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

THE EAST ANGLIAN VTTA

Are proud to present the start sheet for

*** 'THE LEO 30' - SOLO & TANDEM TT ***

COURSE E2/30c – SATURDAY 21st September 2019 – STARTS AT 14:01

START at paint mark in Mill Road 30yards past (east of) EP. Opposite lane to Upper Heath Farm and Cottages, which is approx 0.3m west of A11, proceed to junction with A11 northbound.
Continue along A11 to join A14 and after approx. seven miles KEEP LEFT onto A11. Continue past Suffolk Boundary to 'Freckenham' sign and take slip road (M) to 'T' junction, where turn right (M) WITH CARE to roundabout. Take third exit (M) to cross over A11 (15.5m) and at next roundabout Take 3rd exit (M) to join A11 southbound. Retrace along A11 to join A14 at Newmarket, then after approx., seven miles KEEP LEFT to rejoin A11. Continue past Willbraham slip to FINISH in 0.6m at start of layby opposite paint mark by first drain cover in narrow entrance to Layby. (30m).
Riders to continue past layby to take next slip road to Fulbourne Centre HQ.

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.

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

1. **No riding with your head down or riding too far out in the left lane, any rider observed riding dangerously will be disqualified from the event and reported to London East CTT District Committee for further disciplinary action. Have a fast, but safe ride.**
2. **NO 'U' TURNS are allowed within sight of 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.**
4. **NO cars to stop or park at the start or finish areas.**
5. **No warming-up by competitors is allowed along any part of the designated course.**
6. **ANY RIDER NOT KEEPING LEFT AT THE A14/A11 SPLIT IN EITHER THE NORTBOUND OR SOUTHBOUND DIRECTION WILL BE DISQUALIFIED AND REPORTED TO LONDON EAST CTT FOR DISCIPLINARY ACTION.**

Timekeepers: Tim & Becki Groves

Organiser on the day: Chris Holmes Mobile: 07850 468341

AWARDS

1st fastest £30 & The Leo 30 trophy for 1 year

2nd fastest £25

3rd fastest £20

4th fastest £15

1st fastest woman £30 2nd fastest woman £25 3rd fastest woman £20

Age categories awarded on fastest

17-29 £15 30-34 £15 35-39 £15 40-44 £15 45-49 £15 50-54 £15

55-59 £15 60-64 £15 65-69 £15 70-74 £15 75+ £15

Fastest tandem £60 2nd fastest £40

Fastest team of 3 £20 each

East Anglian VTTA awards

East Anglian VTTA medals for

Actual fastest, 1st best on standard & 1st woman on standard

1st tandem on standard & club team of three on standard

The H.F.Nevill 30 mile cup

will be awarded to the best East Anglian Group member on standard

Just a few of the competition records that have gone in this event

MEN'S COMPETITION & COURSE RECORD – STUART TRAVIS 53:44 (2018)

WOMAN'S COMPETITION RECORD - RACHAEL ELLIOT 1:00:34 (2017)

JUNIOR COMPETITION RECORD – ADAM JARPS 1:01:23 (2018)

MEN'S TEAM COMPETITION RECORD - TEAM BOTTRILL 2:45:38 (2018)

LADIES TEAM COMPETITION RECORD - CHELMER CC 3:33:13 (2015)

MEN'S TRIKE COMPETITION RECORD - BARRY CHARLTON 1:5:12 (2012)

MEN'S TANDEM COMPETITION RECORD - ZAK CARR & GLENN TAYLOR 54:33 (2002)

