



## EASTERN COUNTIES CYCLING ASSOCIATION

# 100mile Time Trial

Scratch & Handicap

*to be held on*

**Sunday 23<sup>rd</sup> June 2019**

**Course E2/100c ~ Start at 4:45**

**Race HQ – Memorial Hall, Fulbourne Centre, CB21 5BS (open from 3:45am)**

### **E2/100C Course details**

START at paint mark in Mill Lane, 15 yards before (N of) SV marker by lane to Upper Heath Farm which is approx. 0.3 m north of A11 Trunk road(M). At A11 turn left to start circuit, continue along A11 to join A14 and after approx. 7 miles **BEAR LEFT** onto A11. Continue to 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 3.9m to Mill Road SP Wilbraham to complete circuit of 33.25m. 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 (**TAKE CARE TURNING INTO MILL ROAD – ONCOMING TRAFFIC**) and FINISH 20 Yards past 'End Of Clearway' Sign. (Timekeeper on RH side of road)

### **NOTES TO RIDERS - The following local regulations must be adhered to: -**

1. No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action.
2. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
3. Numbers will be situated in the HQ; these can be exchanged for a hot or cold drink after the event, they must be returned by the rider as drug testing maybe in force at this event, ensure that you sign-out, any rider not doing this will be disqualified.
4. No warming-up by competitors is allowed along any part of the designated course, after the event has started.
5. **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.**
6. **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.**
7. If you are having support from a vehicle during the event, the CTT 'supporting vehicle form' must be handed in when signing on, observers will be on the course to note any infringement.

## ECCA association event

NR	CTT Nr	Name		Club	Age	Start time
45	22529	Marton	Cseik	Essex Roads CC	26	04:45
46	30551	Yiannis	Gopoulos	Hertfordshire Whs	23	04:46
47	3983	Peter	Horsnell	Chelmer CC	89	04:47
48	23951	Philip	Jones	Peterborough CC	60	04:48
49	26431	Peter	Richards	Icknield RC	55	04:49
50	14152	Philip	Waring	Cambridge CC	50	04:50
51	30406	Martin	Bullen	Peterborough CC	66	04:51
52	814	Richard	Parrotte	Shaftesbury CC	54	04:52
53	3641	Andrew	Knowles	North Norfolk Whs	33	04:53
54	4685	Phil	Jarvis	Colchester Rovers CC	54	04:54
55	10566	Gareth	Wignall	Hertfordshire Whs	31	04:55

## Reserves

NR	CTT Nr	Name		Club	Age	Start time
1	2573	Eddy	Clutton	Kettering CC	52	
2	1376	Matthew	Senter	Peterborough CC	39	

## ECCA BBAR event

NR	CTT Nr	Name		Club	Age	Start time
56	24895	Alexandra	Dix (W)	Crystal Palace Triathletes	27	04:56
57	2346	Claire	Lee (W)	Glendene CC	48	04:57
58	627	Rhianne	Griffiths (W)	Pembrokeshire Velo	27	04:58
59	17717	Laura	Owler (W)	Beeston Cycling Club	24	04:59
60	3702	Richard	Tully	Elite Cycling	42	05:00
61	9928	Antony	Green	New Forest CC	54	05:01
62	19175	Grazyna	Monaghan (W)	ABCpure	35	05:02
63	24896	Leena	Peltonen (W)	Clapham Chasers	31	05:03
64	2873	Fenella	Brown (W)	Beacon Roads CC	50	05:04
65	4414	Martin	Brown	7Oaks Tri Club	58	05:05
66	576	Christina	Murray (W)	Army Cycling	42	05:06
67	6803	Amy	Pritchard (W)	Team Bottrill	41	05:07
68	5312	Zena	Palgrave (W)	Ely & District CC/B&T Motor Repairs	44	05:08
69	19314	Roxane	Heaton (W)	Somerset Road Club	37	05:09
70	1333	Oliver	Cozens	Norwich A B C	33	05:10
71	2129	Neil	Allonby	Icknield RC	49	05:11
72	6354	Toby	Williams	Velotik Racing Team	26	05:12
73	22580	Kim	Brace (W)	Bath Cycling Club	38	05:13
74	17092	Naomi	Wright (W)	Manchester Triathlon Club	33	05:14
75	5249	Gavin	Mccloskey-lambert	Manchester Wheelers	30	05:15
76	811	Katja	Rietdorf (W)	Born to Bike - Bridgtown Cycles	48	05:16
77	540	Jackie	Field (W)	CC Ashwell	54	05:17
78	825	Steven	Cottington	Bath Cycling Club	57	05:18

