyers	East	23:24
17	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	23:48
18	Jason Turner	Norwich A B C	East	24:04
19	Philip Merritt	Fenland Clarion CC	South East Midlands	24:26
20	Paul Moss	Stowmarket & District CC	East	24:27
21	Mark Booth	Spalding CC	Central	24:51
22	Simon Hardy	Kings Lynn CC	East	25:26
23	Chris Nudds	CC Breckland	East	25:27
24	Martin Pyne	West Suffolk Wheelers	East	26:20
25	Rob Goult	Ely & District CC/B&T Motor Repairs	East	26:21
26	David Young	West Suffolk Wheelers	East	26:31
27	Mark Eastwood	West Suffolk Wheelers	East	27:12
28	John Steed	West Suffolk Wheelers	East	27:32
29	Simon Pidduck	Peterborough CC	South East Midlands	27:57
30	Trevor Roberts	Wolsey RC	East	27:58
31	Gerry Barton	West Suffolk Wheelers	East	31:20
32	Paul Johnson	Kings Lynn CC	East	33:31

## Veterans

Position	Name	Club	District	+/- Vet
1	Keith Dorling	Team Bottrill	Central	6:02
2	Matt O'Brien	Loose Cannon's Conditioning	East	5:46
3	Hannah O'Brien	Loose Cannon's Conditioning	East	5:26
4	Becky Ridge	TPH Racing	East	5:25
5	Oliver Milk	Epic Orange Race Team	East	5:08
6	Stuart Fairweather	Loose Cannon's Conditioning	East	4:57
7	Dan Blackburn	Epic Orange Race Team	East	4:53
8	James Potter	Loose Cannon's Conditioning	East	4:49
9	Antony Stapleton	North Essex Velo	London East	4:30
10	Chris Nudds	CC Breckland	East	4:27
11	Julia Freeman	Easterley Road Club	London East	4:16
12	Terry Garlinge	Easterley Road Club	London East	4:05
13	Rory Havis	Ely & District CC/B&T Motor Repairs	East	4:02
14	Verity Smith	Loose Cannon's Conditioning	East	3:54
15	Philip Merritt	Fenland Clarion CC	South East Midlands	3:25
16	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	2:53
17	Jason Turner	Norwich A B C	East	2:52
18	Paul Moss	Stowmarket & District CC	East	2:45
19	Sally Withey	Swift Racing	Yorkshire	2:30
20	John Steed	West Suffolk Wheelers	East	2:22
21	Martin Pyne	West Suffolk Wheelers	East	2:10
=22	Simon Hardy	Kings Lynn CC	East	1:41
=22	Mark Booth	Spalding CC	Central	1:41
24	Rob Goult	Ely & District CC/B&T Motor Repairs	East	1:03
25	Mark Eastwood	West Suffolk Wheelers	East	0:18
26	Simon Pidduck	Peterborough CC	South East Midlands	-0:33

Position	Name	Club	District	+/- Vet
27	Denese Hallahan	Wisbech Whs	East	-0:51
28	Trevor Roberts	Wolsey RC	East	-1:17
29	Gerry Barton	West Suffolk Wheelers	East	-1:38
30	Paul Johnson	Kings Lynn CC	East	-6:19

## Scratch

Position	Name	Club	District	Time
1	Lloyd Chapman	Loose Cannon's Conditioning	East	20:35
2	Matt O'Brien	Loose Cannon's Conditioning	East	20:37
3	Mark Richards	D A P Cycling Club	East	20:38
4	Oliver Milk	Epic Orange Race Team	East	21:11
5	Ed Slater	VC Norwich	East	21:17
6	James Potter	Loose Cannon's Conditioning	East	21:21
=7	Stuart Fairweather	Loose Cannon's Conditioning	East	21:30
=7	Dan Blackburn	Epic Orange Race Team	East	21:30
9	Robert Staines	Loose Cannon's Conditioning	East	22:00
10	Rory Havis	Ely & District CC/B&T Motor Repairs	East	22:04
11	Keith Dorling	Team Bottrill	Central	22:11
12	Ben Keeley	Team Velovelocity	East	22:31
13	Antony Stapleton	North Essex Velo	London East	22:54
14	Terry Garlinge	Easterley Road Club	London East	22:56
=15	Becky Ridge	TPH Racing	East	23:13
=15	Stefan Hurst	Ronde Cycling Club	Scotland	23:13
17	Dean Buckingham	Velouse Flyers	East	23:24
18	Hannah O'Brien	Loose Cannon's Conditioning	East	23:31
19	Will Shepherd	Ely & District CC/B&T Motor Repairs	East	23:48
20	Jason Turner	Norwich A B C	East	24:04
21	Philip Merritt	Fenland Clarion CC	South East Midlands	24:26
22	Paul Moss	Stowmarket & District CC	East	24:27
23	Mark Booth	Spalding CC	Central	24:51
24	Verity Smith	Loose Cannon's Conditioning	East	25:08
25	Simon Hardy	Kings Lynn CC	East	25:26
26	Chris Nudds	CC Breckland	East	25:27
27	Julia Freeman	Easterley Road Club	London East	25:59
28	Martin Pyne	West Suffolk Wheelers	East	26:20
29	Rob Goult	Ely & District CC/B&T Motor Repairs	East	26:21
30	David Young	West Suffolk Wheelers	East	26:31
31	Abbey Thompson	Stonham Barns Park – SYRT	East	26:37
32	Sally Withey	Swift Racing	Yorkshire	27:11
33	Mark Eastwood	West Suffolk Wheelers	East	27:12
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38	Gerry Barton	West Suffolk Wheelers	East	31:20
39	Denese Hallahan	Wisbech Whs	East	32:27
40	Paul Johnson	Kings Lynn CC	East	33:31

## **DNS Apologies**

19 – Chris Womack, VC Baracchi

2 – Chris Smith, Essex Roads CC

35 – Gary Pamment, CC Sudbury