Solo's

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
1	5487	Bob	Loader	Sydenham Whs	86		14:01
2	26541	Joseph	Halloran	Cambridge CC	30		14:02
3	3983	Peter	Horsnell	Chelmer CC	89	East Anglia	14:03
4	24474	Graham	Duguid	Velo Club Flintham	64	Notts & E.Mids	14:04
5	5795	Daniel	Ryan	North Road CC	35		14:05
6	2685	John	Manlow	Ely & District CC/B&T Motor Repairs	51	East Anglia	14:06
7	3863	James	Cornell	Hitchin Nomads CC	45		14:07
8	7819	John J	Murphy	Gloucester City Cycling Club	79	West	14:08
9	6250	Peter	Walton	Hertfordshire Whs	65	East Anglia	14:09
10	5249	Gavin	Mccloskey-lambert	Manchester Wheelers	31		14:10
11	6547	Colin	Lewin	Velo Schils Interbike RT	52		14:11
12	13171	Simon	Keen	Crest CC	40	East Anglia	14:12
13	10232	Phillip	Jenkins	Bedfordshire Road CC	50		14:13
14	19649	Murray	Kirton	A5 Rangers CC	78	Midlands	14:14
15	223	Nick	Boyle	Chelmer CC	44	East Anglia	14:15
16	4538	Chris	Nudds	CC Breckland	71	East Anglia	14:16
17	4531	Richard	Mellor	Chelmer CC	50		14:17
18	634	Gary	Boyd	Hub Velo	51	East Anglia	14:18
19	7792	Andrew	Griffin	Bedfordshire Road CC	56		14:19
20	2988	John	Bradbury	CC Sudbury	48	East Anglia	14:20
21	3199	Roger	Porter	Verulam CC	72	L&HC	14:21
22	160	John	Golder	Chelmer CC	66	East Anglia	14:22
23	1096	Patrick	Charlton	Wolsey RC	61	East Anglia	14:23
24	1412	David	Guy	OV Cycling Club	74	L&HC	14:24
25	19207	Gavin	Hinxman (T)	DRAG2ZERO	51	East Anglia	14:25
26	26674	Dave	Walker	Weaver Valley CC	40		14:26
27	419	Richard	Moule	Bossard Whs	62	L&HC	14:27
28	15478	James	Wood	West Suffolk Wheelers	56	East Anglia	14:28
29	30993	Jonathan	Cockburn	Bicester Millennium CC	44		14:29
30	211	Colin	Lizieri	Cambridge CC	64	East Anglia	14:30
31	2733	Andrew	Halliday	Westerley Cycling Club	47	L&HC	14:31
32	6502	Nick	Hanson	Seacroft Whs	54		14:32
33	19348	Patrick	Ellerbeck	St Neots CC	65	East Anglia	14:33
34	3941	Cliff	Voller	Newbury RC	68	West	14:34
35	17437	Andrew	Askwith	Vive Le Velo	55	Yorkshire	14:35
36	814	Richard	Parrotte	Shaftesbury CC	54	East Anglia	14:36
37	5343	Ray	Retter	Born to Bike - Bridgtown Cycles	73	West	14:37
38	11491	Stewart	Kirk	CC Sudbury	66	East Anglia	14:38
39	2234	Chris	Priestley	Bedfordshire Road RT	67	L&HC	14:39
40	3849	Nick	Wilson	Rye & District Wheelers CC	56	Surrey & Sussex	14:40
41	46	David	Warlow	Essex Roads CC	46		14:41
42	8781	Alex	Lubbock	Bedfordshire Road CC	24		14:42
43	1213	Scott	Beard	Shaftesbury CC	46		14:43
44	25377	Conor	Boyle	Woking Cycle Club	46	Surrey & Sussex	14:44
45	1063	Geoff	Reynolds	Hemel Hempstead CC	53	East Anglia	14:45
46	3	Chris	Dyason	Cambridge CC	71	East Anglia	14:46