NR	CTT Nr	Name		Club	Age	Start time
79	969	Lee	Sanderson	Mid Devon CC	52	05:19
80	233	Paul	Jackson	Team Bottrill	53	05:20
81	5376	Angela	Carpenter (W)	...a3crg	50	05:21
82	2421	Matthew	Robson	Oxonian CC	50	05:22
83	5927	Steve	Burrows	Vive Le Velo	59	05:23
84	1638	Paul	Vickers	West Suffolk Wheelers	48	05:24
85	5252	Dan	Bromilow	Ely & District CC/B&T Motor Repairs	45	05:25
86	1063	Geoff	Reynolds	Hemel Hempstead CC	53	05:26
87	19207	Gavin	Hinxman (T)	DRAG2ZERO	51	05:27
88	3059	Andy	Ashurst	Manchester Wheelers	54	05:28
89	5310	Richard	Birtwhistle	Sydenham Whs	63	05:29
90	2022	Dale	Sturman	West Suffolk Wheelers	51	05:30
91	3984	Peter	Harding	Chelmer CC	38	05:31
92	830	Crystal	Spearman (W)	Born to Bike - Bridgtown Cycles	31	05:32
93	4538	Chris	Nudds	CC Breckland	70	05:33
94	2988	John	Bradbury	CC Sudbury	48	05:34
95	4806	Dominic	Hill	Bec CC	45	05:35
96	1427	Colin	Ross	Lea Valley CC	36	05:36
97	5603	Dale	Lush	Kingston Phoenix RC	40	05:37
98	2543	Ed	Neilson	Vive Le Velo	42	05:38
99	2498	Becky	Taylor (W)	Wisbech Whs	44	05:39
100	2818	Paul	Hart	Southend Wheelers	39	05:40
101	5795	Daniel	Ryan	North Road CC	35	05:41
102	6352	Neil	Lauder	Arctic Tacx RT	36	05:42
103	160	John	Golder	Chelmer CC	66	05:43
104	2225	Chris	Tye	Plomesgate CC	52	05:44
105	5081	Victor	Chetta	Mid Shropshire Wheelers	41	05:45
106	5229	Stephen	Williamson	...a3crg	48	05:46
107	280	Alice	Lethbridge (W)	DRAG2ZERO	34	05:47
108	3523	Julian	Elliott	Finsbury Park CC	48	05:48
109	3887	Nick	Cave	Team Lutterworth Cycle Centre	53	05:49
110	242	Dave	Green	CC Breckland	55	05:50
111	1274	Jonathan	Shubert	Arctic Tacx RT	32	05:51
112	3914	David	Harding	Chelmer CC	38	05:52
113	481	Nick	Jones	Bournemouth Jubilee Whs	43	05:53
114	5003	Peter	Hooper	Eastbourne Rovers CC	34	05:54
115	636	Tim	Mcevoy	Lanhydrock Wheelers	41	05:55
116	3055	Tom	Thornely	Buxton CC/Sett Valley Cycles	36	05:56
117	6950	Ben	Stowe	Hemel Hempstead CC	29	05:57
118	17417	Darren	Yarwood	Vive Le Velo	45	05:58
119	822	Joe	Le Sage	Rutland Cycling Club	46	05:59
120	1688	Charles	Mitchell	...a3crg	40	06:00
121	99	Henrik	Persson	Kingston Wheelers CC	35	06:01
122	420	Nick	Clarke	Arctic Tacx RT	34	06:02
123	7968	David	Shepherd	...a3crg	58	06:03
124	1423	Robert	Bullyment	Catford CC	46	06:04
125	679	Liam	Maybank	Twickenham CC	47	06:05
126	3659	Mat	Ivings	Buxton CC/Sett Valley Cycles	46	06:06

