

**EASTERN COUNTIES**



**CYCLING ASSOCIATION**

# **Start Sheet for 100 miles Time Trial incorporating ECCA 100 miles Championship**

*to be held on*

**Sunday 16th June 2024**

**Course E2/100c ~ Start at 4.45 am**

*Timekeepers*

**Trevor Pedley & Peter Smith**

## **Awards**

Fastest:	100 Miles Challenge Shield + £30.00
2nd Fastest:	£20.00
Fastest Woman:	£30.00
2nd Woman:	£20.00
Fastest Team Of 3	£10.00 each rider
Fastest ECCA Rider:	Allondon Trophy and Boxed Medal.
ECCA Team of 3:	100 Miles Shield and ECCA Championship Gilt Medals

*Event Headquarters*

**Memorial Hall, Fulbourn Centre, Fulbourn, Cambridge, CB21 5BS**

**Event Secretary:** Leonard Gordon, 7 Cambridge Close, Langdon Hills, Basildon, Essex. SS16 6UW  
Mobile: 07807 839204 Email: [lengordon55@gmail.com](mailto:lengordon55@gmail.com)

For full details of future ECCA events and results of past events and the season long competitions, go to [www.easterncounties.org.uk](http://www.easterncounties.org.uk) where you will find this information plus lists of officials and member clubs. The website will always be up to date and should be your "go to" site for the latest information. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

If your club is not affiliated and is within one of our relevant districts why not affiliate. Not only do we promote a comprehensive time trials programme but we also have road races, circuit races and a grass track meeting and our collection of wonderful trophies is extensive. Full details are on the website.

For those worried about the marshalling requirements note that the duties reflect rider participation and that we now pay each marshal £20 towards their expenses. With many of the smaller clubs finding it difficult to promote races because of the lack of helpers, the ECCA offers a solution by promoting many races which only require a club to provide a small number of marshals throughout the year. It would be a shame to lose those races because clubs and their members are unwilling to help.

## COURSE DETAILS E2/100d

Grid References Start: TL52318 55355 Finish: TL55352 56513

Interactive map: [https://www.questronics.co.uk/maps.html?E2\\_100d](https://www.questronics.co.uk/maps.html?E2_100d)

**START** two kerb joints before exit to section of old road Balsham Road Fulbourn proceed SE towards Balsham and in 1.6 miles turn left onto slip road to A11 northbound. Follow A11 past Gt Willbraham junction (3.04m) (start of circuit), to exit left onto A1304, through Six Mile Bottom to Stetchworth Roundabout (8.29m). **TURN** and retrace on A1304 through Six Mile Bottom to join A11 southbound (12.67m). In approx. 5 miles take slip road exit to Four Went Ways roundabout (17.5m), take second exit to rejoin A11 southbound and in approx. ¼ mile keep left onto A505 to Sawston roundabout (20.27m). **TURN** and retrace on A505 to join A11 northbound, keep in left lane to Four Went Ways roundabout (23.05m), take second exit to rejoin A11 northbound. Continue to complete circuit at Gt Willbraham junction (27.04m) (circuit is 23.99m). Repeat circuit (2) (51.03m), again (3) (75.02m) and again, on completion of fourth circuit (99.01m) turn left into Mill Road to **FINISH** at major EP just before sub-station, 400 yards after bridge over railway.

*If the roadworks on the A14 at Newmarket are completed we may use the original E2/100c course.*

## COURSE DETAILS E2/100c

Grid References Start: TL55894 55390 Finish: TL55894 55390

Interactive map: [https://www.questronics.co.uk/maps.html?E2\\_100c](https://www.questronics.co.uk/maps.html?E2_100c)

