

Event promoted for and on behalf of Cycling Time Trials under its rules and regulations

EASTERN COUNTIES



CYCLING ASSOCIATION

10 miles Time Trial

for Solos and Tandems

to be held on

Saturday 7th September 2024

Course E2/10 ~ Start at 2.00 pm

Timekeepers

and Graham Hurrell

Awards

OPEN:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 6th: ECCA Medal.
FEMALE:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd: ECCA Medal.
TEAM:	1st Team of Three: ECCA Gilt Medals.
HANDICAP:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 6th: ECCA Medal.
Only members of ECCA affiliated clubs are eligible for awards	

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

Event Secretary: Leonard Gordon, 7 Cambridge Close, Langdon Hills, Basildon, Essex. SS16 6UW
Mobile: 07807 839204 Email: 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 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. 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.

COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: https://www.questronics.co.uk/maps.html?E2_10

START at paint mark at end of feeder road from West Wratting, just before junction with A1340 (1 kerb joint before drain near "Give Way" Sign). Bear left onto A1034 and proceed onto A11 southbound. Continue to take slip road to Four Went Ways intersection (A1307) (M), and circle Elevated Roundabout (5.14 miles) Take fourth exit on to A11 northbound (M). Retrace to Six Mile Bottom where take A1304 slip road (M), to **FINISH** at paint mark 5 yards past end of island between old road and slip road (at sixth kerb joint past plastic phone indicator post marked "85/0")

Your Safety

At the roundabout turn you should get to the middle of the roundabout as soon as it is safe to do so. If you ride on the outside of the roundabout you are at risk from vehicles leaving at each exit. You should NOT enter the roundabout if the way is not clear; you MUST give way to any vehicle from the right and give a clear signal as to your intended route.

RIDERS' NOTES

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

Parking is available at and near the Event H.Q. Please park outside the HQ grounds and only to the east of Village Hall. Park sensibly and avoid blocking the pathways by not parking on the verges. Obey the 30 mph speed limit in the village. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters. **This is especially important with regards to horses and riders; give way, slow down and leave plenty of room.**

Parking is also available in the road to West Wratting.

There must be NO parking on the grass verges either side of the entrance to the Veterinary Clinic and this area may be roped off.

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.

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 LIGHT - 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.

LONDON EAST REGULATIONS

4.5.1 A competitor must not warm up on any part of the course after the event has started.

4.5.2 A competitor must not move out of the first (inside) lane of any multi-lane carriageway to complete the course.

4.6.1 Marshals placed to direct competitors off the main carriageways must not stand at the apex between the carriageway and the slip road, but should be located at the beginning 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.

4.6.5 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.

Event HQ will open at 1.00 pm.

After your race a free drink will be available in exchange for your number.

Solos							
** = Club not affiliated to ECCA. Rider(s) not eligible for awards							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
1	14:01	Francesca Eley	Ely & District CC/B&T Motor Repairs	FS	RB	13:28	28:25
2	14:02	Paulina Mozal	Chelmer CC	FS	RB	11:49	26:39
3	14:03	Marc Fairclough	**Beeston Road Club	V	RB		24:36
4	14:04	Mark Thurlow	Shaftesbury CC	V	RB	9:35	24:16
5	14:05	Patrick Claridge	Chelmer CC	V	RB	9:30	24:10
6	14:06	Mathew Eley	Ely & District CC/B&T Motor Repairs	V	RB	7:51	22:24
7	14:07	Simon Warren	**Norwood Paragon CC	V	RB		22:03
8	14:08	Jane Barker	**Wincanton Wheelers	FV	RB		32:00
9	14:09	John Watson	Hitchin Nomads CC	V	RB	7:22	21:53
10	14:10	Simon Butteriss	Ely & District CC/B&T Motor Repairs	V	RB	5:29	19:52
11	14:11	Bradley Sewell	**Wincanton Wheelers	V	RB		29:15
13	14:13	Richard Moule	**Bossard Whs	V	TT		23:06
14	14:14	Rob Young	Shaftesbury CC	V	TT	5:18	19:40
15	14:15	Roger Porter	Verulam CC	V	TT	7:23	21:54
16	14:16	Murray Kirton	**A5 Rangers CC	V	TT		26:32
17	14:17	Antonio Paolino	Essex Roads CC	V	TT	12:29	27:22
18	14:18	Matthew Finch	**Leicester Forest CC	V	TT		26:41
19	14:19	Andrew Porter	**Welwyn Whs	V	TT		26:13
20	14:20	Alex Carrannante	Redbridge CC	J	TT	10:58	25:44
21	14:21	Shay Giles	**Thanet RC	V	TT		25:29
22	14:22	Peter Main	**34 Nomads CC	V	TT		19:27
23	14:23	Michael Fry	Glendene CC	V	TT	10:16	24:59
24	14:24	Brian Martin	Ciclos Uno	V	TT	10:13	24:56
25	14:25	Peter Walton	**Hertfordshire Whs	V	TT		24:51
26	14:26	Lucy Griffin	Cambridge CC	FS	TT	10:04	24:47
27	14:27	Andrew Merchant	Southend Wheelers	V	TT	10:01	24:43
28	14:28	Tim Baggs	**Sherwood CC	V	TT		21:33
29	14:29	Caroline Harding	**Velo Club St Raphael	FV	TT		24:32
30	14:30	Mark Thomas	**Bigfoot CC	V	TT		23:51
31	14:31	Simon Craig-McFeely	**...a3crg	V	TT		24:12
32	14:32	David Yarham	Peterborough CC	V	TT	9:31	24:11
33	14:33	Mary Twitchett	Cambridge CC	FV	TT	8:38	23:15
34	14:34	Paul Wright	**Army Cycling	V	TT		23:46
35	14:35	Chris Symonds	**North Road CC	V	TT		21:47
36	14:36	Jason Everett	**Stowmarket & District CC	V	TT		23:38
37	14:37	Patrick Charlton	**Wolsey RC	V	TT		23:38
38	14:38	Andrew Gibson	**Gravesend CC	V	TT		22:54
39	14:39	Andrew Vaughan	**City RC (Hull)	V	TT		23:22
40	14:40	Paul Gribbon	Southend Wheelers	V	TT	8:43	23:20
41	14:41	Mike Boyce	**...a3crg	V	TT		23:17