NR	CTT Nr	Name		Club	Age	Start time
127	2031	Gray	Turnock	Finsbury Park CC	50	06:07
128	613	Luke	Danckert	Army Cycling	34	06:08
129	266	Chris	Lea	Buxton CC/Sett Valley Cycles	57	06:09
130	3486	Mark	Turnbull	TORQ Performance	46	06:10
131	4719	Mark	Smith	Crawley Wheelers	45	06:11
132	227	Iain	Boardman	Dulwich Paragon CC	45	06:12
133	3242	Kevin	Baumber	Shaftesbury CC	45	06:13
134	1098	Thomas	Pfeiffer	Dulwich Paragon CC	48	06:14
135	453	Marcin	Bialoblocki	NOPINZ	35	06:15

**Men's Comp & course record: Adam Duggleby 3:16:51 2017**

**Woman's course record: Alice Lethbridge 3:42:37 2017**

**Woman's comp Record: Alice Lethbridge 3:42:03 2018**

**Men's Trike comp record: Gavin Hinxman 3:56:33 2018**

### Reserves

NR	CTT Nr	Name		Club	Age	Start time
136	12242	Tony	Reeves	GS Stella	47	
137	14000	Martin	Arundel	Verulam CC	54	
138	1367	Nick	Young	Yeovil Cycling Club	54	
139	8115	Andrew	Curley	Warwickshire Road Club	55	
140	223	Nick	Boyle	Chelmer CC	44	
141	2475	James	Walsgrove	Ride Harder	40	
142	5343	Ray	Retter	Born to Bike - Bridgtown Cycles	73	
143	1442	Noel	Toone	Kettering CC	58	
144	2828	Alan	Corish	Doncaster Wheelers C.C.	55	
145	3025	Jp	Pretorius	Vive Le Velo	36	
146	1941	Neil	Cleminshaw	Vive Le Velo	49	
147	3422	Kevin	Hobbs	Peterborough CC	49	
148	3099	Adam	Hardy	Crest CC	39	
149	28231	Martin	Canes	Chelmer CC	34	
150	24177	Sam	Fuller	7Oaks Tri Club	28	

**Please make every effort to start, 20 riders were disappointed, should you not be able to start, please contact me ASAP as I have 17 very hopeful reserves waiting in the wings.**

**Note to riders if you have not signed on 30 minutes before your start time your start position will be given to a reserve.**

**Note for reserves if you have not been allocated a number before the event, you have to be in the HQ from the start time, start positions will be allocated on attendance.**

**IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD-SHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.**

### **ECCA awards for scratch & handicap**

**Fastest rider £100 + ECCA Challenge Shield for one year**

**2<sup>nd</sup> £50, 3<sup>rd</sup> £30, 4<sup>th</sup> £20, 5<sup>th</sup> £15 & 6<sup>th</sup> £10**

**Fastest Woman £100, 2<sup>nd</sup> £50 & 3<sup>rd</sup> £30**

**Fastest club team of three riders £60**

**Fastest ECCA rider – Allondon Trophy for one year**

**Fastest ECCA Team – 100 miles Shield for one year**

**ECCA riders only - 1<sup>st</sup> Handicap – Boxed gilt medal, 2<sup>nd</sup> & 3<sup>rd</sup> ECCA Medals**

**Timekeepers: John Cottee (Chelmer CC) & Peter Smith (Eagle RC)**

**Event Secretary: John Golder (Chelmer CC)  
6 Middlemead, West Hanningfield, Chelmsford, CM2 8UT  
Mobile: 07709 328113**

**Organiser on the day: Dave Nock (Essex Roads CC)**

**Mobile: 07939 695523**

## **HQ – Memorial Hall, Fulbourne Centre, CB21 5BS**



**The HQ is approx. 4 miles from the start, please allow adequate time, the route will be clearly marked to the start.**

**There is plenty of parking spaces at this HQ, however please consider that we have a large entry when parking your vehicle.**

**Please be quiet at the HQ as it is in the middle of a residential area that are not used to cyclists getting up at the crack of dawn and we want to use this excellent venue in future, there will be a parking marshal to ensure you park sensibly.**

**There is a bar in the centre that you can have a well-deserved drink at after the event 😊**