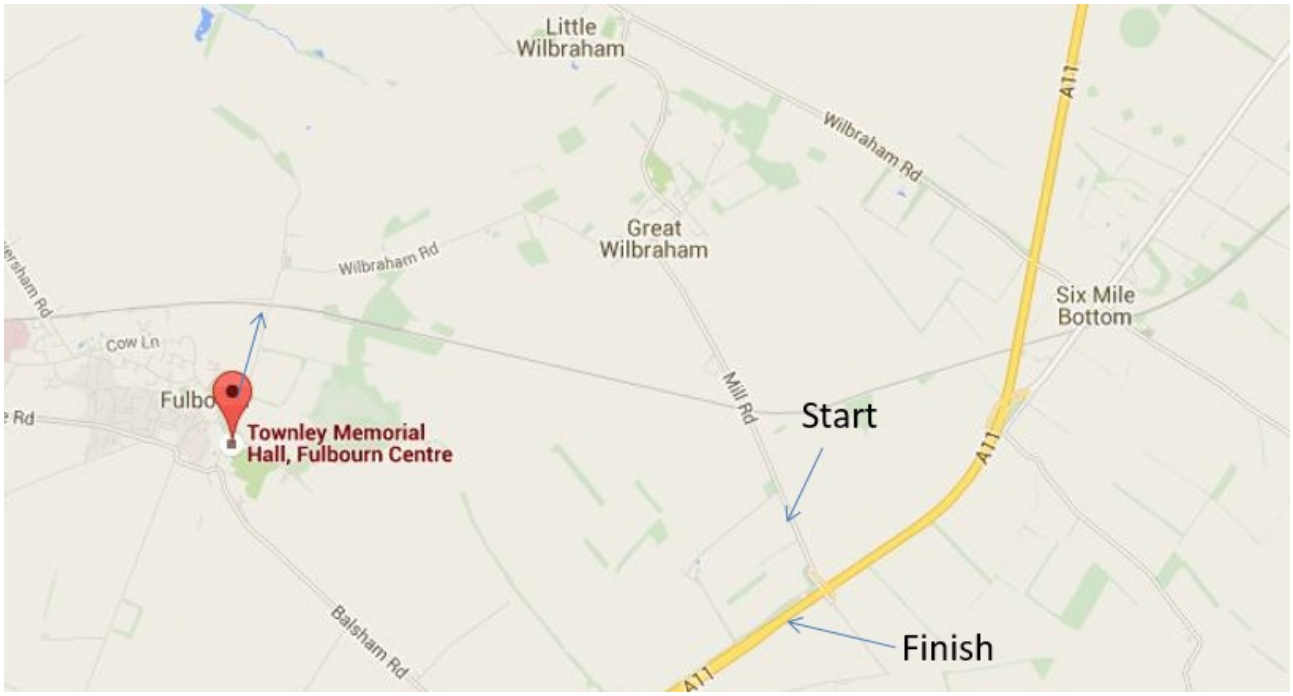
No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
47	2222	Jim	Reed	Colchester Rovers CC	71	East Anglia	14:47
48	4593	Dominic	Whitehead	St Ives CC	61	East Anglia	14:48
49	4357	Robert	Jolliffe	New Forest CC	67	Wessex	14:49
50	3202	David	Rumm	Southborough & Dist. Whs	52	L&HC	14:50
51	2502	Tristan	Davenne	Newbury RC	44		14:51
52	225	Steve	Clarke	TMG Horizon Cycling Team	64	East Anglia	14:52
53	4990	Chris	Hall	Born to Bike - Bridgtown Cycles	64	Manchester & NW	14:53
54	19953	Lee	Heron	Banbury Star Cyclists' Club	42		14:54
55	3702	Richard	Tully	Elite Cycling	42		14:55
56	494	Alan	Crane	Chronos RT	50	L&HC	14:56
57	896	Robert	Golding	Ely & District CC/B&T Motor Repairs	46		14:57
58	1989	Robert	Jones	Cardiff 100 Miles RCC	67	South Wales	14:58
59	24187	Kate	Vergette (W)	Elite Cycling	43		14:59
60	1669	Antony	Brown	Kettering CC	60	East Anglia	15:00
61	6273	James	Rush	CC Sudbury	43		15:01
62	1423	Robert	Bullyment	Catford CC	46	Kent	15:02
63	16047	Ian	Cardy	Chelmer CC	55	East Anglia	15:03
64	962	Tracy	Rowlinson (W)	Lyme Racing Club	54	Manchester & NW	15:04
65	972	Michael	Martin	CC Ashwell	54	East Anglia	15:05
66	23761	Martin	Baumber	Shaftesbury CC	47	East Anglia	15:06
67	3424	Adrian	Hawkins	Thanet RC	50	Kent	15:07
68	4555	Mandy	Bunn (W)	Datalynx-Parenesis Cycling	50	East Anglia	15:08
69	6433	Elspeth	Knott (W)	Colchester Rovers CC	69	East Anglia	15:09
70	3896	Fabien	Large	NOPINZ	17		15:10
71	15637	Jennifer	Millmore (W)	Islington Cycling Club	32		15:11
72	25977	James	Moss	North Road CC	42	L&HC	15:12
73	21256	Helen	Reynolds (W)	Hemel Hempstead CC	54		15:13
74	3544	Katie-ann	Elliston (W)	Southend Wheelers	17		15:14
75	1144	Nick	Morgan	Hitchin Nomads CC	39		15:15
76	540	Jackie	Field (W)	CC Ashwell	54	East Anglia	15:16
77	3612	Claire	Emons (W)	Newbury RC	51	L&HC	15:17
78	29527	Charlotte	Marshall (W)	Royal Navy & Royal Marines CA	27		15:18
79	17267	Karen	Dennett (W)	Bishop's Stortford CC	62	East Anglia	15:19
80	8026	Nik	Allen	Worthing Excelsior CC	48	Surrey & Sussex	15:20
81	3342	David	Hargreaves	North Lancashire Road Club	73	North Lancs & Lakes	15:21
82	14986	Lauren	Kirchel (W)	Chelmer CC	29		15:22
83	3712	Sue	Rust (W)	Kettering CC	56	East Anglia	15:23
84	15614	Mj (gosia)	Cyganowska (W)	Rapha Cycling Club	40	East Anglia	15:24
85	1682	Darran	Bennett	Ely & District CC/B&T Motor Repairs	49	East Anglia	15:25
86	2944	Tony	May	TMG Horizon Cycling Team	62	East Anglia	15:26
87	811	Katja	Rietdorf (W)	Born to Bike - Bridgtown Cycles	48	L&HC	15:27
88	1990	Eva	Zsigoova (W)	...a3crg	34		15:28
89	11646	Gillian	Morgan (W)	Westerley Cycling Club	59	L&HC	15:29
90	280	Alice	Lethbridge (W)	DRAG2ZERO	34		15:30
91	30406	Martin	Bullen	Peterborough CC	67	North Midlands	15:31
92	8971	Geoff	Perry	Born to Bike - Bridgtown Cycles	59	L&HC	15:32
93	14541	Robert	Pisolkar	Shaftesbury CC	61	East Anglia	15:33
94	8003	Simon	Craig-mcfeely	...a3crg	60	Wessex	15:34