**START** at paint mark in Mill Lane, 230 yards after (S of) EP by lane to Upper Heath Farm and 71 yards before (Newmarket/London) green sign. Proceed south to A11 (M), turn left to start circuit. Continue along A11 to join A14 and after approx. 7 miles **BEAR LEFT** onto A11. Continue to take B1085 slip road to T junction (M), **GIVE WAY SIGN**. Turn right to roundabout and take third exit to join A11 southbound and retrace along A11 to join A14 at Newmarket, then after approx 7 miles **KEEP LEFT** to rejoin A11. Take slip road to elevated roundabout at Four Went Ways (M) and take fourth exit to rejoin A11 Northbound. Continue for 3.9 miles to Mill Road (SP Wilbraham) to complete circuit of 33.25 miles. Continue on A11 and repeat circuit to B1085 and Four Went Ways interchange twice more and turn left at slip onto Mill Road (SP Wilbraham) and **FINISH** opposite start point.

## RIDERS' NOTES

No parking at either the start or finish, other than timekeepers.

Headquarters opens at 4.00am. Please park sensibly and be mindful of local residents and keep any noise to a minimum!

**HQ to Balsham Road Start.** Left out of Centre and then bear left onto Balsham Road.

**HQ to Mill Road Finish (and Start).** Right out of Centre, then via Home End and Manor Walk to turn right into School Lane. Right into Church Lane and follow road to Great Wilbraham where turn right into Mill Road.

Body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.

All competitors are reminded to personally sign the signing-out sheet when returning their number, otherwise they may be recorded as DNF.

You may exchange your number for a hot drink.

Cake and pastries are available at the HQ after the event. Please bring cash if you would like to purchase these.

## NATIONAL REGULATIONS

### Regulation 15

Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.

### Regulation 14 (j) and (k)

Riders are also reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

**NO HELMET - NO LIGHTS – NO RIDE**

### Regulations 13 (a) & 27(d)

Riders are reminded that you MUST notify of any improvement in your PBs. Failure to do so will disqualify you from the handicap awards. The event has been handicapped using the ECCA Handicapping System but is only for use in the ECCA Handicap Competition.

## LONDON EAST REGULATIONS

**4.5.1** A competitor must not warm up on any part of the course after the event has started. Any competitor doing so shall be disqualified from the event and may face further disciplinary action.

**4.5.2** A competitor must not move out of the first (inside) lane of any multi-lane carriageway to complete the course. Any competitor doing so shall be disqualified from the event and may face further disciplinary action.

**4.5.3** A competitor must not cross the central reservation of a dual carriageway, either on foot or astride a cycle. Any competitor doing so shall be disqualified from the event and may face further disciplinary action.

**4.6.1** Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

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

**4.6.4** Static Trainers. In respect of consideration for local residents, the use of static trainers, e.g.. turbo trainers, is banned from all morning events held in the London East District.

**4.6.5** 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.

### Your Safety

At the roundabout turns you should get to the middle of the roundabout as soon as it is safe to do so. You MUST give way to any vehicle from the right and you should NOT enter the roundabout if the way is not clear and should give a clear signal as to your intended route.