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
42	14:42	Dominic Whitehead	Cambridge CC	V	TT	8:38	23:15
43	14:43	Joy Payne	**VTTA (London & Home Counties)	FV	TT		23:15
44	14:44	Gary Francis	**Gillingham and District Wheelers / Wheels Cycles	V	TT		22:48
45	14:45	Peter Noble	Ely & District CC/B&T Motor Repairs	V	TT	8:10	22:45
46	14:46	Chris Spray	**Ratae RC	V	TT		22:33
47	14:47	Mark Welch	**Oxted Cycle Club	V	TT		22:29
48	14:48	Brian Evans	**North Road CC	V	TT		22:28
49	14:49	Paul Looke	Shaftesbury CC	V	TT	7:49	22:22
50	14:50	Roger Sheridan	**North Devon Velo	V	TT		22:20
51	14:51	Will Trevor	**City RC (Hull)	E	TT		22:16
52	14:52	Chris Owen	Cambridge CC	S	TT	7:28	21:59
53	14:53	Mark Connelly	Essex Roads CC	S	TT	7:10	21:40
54	14:54	Claire Emons	**...a3crg	FV	TT		21:51
55	14:55	Chris Nudds	CC Breckland	V	TT	9:00	23:38
56	14:56	Simon Inman	**OVB	V	TT		21:47
57	14:57	Mark Tomlinson	Peterborough CC	V	TT	7:13	21:43
58	14:58	Chris McAteer	**Royal Leamington Spa Cycling Club	V	TT		21:39
59	14:59	Richard Mellor	**Team Bottrill	V	TT		21:37
60	15:00	Noah Knock	**Victoria Cycling Club	V	TT		21:37
61	15:01	Jeff Wharton	**Schils - Doltcini RT	V	TT		21:36
62	15:02	David Prom	**Abellio - SFA Racing Team	V	TT		21:31
63	15:03	Loz Staples	**Spalding CC	V	TT		21:31
64	15:04	Hannah O'Brien	Loose Cannon's Conditioning	FV	TT	7:00	21:30
65	15:05	Lawrence Wintergold	**Hounslow & District Whs	V	TT		21:24
66	15:06	Chris Shaw	Fenland Clarion CC	V	TT	6:52	21:21
67	15:07	Ed Watson	**Ratae RC	V	TT		21:17
68	15:08	Jamie Watson	**Schils - Doltcini RT	V	TT		21:17
69	15:09	Joseph Shaw	Ipswich BC	S	TT	6:46	21:14
70	15:10	Ian Wroblewski	**SPRNT	V	TT		21:13
71	15:11	Geoff Reynolds	**Hemel Hempstead CC	V	TT		21:12
72	15:12	Peter Bell	**Welland Valley CC	V	TT		20:58
73	15:13	Deborah Beare	Icknield RC	FV	TT	6:40	21:08
74	15:14	Matt O'Brien	Loose Cannon's Conditioning	V	TT	4:43	19:03
75	15:15	Simon Higgs	Essex Roads CC	V	TT	6:33	21:01
76	15:16	Michael Martin	CC Ashwell	V	TT	6:29	20:56
77	15:17	Andy Kennedy	Ipswich BC	V	TT	6:28	20:55
78	15:18	Eddie Monteith	**Warrington Road Club/Horton Light Engineering	S	TT		20:51
79	15:19	Laura Davies	**Jadan Vive Le Velo	FS	TT		20:25
80	15:20	Colin Parkinson	**South Western Road Club	V	TT		20:48

