



EASTERN COUNTIES

CYCLING ASSOCIATION

# 10 miles Time Trial

for Solos

*to be held on*

**Saturday 19th March 2022**

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

*Timekeepers*

Tim & Wally Groves

## Awards

SCRATCH: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 5th: ECCA Medal.

WOMEN: 1st: Boxed Medal. 2nd: ECCA Medal.

TEAM: 1st Team of Three: ECCA Gilt Medals.

HANDICAP: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 5th: ECCA Medal.

**Only members of ECCA affiliated clubs are eligible for awards**

*Event Headquarters*

Westley Waterless Village Hall, CB8 0RG

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.**

**Event Secretary:** Darran Bennett, 37 Mill Corner, Soham, Ely, Cambridgeshire, CB7 5HT

Mobile: 07815 555465 Email: [daz.942@hotmail.co.uk](mailto:daz.942@hotmail.co.uk)

## COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: [https://www.easterncounties.org.uk/maps.html?E2\\_10](https://www.easterncounties.org.uk/maps.html?E2_10)

**START** at paint mark at end of feeder road from West Wrattling, 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")

**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.**

**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**

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. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

## LONDON EAST LOCAL REGULATIONS

4.7 No Warming Up by competitors on the course once the event has started.

4.8.1 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.

4.8.2 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.

4.8.5 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.

## RIDERS' NOTES

The event has been handicapped using the Standardised Handicapping System modified for ECCA events. Please notify Organiser of any improvement in PB.

No parking at either the start or finish, other than timekeepers. Parking is available at and near the Event H.Q. and in the road to West Wrattling. **There must be NO parking on the grass verges either side of the entrance to the Veterinary Clinic and this area will be roped off.** However, last year the Clinic kindly agreed to allow a field near the entrance to be used as an extra parking area. If this is available this year it will be well signed.

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.

## **Prize Presentation of Trophies and awards for the 2020 and 2021 Seasons**

At the end of the race, the Prize Presentation will be held in the Village Hall and all riders are invited to stay and applaud the winners of the various trophies. In addition to the trophies there will be the medals won by individual riders. These will be sorted into collections for each club and riders are asked to take the medals and distribute to their fellow club members.

As the race includes the Presentation there will be free drink and cake for all riders and officials. If you wish to make a donation then these will be passed on to the Air Ambulance.

In order to obtain bigger fields, for 2022 the ECCA has decided to open its races to all, although with preference to ECCA riders. Judging by some of the entries from outside clubs the appeal of riding the superfast E2 course makes the long journey worthwhile. For those clubs that aren't affiliated and which are in our catchment area why not affiliate. There are certain conditions and these are explained in full on the ECCA website homepage [www.easterncounties.org.uk](http://www.easterncounties.org.uk).

## **Roadworks on the M11**

For the last few weekends, from Friday night to Monday morning, the M11 has been closed from Junction 7 (Harlow) and Junction 8 (Bishop's Stortford) and it looks as though that will continue to at least 19<sup>th</sup> March. The diversion route through the outskirts of Harlow, then Sawbridgeworth and Bishop's Stortford, has many traffic lights and roundabouts, is usually busy and will have extra diverted traffic. Long delays will be likely. There is an alternative route to the east of the M11 but it is all narrow country roads and would require considerable local knowledge.

For those riders approaching via the M25 it would probably be worth taking the A10 northwards at Junction 25, via Cheshunt, Ware, Puckeridge, Buntingford to Royston where right onto the A505 and then via Duxford to join the A11 near Four Went Ways, Cambridge.

For riders from South Essex, then Chelmsford, Leaden Roding, Dunmow, Takeley and Bishop's Stortford would get you to Junction 8 of the M11. If you know the local roads there are slightly shorter routes.

So, check the Travel Update websites to see if the M11 is closed. If it is then start your journey earlier to allow for the extra distance travelled.