SOLOS							
<i>PB's shown with * are for riders with no 100 PB and are predicted times from other PB's</i>							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
46	04:46	Katie Margaron	Total Tri Training	F	TT		5:17:20*
47	04:47	Jennie Pennington	Southend Wheelers	FV	TT	1:54:28	5:07:38*
48	04:48	Garret Fay	Icknield RC	V	TT	1:42:14	4:54:32*
49	04:49	Christopher Redmond	Petersfield Triathlon Club	V	TT		4:50:34*
50	04:50	Chantel Coetzer	Hainault RC	F	TT	1:38:28	4:50:30
51	04:51	Tony Meader	Eagle Road Club	V	RB	1:30:24	4:41:51*
52	04:52	Robert Jones	Cardiff 100 Miles RCC	V	TT		4:39:25
53	04:53	Stefan Hurst	Ronde Cycling Club	S	TT		4:36:26*
54	04:54	Mike Kirby	Banbury Star Cyclists' Club	V	TT		4:36:06
55	04:55	Charlotte Dadd	Melton Olympic CC	FV	TT		4:33:12*
56	04:56	Andy Mackay	Melton Olympic CC	S	TT		4:31:51*
57	04:57	Paul Looke	Shaftesbury CC	V	TT	1:12:59	4:23:11
58	04:58	Chris Shaw	Fenland Clarion CC	V	TT	1:11:10	4:21:15
59	04:59	Jez Willows	Sherwood CC	V	TT		4:20:07
60	05:00	Philip Wilkinson	Rockingham Forest Wheelers	V	TT		4:13:49
61	05:01	Emily Varley	Hitchin Nomads CC	F	TT	1:02:58	4:12:27*
62	05:02	Daren Austin	Twickenham CC	V	Trike		4:11:25
63	05:03	Richard Mellor	Team Bottrill	V	TT		4:10:58*
64	05:04	Emma Bexson	Stratford Cycling Club	FV	TT		4:10:12
65	05:05	Dean Lubin	Team Vision Racing - Silverhook	V	TT	59:56	4:09:12*
66	05:06	Lara Franklin	Stowmarket & District CC	F	TT		4:06:47*
67	05:07	George Westall	Royal Air Force Cycling Association	S	TT		4:04:34
68	05:08	Kim Barfoot-Brace	Team Bottrill	FV	TT		4:04:33
69	05:09	Gary Pamment	CC Sudbury	V	TT	54:59	4:03:54*
70	05:10	Mick Stevens	Melton Olympic CC	V	TT		4:03:44
71	05:11	Roger Sheridan	North Devon Velo	V	TT		4:02:39
72	05:12	Mike Debney	Verulam Really Moving	V	RB		4:01:58*
73	05:13	Samuel Robinson	Ashford Whs	S	TT		4:01:32
74	05:14	John Lacey	Hemel Hempstead CC	V	TT		4:01:31*
75	05:15	Paul Tippet	Destination Bike RT	V	TT		4:01:08
76	05:16	Naomi De Pennington	DRAG2ZERO	FV	TT		4:00:44
77	05:17	Andrew Turnock	Finsbury Park CC	V	TT	51:24	4:00:04
78	05:18	Nic Pillinger	St Neots CC	V	TT	48:17	3:56:43
79	05:19	Simon Butteriss	Ely & District CC/B&T Motor Repairs	V	TT	47:41	3:56:05
80	05:20	Matthew Peck	Ipswich BC	V	TT		3:54:42*
81	05:21	Darran Bennett	Ely & District CC/B&T Motor Repairs	V	TT	45:25	3:53:39
82	05:22	Jeff Roberts	High Wycombe CC	V	TT		3:53:03
83	05:23	David Pennington	Southend Wheelers	S	TT	43:47	3:51:54*

# SOLOS

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
84	05:24	Christian Geldard	North Hampshire RC	V	TT		3:51:48
85	05:25	Peter Richards	Icknield RC	V	TT	43:23	3:51:28
86	05:26	David Glossy	Elysium Kalas Race Team	V	TT	43:06	3:51:10
87	05:27	Sam Thompson	Podium Addict	V	TT		3:49:39*
88	05:28	Wolfgang Emmerich	Team Bottrill	V	TT		3:48:14*
89	05:29	Karl Norris	360VRT	V	TT		3:47:52
90	05:30	Shaun Jarvis	St Neots CC	S	TT	39:30	3:47:19*
91	05:31	Dominic Righini-Brand	Spalding CC	V	TT		3:47:14*
92	05:32	Martin Fisher	Melton Olympic CC	V	TT		3:46:21*
93	05:33	Peter Harding	Chelmer CC	V	TT	36:20	3:43:55*
94	05:34	Joe Gorman	Arctic Aircon RT	S	TT		3:43:34*
95	05:35	David Halliday	Team Bottrill	V	TT		3:40:00
96	05:36	Sam McDonald	St Neots CC	S	TT	29:19	3:36:24*
97	05:37	Lee Williams	FTP ( Fulfil The Potential ) Race Team	S	TT		3:31:52
98	05:38	Toby Williams	Velotik Racing Team	S	TT		3:29:23