

EASTERN COUNTIES



CYCLING ASSOCIATION

# Zak Carr Memorial Championship 10 miles Time Trial for Solos and Tandems

*to be held on*

**Saturday 20th July 2024**

**Course E2/10 ~ Start at 2.00 pm**

*Timekeepers*

**Trevor Pedley and Peter Smith**

## Awards

OPEN:	1st: Zak Carr Trophy + Boxed Medal. 2nd: Championship Gilt Medal. 3rd to 5th: Championship Medal.
FEMALES:	1st: Ladies Bowl + Boxed Medal. 2nd: Championship Gilt Medal. 3rd: Championship Medal.
JUNIOR:	1st: Championship Medal.
TEAM:	1st Team of Three: Championship Gilt Medals.
HANDICAP:	1st: ECCA Gilt Medal. 2nd to 5th: ECCA Medal.
<b>Only members of ECCA affiliated clubs are eligible for awards</b>	

*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](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. 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](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							
<b>** = Club not affiliated to ECCA. Rider(s) not eligible for awards</b> <b>* H'cap indicates rider with no times in current and past 3 seasons with a predicted PB</b> <b>PB's shown with * are for riders with no 10 PB and are predicted times from other PB's</b>							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
1	14:01	Samuel Thienel	Elysium Kalas Race Team	S	TT	4:43	19:03
2	14:02	Robert Bumstead	CC Ashwell	V	TT	11:58*	26:49*
3	14:03	Piotr Zulawski	Cambridge CC	S	TT	3:38	17:53
4	14:04	Elizabeth Chittenden	Eagle Road Club	FV	TT	10:09*	24:52*
5	14:05	Roger Chappell	API/Anglia Sport	V	TT	11:39	26:28
6	14:06	Nur Maschkhul	**Islington Cycling Club	Y	TT		00:00*
7	14:07	Jason Everett	**Stowmarket & District CC	V	TT		00:00*
8	14:08	Ian Braybrook	Basildon CC	V	TT	6:44	21:12
9	14:09	Ron Naman	Shaftesbury CC	V	TT	12:42	27:36
10	14:10	Caroline Harding	**Velo Club St Raphael	FV	TT		27:34
11	14:11	Antonio Paolino	Essex Roads CC	V	TT	12:29	27:22
12	14:12	Ivana Prokopova	**North Road CC	FV	TT		26:55
13	14:13	Murray Kirton	**A5 Rangers CC	V	TT		26:32
14	14:14	Mary Twitchett	Cambridge CC	FV	TT	11:22	26:10
15	14:15	Lizzie Fox	**FTP ( Fulfil The Potential ) Race Team	FS	TT		25:59
16	14:16	David Carey	Southend Wheelers	V	TT	10:22	25:06
17	14:17	Oskar Everett	Lee Valley Youth CC	J	TT	5:52	20:17
18	14:18	Brian Martin	Ciclos Uno	V	TT	10:13	24:56
19	14:19	Ashley Glass	**North Road CC	V	TT		24:50
20	14:20	Dawn Donaldson	St Neots CC	FV	TT	10:02	24:44
21	14:21	Stuart Haycox	**Welland Valley CC	V	TT		24:20
22	14:22	Gretchen Zoeller	**Born to Bike - Bridgtown Cycles	FV	TT		24:12
23	14:23	Martin Simmons	CC Breckland	V	TT	9:29	24:09
24	14:24	Jamie Fox	Hitchin Nomads CC	S	TT	9:13	23:52
25	14:25	Chris Nudds	CC Breckland	V	TT	9:00	23:38
26	14:26	Patrick Charlton	**Wolsey RC	V	TT		23:38
27	14:27	Doug Tincello	**Welland Valley CC	V	TT		22:52
28	14:28	Julia Freeman	Easterley Road Club	FV	TT	8:13	22:48
29	14:29	Chris Smith	Essex Roads CC	V	TT	8:12	22:47
30	14:30	Mark Redwood	**Velo Club Long Eaton	V	TT		19:46
31	14:31	Peter Noble	Ely & District CC/B&T Motor Repairs	V	TT	8:11	22:46
32	14:32	Mark Connelly	Essex Roads CC	S	TT	8:08	22:42
33	14:33	Philip Skinner	**Welwyn Whs	V	TT		22:37
34	14:34	Karen Aylen	**Maldon & District CC	FV	TT		22:26
35	14:35	Claire Hall	Parenesis-ToughHuman Cycling	FV	TT	7:48	22:21
36	14:36	Andy Grant	Chelmer CC	V	TT	7:34	22:06
37	14:37	Frances Lammyman	**RIDE REVOLUTION COACHING	FS	TT		22:02
38	14:38	Gerrard Rafferty	**Bedfordshire Road CC	V	TT		21:59
39	14:39	Chris Cummings	Fenland Clarion CC	S	TT	7:18	21:49
40	14:40	Simon Inman	**OVb	V	TT		21:47
41	14:41	David Prom	**Abellio - SFA Racing Team	V	TT		21:46
42	14:42	John Martin	**Elmsall Road Club	V	TT		21:42
43	14:43	Jeff Wharton	**Schils - Doltcini RT	V	TT		21:36
44	14:44	Loz Staples	**Spalding CC	V	TT		21:31
45	14:45	Paul Williamson	St Neots CC	V	TT	7:00	21:29
46	14:46	James Wood	West Suffolk Wheelers	V	TT	7:00	21:29
47	14:47	Stan Nwaka	**Verulam Really Moving	V	TT		21:28
48	14:48	Terry Garlinge	Easterley Road Club	V	TT	5:37	20:01
49	14:49	Chris Shaw	Fenland Clarion CC	V	TT	6:52	21:21
50	14:50	Antony Stapleton	Parenesis-ToughHuman Cycling	V	TT	6:52	21:21