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
95	5176	John	Lacey	Hemel Hempstead CC	55	L&HC	15:35
96	5340	Lee	Turner	Sigma Sports	50	East Anglia	15:36
97	1070	Peter	Tibbitts	Ford CC	67	East Anglia	15:37
98	1206	Mike	Boyce	...a3crg	63	Wessex	15:38
99	5155	Sam	Wightman	Chelmer CC	42	East Anglia	15:39
100	6950	Ben	Stowe	Hemel Hempstead CC	29		15:40
101	989	Rory	Havis	Ely & District CC/B&T Motor Repairs	38		15:41
102	334	William	Wallace	CC London	41		15:42
103	961	Jim	Moffatt	CC Luton	62	L&HC	15:43
104	15098	Matt	O'brien	Plomesgate CC	41	East Anglia	15:44
105	227	Iain	Boardman	Dulwich Paragon CC	46	East Anglia	15:45
106	4062	Richard	Harrison	DRAG2ZERO	42	L&HC	15:46
107	99	Henrik	Persson	Kingston Wheelers CC	36		15:47
108	1793	Paul	Jay	Team Velovelocity	43		15:48
109	390	Martin	Reynolds	Cambridge CC	56	East Anglia	15:49
110	3914	David	Harding	Chelmer CC	38		15:50
111	3300	Sean	Hunt	Lincoln Wheelers CC	55	Notts & E.Mids	15:51
112	3034	Rob	Young	Team Vision Racing - Silverhook	45	East Anglia	15:52
113	3984	Peter	Harding	Chelmer CC	38		15:53
114	14881	Ben	Stancombe	Team Velovelocity	30		15:54
115	825	Steven	Cottington	Bath Cycling Club	57	West	15:55
116	15303	John	Wingfield	Team Signum	34		15:56
117	76	Andrew	Grant	Cambridge CC	66	East Anglia	15:57
118	106	Keith	Ainsworth	Sheffrec CC	60	North Midlands	15:58
119	14107	Paul David	Fleming	Preston Whs	54	North Lancs & Lakes	15:59
120	2950	Jonathan	Wears	CES Sport	26		16:00
121	1920	Leon	West	CC Sudbury	41		16:01
122	3874	David	Veitch	Lea Valley CC	35		16:02
123	1681	Jon	Surtees	CES Sport	52		16:03
124	7138	Jason	Bouttell	Team Vision Racing - Silverhook	33		16:04
125	545	Robert	Watson	Cambridge CC	59	East Anglia	16:05
126	4284	Kevin	Tye	VeloRefined.com Aerosmiths	57	Kent	16:06
127	19960	Adam	Fisher	Cambridge CC	37		16:07
128	505	Colin	Ward	Essex Roads CC	42		16:08
129	1103	Alan	Chorley	Seamons CC	48		16:09
130	679	Liam	Maybank	Twickenham CC	47	L&HC	16:10
131	5478	Chris	Jones	Bynea Cycling Club	45	L&HC	16:11
132	1001	Matthew	Smith	DRAG2ZERO	41	East Anglia	16:12

Tandems

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
134	3155	John	Swanbury	VC Baracchi	72	East Anglia	16:14
	7407	Allistair	Banks		64		
136	1910	John	Iszatt	Team Vision Racing - Silverhook	60	East Anglia	16:16
	4570	Dean	Lubin		50		
138	6533	Simon	Drewett	Fairly United Cycling Team	52	East Anglia	16:18
	2026	Mike	Logue		52		
140	644	Ian	Greenstreet	AeroCoach	55	L&HC	16:20
	229	Rachael	Elliott (W)	Newbury RC	41		
142	1299	Glenn	Taylor	Shorter Rochford RT	51	East Anglia	16:22
	3172	Mark	Arnold	VTTA (East Anglia Group)	45		

HQ – Memorial Hall, Fulbourne Centre, CB21 5BS



The HQ is approx. 4 miles from the start, please allow adequate time, there is plenty of parking spaces at the HQ, however please consider that we have a large entry when parking your vehicle.