Please continue to see Rider List >>>

## Solos

No	Start	Name	Club/Team	Cat	Hcap	PB
10	14:10	Peter Horsnell	Chelmer CC	V	12:32	27:25
11	14:11	John Hassall	**Bossard Whs	V		26:43
12	14:12	Andrew Porter	Welwyn Whs	V	11:25	26:13
13	14:13	Sophie Lee	**Team Catenary	WV		25:56*
14	14:14	David Hodsman	**Dulwich Paragon CC	S		25:42
15	14:15	Alastair Semple	**Stafford RC	V		20:43
16	14:16	Brian Martin	Ciclos Uno	V	10:33	25:18
17	14:17	Anthony Whale	Harlow CC	V	10:21	25:05
18	14:18	Robin Prior	**Southgate CC	V		25:00*
19	14:19	Oliver Handley	Orwell Velo	S	9:52	24:34
20	14:20	Wayne Hill	**Bourne Wheelers	V		24:30
21	14:21	Dominic Whitehead	Cambridge CC	V	8:38	23:15
22	14:22	Dan Gibbons	Ipswich BC	V	9:41	24:22*
23	14:23	Paul Wright	**Army Cycling	V		23:59
24	14:24	Paul Breeze	Peterborough CC	V	9:10	23:49
25	14:25	Vida Sutova	Redbridge CC	WV	9:01	23:39
26	14:26	Anthony Bye	Wisbech Whs	V	8:48	23:25
27	14:27	Nathan Franklin	**Stowmarket & District CC	S		23:18
28	14:28	Lara Thomas	**Stowmarket & District CC	W		23:18
29	14:29	Adrian Osborn	**Stratford Cycling Club	V		23:18
30	14:30	Matt Price	Icknield RC	V	8:34	23:10
31	14:31	Jennifer Andrews	**1904RT	WV		23:02
32	14:32	Neil Barford	**45 RC	V		23:00
33	14:33	Mark Ready	Diss & District CC	V	8:19	22:54
34	14:34	Andrew Bright	**Chronos RT	V		22:54
35	14:35	Roy Rowland	Loose Cannon's Conditioning	S	8:18	22:53
36	14:36	John Curtin	Hitchin Nomads CC	V	8:14	22:49
37	14:37	David Wells	CC Ashwell	V	8:10	22:44
38	14:38	Robin Harris	**Clapham Chasers	V		22:40
39	14:39	Rory Plewes	**Petersfield Triathlon Club	E		23:24
40	14:40	Chris Nudds	CC Breckland	V	7:52	22:25
41	14:41	Simon Butteriss	Ely & District CC/B&T Motor Repairs	V	7:46	22:19
42	14:42	William Burton	Cambridge CC	E	7:42	22:15
43	14:43	Tom Cosgrove	**VTTA (London & Home Counties)	V		22:05
44	14:44	Stuart Lemanski	**VTTA (East Anglia Group)	V		22:00*
45	14:45	Roger Porter	Verulam CC	V	7:23	21:54
46	14:46	Philip Jones	Peterborough CC	V	7:18	21:49
47	14:47	Philip Wilkinson	**Rockingham Forest Wheelers	V		21:40
48	14:48	Nick Hickman	Team Salesengine.co.uk	V	7:03	21:33
49	14:49	Andrew Plewes	**Royal Navy & Royal Marines CA	V		21:30
50	14:50	Michael Cope	Kettering CC	V	6:51	21:20
51	14:51	Mike Watson	**Lowestoft Wheelers Cycling Club	V		21:15
52	14:52	Philip Watkins	North Norfolk Whs	V	6:44	21:12
53	14:53	Issy Zimmerman	**Verulam Really Moving	V		21:11
54	14:54	Martin Lines	**Worcester St. Johns CC	V		21:05
55	14:55	Anastasia Bowler	**AS Test Team	W		21:04
56	14:56	Bethany Spencer	Kettering CC	WE	8:43	23:20
57	14:57	Julia Freeman	Easterley Road Club	WV	8:06	22:40
58	14:58	Jackie Field	CC Ashwell	WV	6:57	21:26
59	14:59	Louise Robinson	Essex Roads CC	WV	6:43	21:11
60	15:00	Tom Hale	**Cambridge University CC	E		20:56