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
51	14:51	Simon Higgs	Essex Roads CC	V	TT	6:51	21:20
52	14:52	Stephen Murphy	Shaftesbury CC	V	TT	6:49	21:18
53	14:53	Geoff Reynolds	**Hemel Hempstead CC	V	TT		21:12
54	14:54	Hans Nilsson	London Phoenix CC	V	TT	6:40	21:08
55	14:55	Michael Hutchinson	**Arctic Aircor RT	V	TT		21:03
56	14:56	Adrian Gower	Hitchin Nomads CC	V	TT	6:33	21:01
57	14:57	Louise Robinson	Shaftesbury CC	FV	TT	6:32	21:00
58	14:58	Oswin Grady	**Bedfordshire Road RT	V	TT		20:56
59	14:59	Michael Martin	CC Ashwell	V	TT	6:29	20:56
60	15:00	Andrew Hutchison	Ride Harder	V	TT	6:24	20:51
61	15:01	Lee Turner	**VeloRefined Rule 5	V	TT		20:50
62	15:02	Thomas Pfeiffer	**Dulwich Paragon CC	V	TT		20:48
63	15:03	Issy Zimmerman	**Regents Park Rouleurs	V	TT		20:35
64	15:04	Mathew Lister	**Thanet RC	V	TT		20:35
65	15:05	Charles Langford	Southend Wheelers	Y	TT	6:01	20:26
66	15:06	Adam Wells	**Rockingham Forest Wheelers	S	TT		20:21
67	15:07	Mark Woolford	**ZeroBC Race Team	V	TT		20:21
68	15:08	Robert Watson	Cambridge CC	V	TT	5:54	20:19
69	15:09	Stu Wright	API/Anglia Sport	V	TT	5:45	20:09
70	15:10	Matthew Peck	Ipswich BC	V	TT	5:45	20:09
71	15:11	Murat Ozdenya	Team Vision Racing - Silverhook	V	TT	5:41	20:05
72	15:12	Nicholas Knight	Hart Performance Coaching	V	TT	5:36	19:59
73	15:13	Martin Reynolds	Cambridge CC	V	TT	5:33	19:56
74	15:14	Peter Main	**34 Nomads CC	V	TT		19:50
75	15:15	Adam Williams	St Neots CC	S	TT	5:06	19:27
76	15:16	Alfie Salmon	Hart Performance Coaching	E	TT	5:22	19:44
77	15:17	Rob Young	Shaftesbury CC	V	TT	5:18	19:40
78	15:18	Scott Leeson	**Onyx RT	S	TT		19:37
79	15:19	Richard Harrison	**DRAG2ZERO	V	TT		19:32
80	15:20	Max Sahota	**Team Bottrill	S	TT		19:47
81	15:21	Nic Pillinger	St Neots CC	V	TT	5:00	19:21
82	15:22	Paul Jay	**DRAG2ZERO	V	TT		19:19
83	15:23	Sean O'Sullivan	Hart Performance Coaching	S	TT	4:58	19:19
84	15:24	Mark Jones	**DRAG2ZERO	V	TT		18:59
85	15:25	Liam Maybank	**Twickenham CC	V	TT		18:58
86	15:26	Paul Pardoe	Peterborough CC	V	TT	4:15	18:33
87	15:27	Mark Arnold	API/Anglia Sport	V	TT	4:04	18:21
88	15:28	Alex Pickering	Elysium Kalas Race Team	E	TT	3:52	18:08
89	15:29	Paul Burton	**Paceline RT	V	TT		17:56
90	15:30	James Jenkins	Hart Performance Coaching	S	TT	3:15	17:28
91	15:31	Grant Orsborn	**Bedfordshire Road RT	V	TT		20:07

Tandem						
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No	Start	Names	Club	Cat	Bike	PB
93	15:33	Rachael Elliott Ian Greenstreet	**Newbury Velo	FV V	TT	18:20