Event Secretary: John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT

Email: jgolder66@outlook.com Mobile: 07709 328113

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

THE EAST ANGLIAN VTTA

Are proud to present the start sheet for

*** 'THE LEO 30' - SOLO & TANDEM TT ***

COURSE E2/30c – SATURDAY 21st September 2019 – STARTS AT 14:01

START at paint mark in Mill Road 30yards past (east of) EP. Opposite lane to Upper Heath Farm and Cottages, which is approx 0.3m west of A11, proceed to junction with A11 northbound.
Continue along A11 to join A14 and after approx. seven miles KEEP LEFT onto A11. Continue past Suffolk Boundary to 'Freckenham' sign and take slip road (M) to 'T' junction, where turn right (M) WITH CARE to roundabout. Take third exit (M) to cross over A11 (15.5m) and at next roundabout Take 3rd exit (M) to join A11 southbound. Retrace along A11 to join A14 at Newmarket, then after approx., seven miles KEEP LEFT to rejoin A11. Continue past Willbraham slip to FINISH in 0.6m at start of layby opposite paint mark by first drain cover in narrow entrance to Layby. (30m).
Riders to continue past layby to take next slip road to Fulbourne Centre HQ.

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.

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

1. **No riding with your head down or riding too far out in the left lane, any rider observed riding dangerously will be disqualified from the event and reported to London East CTT District Committee for further disciplinary action. Have a fast, but safe ride.**
2. **NO 'U' TURNS are allowed within sight of 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.**
4. **NO cars to stop or park at the start or finish areas.**
5. **No warming-up by competitors is allowed along any part of the designated course.**
6. **ANY RIDER NOT KEEPING LEFT AT THE A14/A11 SPLIT IN EITHER THE NORTBOUND OR SOUTHBOUND DIRECTION WILL BE DISQUALIFIED AND REPORTED TO LONDON EAST CTT FOR DISCIPLINARY ACTION.**

Timekeepers: Tim & Becki Groves

Organiser on the day: Chris Holmes Mobile: 07850 468341

AWARDS

1st fastest £30 & The Leo 30 trophy for 1 year

2nd fastest £25

3rd fastest £20

4th fastest £15

1st fastest woman £30 2nd fastest woman £25 3rd fastest woman £20

Age categories awarded on fastest

17-29 £15 30-34 £15 35-39 £15 40-44 £15 45-49 £15 50-54 £15

55-59 £15 60-64 £15 65-69 £15 70-74 £15 75+ £15

Fastest tandem £60 2nd fastest £40

Fastest team of 3 £20 each

East Anglian VTTA awards

East Anglian VTTA medals for

Actual fastest, 1st best on standard & 1st woman on standard

1st tandem on standard & club team of three on standard

The H.F.Nevill 30 mile cup

will be awarded to the best East Anglian Group member on standard

Just a few of the competition records that have gone in this event

MEN'S COMPETITION & COURSE RECORD – STUART TRAVIS 53:44 (2018)

WOMAN'S COMPETITION RECORD - RACHAEL ELLIOT 1:00:34 (2017)

JUNIOR COMPETITION RECORD – ADAM JARPS 1:01:23 (2018)

MEN'S TEAM COMPETITION RECORD - TEAM BOTTRILL 2:45:38 (2018)

LADIES TEAM COMPETITION RECORD - CHELMER CC 3:33:13 (2015)

MEN'S TRIKE COMPETITION RECORD - BARRY CHARLTON 1:5:12 (2012)

MEN'S TANDEM COMPETITION RECORD - ZAK CARR & GLENN TAYLOR 54:33 (2002)