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
81	15:21	Thomas Pfeiffer	**Dulwich Paragon CC	V	TT		20:44
82	15:22	Jez Willows	**Sherwood CC	V	TT		20:43
83	15:23	Grant Orsborn	**Bedfordshire Road RT	V	TT		20:07
84	15:24	Gary Pamment	CC Sudbury	V	TT	6:16	20:42
85	15:25	James Wooldridge	**Team Milton Keynes	V	TT		20:39
86	15:26	Anthony Westwood	**Gravesend CC	V	TT		18:21
87	15:27	Chris Lord	**Brighton Excelsior CC	V	TT		20:34
88	15:28	John Manlow	Ely & District CC/B&T Motor Repairs	V	TT	6:06	20:32
89	15:29	Lee Turner	**VeloRefined Rule 5	V	TT		20:50
90	15:30	Mark Woolford	**ZeroBC Race Team	V	TT		20:21
91	15:31	Simon Murphy	St Neots CC	V	TT	09:27	24:07
92	15:32	Kevin Baumber	Shaftesbury CC	V	TT	5:55	20:20
93	15:33	Robert Watson	Cambridge CC	V	TT	5:54	20:19
94	15:34	Thomas Carroll	CC Breckland	V	TT	5:54	20:19
95	15:35	Oskar Everett	Lee Valley Youth CC	J	TT	5:52	20:17
96	15:36	Andrew Wenham	Shaftesbury CC	V	TT	5:51	20:16
97	15:37	Eddie Humphreys	**Nottingham Clarion CC	V	TT		20:15
98	15:38	Neil Hughes	**Schils - Doltcini RT	V	TT		20:10
99	15:39	Matthew Peck	Ipswich BC	V	TT	5:45	20:09
100	15:40	Alan Spurden	**Army Cycling	V	TT		20:05
101	15:41	Terry Garlinge	Easterley Road Club	V	TT	5:37	20:01
102	15:42	Colin Currie	Ely & District CC/B&T Motor Repairs	V	TT	5:37	20:01
103	15:43	Murat Ozdenya	Team Vision Racing - Silverhook	V	TT	5:36	20:00
104	15:44	Shaun Jarvis	St Neots CC	S	TT	5:36	19:59
105	15:45	Louis Tate-Harris	**Bedfordshire Road RT	S	TT		19:52
106	15:46	Stuart Wells	**Lindsey Roads Cycling Club	V	TT		19:51
107	15:47	Adam Fisher	Cambridge CC	V	TT	5:27	19:50
108	15:48	Matthew Reader	Verulam CC	V	TT	5:26	19:49
109	15:49	Richard Evans	Shaftesbury CC	V	TT	5:24	19:47
110	15:50	Mark Arnold	API/Anglia Sport	V	TT	5:22	19:45
111	15:51	Matt Donovan	**Bedfordshire Road RT	V	TT		19:45
112	15:52	Paul Schofield	Ely & District CC/B&T Motor Repairs	V	TT	5:18	19:40
113	15:53	Mark Ellis	**Mercedes AMG Petronas CC	V	TT		19:39
114	15:54	Andy Thomas	**Lindsey Roads Cycling Club	V	TT		19:37
115	15:55	Richard Harrison	**DRAG2ZERO	V	TT		19:32
116	15:56	Samuel Woodfield	**Rule 28 x ATP Performance	S	TT		19:22
117	15:57	Nic Pillinger	St Neots CC	V	TT	5:00	19:21
118	15:58	Kate Allan	**Team Bottrill	FS	TT		19:21
119	15:59	Paul Jay	**DRAG2ZERO	V	TT		19:19
120	16:00	Darran Bennett	Ely & District CC/B&T Motor Repairs	V	TT	4:55	19:16
121	16:01	Phillip Tyas	**Barnsley Road Club	V	TT		20:02

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
122	16:02	Sam McDonald	St Neots CC	S	TT	4:50	19:10
123	16:03	Stuart Hourigan	**VeloRefined Rule 5	V	TT		19:10
124	16:04	Leigh Schvartz	**PDQ Cycle Coaching	S	TT		19:06
125	16:05	Matt Rizzo-Naudi	**Cambridge University CC	S	TT		19:05
126	16:06	Kevin Tye	**VeloRefined Rule 5	V	TT		19:04
127	16:07	Mark Jones	**DRAG2ZERO	V	TT		18:59
128	16:08	Liam Maybank	**Twickenham CC	V	TT		18:30

Tandem						
** = Club not affiliated to ECCA. Rider(s) not eligible for awards						
No	Start	Names	Club	Cat	Bike	PB
130	16:10	Bradley Sewell Jane Barker	**Wincanton Wheelers	V FV	RB	