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No	Start	Name	Club/Team	Cat	Hcap	PB
61	15:01	Marcin Dubanowski	Hornchurch CC	S	6:22	20:49
62	15:02	Ian Braybrook	Basildon CC	V	6:21	20:48
63	15:03	Ben Farrer	**Vector Cycling Race Team	S		20:47
64	15:04	Graham Rudd	API-Metrow	V	6:19	20:46
65	15:05	Rikky Hughes	**Worcester St. Johns CC	S		20:46
66	15:06	Kirsty McSeveney	**...a3crg	WV		21:53
67	15:07	Adam Hardy	Crest CC	V	6:09	20:35
68	15:08	Craig Chappell	Team Vision Racing - Silverhook	V	6:09	20:35
69	15:09	John Manlow	Ely & District CC/B&T Motor Repairs	V	6:06	20:32
70	15:10	Dan Jenkins	Southend Wheelers	V	6:04	20:29
71	15:11	Mathilde Pauls	**1904RT	W		20:26
72	15:12	Glenn Taylor	Shorter Rochford RT	V	6:00	20:25
73	15:13	Cy Gearing	**St Ives CC	V		20:25
74	15:14	Paul Newman	Shorter Rochford RT	V	5:56	20:21
75	15:15	Eddie Humphreys	**Moda Racing Team	V		20:15
76	15:16	Matthew Reader	Verulam CC	V	5:49	20:13
77	15:17	Matthew Saunders	Team Vision Racing - Silverhook	V	5:45	20:09
78	15:18	Chris Jones	**Bynea Cycling Club	V		20:08
79	15:19	Terry Garlinge	Easterley Road Club	V	5:40	20:04
80	15:20	Ryan Gray	Ride Harder	C	6:33	21:01
81	15:21	Michael Schofield	Bishop's Stortford CC	V	5:39	20:03
82	15:22	Mark Bashford	**East Grinstead CC	S		20:00
83	15:23	Nick Morgan	Hitchin Nomads CC	V	5:36	19:59
84	15:24	Nicholas Knight	Hart Performance Coaching	V	5:36	19:59
85	15:25	Alex Purcell	CC Sudbury	S	5:29	19:52
86	15:26	Andrew Turnock	Finsbury Park CC	V	5:29	19:52
87	15:27	Sam Barker	Kettering CC	V	5:27	19:50
88	15:28	Nic Pillinger	Team Secret Squirrel	V	5:10	19:32
89	15:29	Sean O'Sullivan	Eagle Road Club	S	5:06	19:27
90	15:30	James Richards	**AeroLab Ward WheelZ	S		19:27
91	15:31	Josh Newbould	**Banbury Star Cyclists' Club	S		19:26
92	15:32	Neil Mackley	**...a3crg	V		19:25
93	15:33	Samuel Thienel	Hart Performance Coaching	S	5:03	19:24
94	15:34	Patrick Casey	Cambridge CC	B	4:56	19:17
95	15:35	David Harding	Chelmer CC	V	4:55	19:16
96	15:36	Matt Steel	Shaftesbury CC	V	4:52	19:12
97	15:37	Sam Brown	6AM Cycling	S	4:37	18:56
98	15:38	Jonny Allen	6AM Cycling	S	4:33	18:52
99	15:39	Alan Murchison	**DRAG2ZERO	V		18:36
100	15:40	Paul Pardoe	Peterborough CC	V	4:15	18:33

\*\* = Club not affiliated to ECCA. Rider(s) not eligible for awards.

\* = PB calculated from other distances.