Solo's

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
1	5487	Bob	Loader	Sydenham Whs	86		14:01
2	26541	Joseph	Halloran	Cambridge CC	30		14:02
3	3983	Peter	Horsnell	Chelmer CC	89	East Anglia	14:03
4	24474	Graham	Duguid	Velo Club Flintham	64	Notts & E.Mids	14:04
5	5795	Daniel	Ryan	North Road CC	35		14:05
6	2685	John	Manlow	Ely & District CC/B&T Motor Repairs	51	East Anglia	14:06
7	3863	James	Cornell	Hitchin Nomads CC	45		14:07
8	7819	John J	Murphy	Gloucester City Cycling Club	79	West	14:08
9	6250	Peter	Walton	Hertfordshire Whs	65	East Anglia	14:09
10	5249	Gavin	Mccloskey-lambert	Manchester Wheelers	31		14:10
11	6547	Colin	Lewin	Velo Schils Interbike RT	52		14:11
12	13171	Simon	Keen	Crest CC	40	East Anglia	14:12
13	10232	Phillip	Jenkins	Bedfordshire Road CC	50		14:13
14	19649	Murray	Kirton	A5 Rangers CC	78	Midlands	14:14
15	223	Nick	Boyle	Chelmer CC	44	East Anglia	14:15
16	4538	Chris	Nudds	CC Breckland	71	East Anglia	14:16
17	4531	Richard	Mellor	Chelmer CC	50		14:17
18	634	Gary	Boyd	Hub Velo	51	East Anglia	14:18
19	7792	Andrew	Griffin	Bedfordshire Road CC	56		14:19
20	2988	John	Bradbury	CC Sudbury	48	East Anglia	14:20
21	3199	Roger	Porter	Verulam CC	72	L&HC	14:21
22	160	John	Golder	Chelmer CC	66	East Anglia	14:22
23	1096	Patrick	Charlton	Wolsey RC	61	East Anglia	14:23
24	1412	David	Guy	OV Cycling Club	74	L&HC	14:24
25	19207	Gavin	Hinxman (T)	DRAG2ZERO	51	East Anglia	14:25
26	26674	Dave	Walker	Weaver Valley CC	40		14:26
27	419	Richard	Moule	Bossard Whs	62	L&HC	14:27
28	15478	James	Wood	West Suffolk Wheelers	56	East Anglia	14:28
29	30993	Jonathan	Cockburn	Bicester Millennium CC	44		14:29
30	211	Colin	Lizieri	Cambridge CC	64	East Anglia	14:30
31	2733	Andrew	Halliday	Westerley Cycling Club	47	L&HC	14:31
32	6502	Nick	Hanson	Seacroft Whs	54		14:32
33	19348	Patrick	Ellerbeck	St Neots CC	65	East Anglia	14:33
34	3941	Cliff	Voller	Newbury RC	68	West	14:34
35	17437	Andrew	Askwith	Vive Le Velo	55	Yorkshire	14:35
36	814	Richard	Parrotte	Shaftesbury CC	54	East Anglia	14:36
37	5343	Ray	Retter	Born to Bike - Bridgtown Cycles	73	West	14:37
38	11491	Stewart	Kirk	CC Sudbury	66	East Anglia	14:38
39	2234	Chris	Priestley	Bedfordshire Road RT	67	L&HC	14:39
40	3849	Nick	Wilson	Rye & District Wheelers CC	56	Surrey & Sussex	14:40
41	46	David	Warlow	Essex Roads CC	46		14:41
42	8781	Alex	Lubbock	Bedfordshire Road CC	24		14:42
43	1213	Scott	Beard	Shaftesbury CC	46		14:43
44	25377	Conor	Boyle	Woking Cycle Club	46	Surrey & Sussex	14:44
45	1063	Geoff	Reynolds	Hemel Hempstead CC	53	East Anglia	14:45
46	3	Chris	Dyason	Cambridge CC	71	East Anglia	14:46

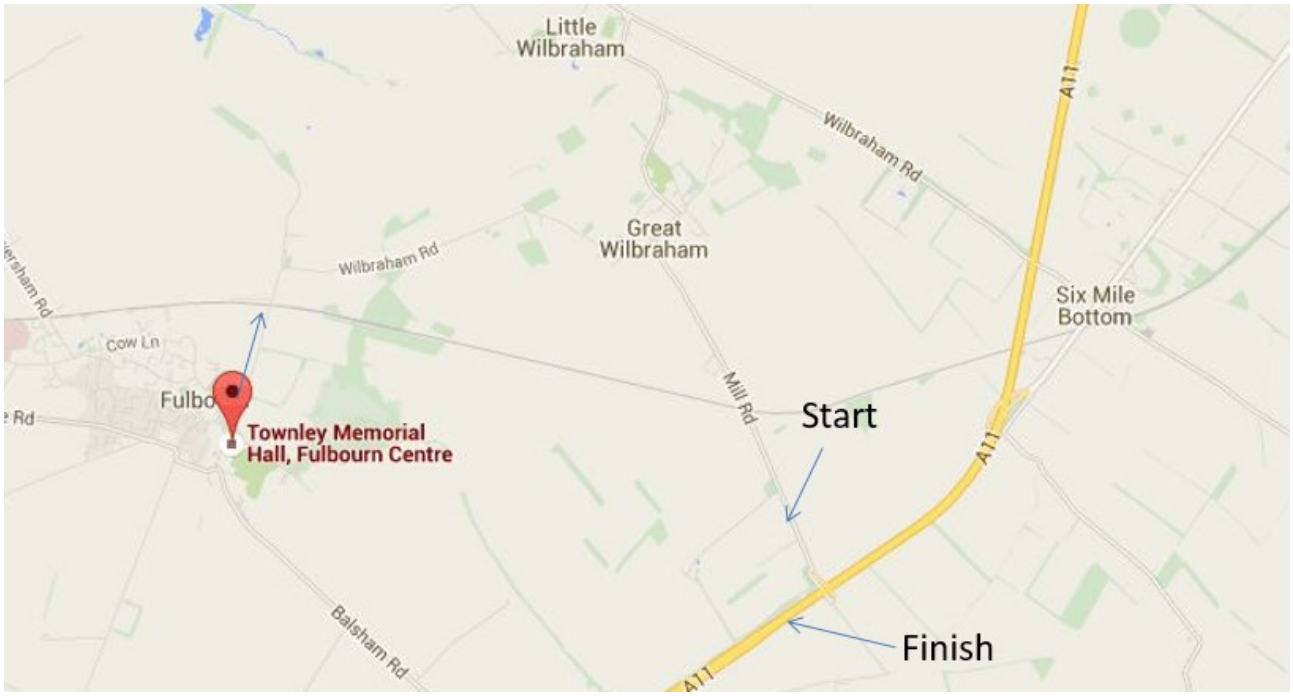
No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
47	2222	Jim	Reed	Colchester Rovers CC	71	East Anglia	14:47
48	4593	Dominic	Whitehead	St Ives CC	61	East Anglia	14:48
49	4357	Robert	Jolliffe	New Forest CC	67	Wessex	14:49
50	3202	David	Rumm	Southborough & Dist. Whs	52	L&HC	14:50
51	2502	Tristan	Davenne	Newbury RC	44		14:51
52	225	Steve	Clarke	TMG Horizon Cycling Team	64	East Anglia	14:52
53	4990	Chris	Hall	Born to Bike - Bridgtown Cycles	64	Manchester & NW	14:53
54	19953	Lee	Heron	Banbury Star Cyclists' Club	42		14:54
55	3702	Richard	Tully	Elite Cycling	42		14:55
56	494	Alan	Crane	Chronos RT	50	L&HC	14:56
57	896	Robert	Golding	Ely & District CC/B&T Motor Repairs	46		14:57
58	1989	Robert	Jones	Cardiff 100 Miles RCC	67	South Wales	14:58
59	24187	Kate	Vergette (W)	Elite Cycling	43		14:59
60	1669	Antony	Brown	Kettering CC	60	East Anglia	15:00
61	6273	James	Rush	CC Sudbury	43		15:01
62	1423	Robert	Bullyment	Catford CC	46	Kent	15:02
63	16047	Ian	Cardy	Chelmer CC	55	East Anglia	15:03
64	962	Tracy	Rowlinson (W)	Lyme Racing Club	54	Manchester & NW	15:04
65	972	Michael	Martin	CC Ashwell	54	East Anglia	15:05
66	23761	Martin	Baumber	Shaftesbury CC	47	East Anglia	15:06
67	3424	Adrian	Hawkins	Thanet RC	50	Kent	15:07
68	4555	Mandy	Bunn (W)	Datalynx-Parenesis Cycling	50	East Anglia	15:08
69	6433	Elspeth	Knott (W)	Colchester Rovers CC	69	East Anglia	15:09
70	3896	Fabien	Large	NOPINZ	17		15:10
71	15637	Jennifer	Millmore (W)	Islington Cycling Club	32		15:11
72	25977	James	Moss	North Road CC	42	L&HC	15:12
73	21256	Helen	Reynolds (W)	Hemel Hempstead CC	54		15:13
74	3544	Katie-ann	Elliston (W)	Southend Wheelers	17		15:14
75	1144	Nick	Morgan	Hitchin Nomads CC	39		15:15
76	540	Jackie	Field (W)	CC Ashwell	54	East Anglia	15:16
77	3612	Claire	Emons (W)	Newbury RC	51	L&HC	15:17
78	29527	Charlotte	Marshall (W)	Royal Navy & Royal Marines CA	27		15:18
79	17267	Karen	Dennett (W)	Bishop's Stortford CC	62	East Anglia	15:19
80	8026	Nik	Allen	Worthing Excelsior CC	48	Surrey & Sussex	15:20
81	3342	David	Hargreaves	North Lancashire Road Club	73	North Lancs & Lakes	15:21
82	14986	Lauren	Kirchel (W)	Chelmer CC	29		15:22
83	3712	Sue	Rust (W)	Kettering CC	56	East Anglia	15:23
84	15614	Mj (gosia)	Cyganowska (W)	Rapha Cycling Club	40	East Anglia	15:24
85	1682	Darran	Bennett	Ely & District CC/B&T Motor Repairs	49	East Anglia	15:25
86	2944	Tony	May	TMG Horizon Cycling Team	62	East Anglia	15:26
87	811	Katja	Rietdorf (W)	Born to Bike - Bridgtown Cycles	48	L&HC	15:27
88	1990	Eva	Zsigoova (W)	...a3crg	34		15:28
89	11646	Gillian	Morgan (W)	Westerley Cycling Club	59	L&HC	15:29
90	280	Alice	Lethbridge (W)	DRAG2ZERO	34		15:30
91	30406	Martin	Bullen	Peterborough CC	67	North Midlands	15:31
92	8971	Geoff	Perry	Born to Bike - Bridgtown Cycles	59	L&HC	15:32
93	14541	Robert	Pisolkar	Shaftesbury CC	61	East Anglia	15:33
94	8003	Simon	Craig-mcfeely	...a3crg	60	Wessex	15:34

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
95	5176	John	Lacey	Hemel Hempstead CC	55	L&HC	15:35
96	5340	Lee	Turner	Sigma Sports	50	East Anglia	15:36
97	1070	Peter	Tibbitts	Ford CC	67	East Anglia	15:37
98	1206	Mike	Boyce	...a3crg	63	Wessex	15:38
99	5155	Sam	Wightman	Chelmer CC	42	East Anglia	15:39
100	6950	Ben	Stowe	Hemel Hempstead CC	29		15:40
101	989	Rory	Havis	Ely & District CC/B&T Motor Repairs	38		15:41
102	334	William	Wallace	CC London	41		15:42
103	961	Jim	Moffatt	CC Luton	62	L&HC	15:43
104	15098	Matt	O'brien	Plomesgate CC	41	East Anglia	15:44
105	227	Iain	Boardman	Dulwich Paragon CC	46	East Anglia	15:45
106	4062	Richard	Harrison	DRAG2ZERO	42	L&HC	15:46
107	99	Henrik	Persson	Kingston Wheelers CC	36		15:47
108	1793	Paul	Jay	Team Velovelocity	43		15:48
109	390	Martin	Reynolds	Cambridge CC	56	East Anglia	15:49
110	3914	David	Harding	Chelmer CC	38		15:50
111	3300	Sean	Hunt	Lincoln Wheelers CC	55	Notts & E.Mids	15:51
112	3034	Rob	Young	Team Vision Racing - Silverhook	45	East Anglia	15:52
113	3984	Peter	Harding	Chelmer CC	38		15:53
114	14881	Ben	Stancombe	Team Velovelocity	30		15:54
115	825	Steven	Cottington	Bath Cycling Club	57	West	15:55
116	15303	John	Wingfield	Team Signum	34		15:56
117	76	Andrew	Grant	Cambridge CC	66	East Anglia	15:57
118	106	Keith	Ainsworth	Sheffrec CC	60	North Midlands	15:58
119	14107	Paul David	Fleming	Preston Whs	54	North Lancs & Lakes	15:59
120	2950	Jonathan	Wears	CES Sport	26		16:00
121	1920	Leon	West	CC Sudbury	41		16:01
122	3874	David	Veitch	Lea Valley CC	35		16:02
123	1681	Jon	Surtees	CES Sport	52		16:03
124	7138	Jason	Bouttell	Team Vision Racing - Silverhook	33		16:04
125	545	Robert	Watson	Cambridge CC	59	East Anglia	16:05
126	4284	Kevin	Tye	VeloRefined.com Aerosmiths	57	Kent	16:06
127	19960	Adam	Fisher	Cambridge CC	37		16:07
128	505	Colin	Ward	Essex Roads CC	42		16:08
129	1103	Alan	Chorley	Seamons CC	48		16:09
130	679	Liam	Maybank	Twickenham CC	47	L&HC	16:10
131	5478	Chris	Jones	Bynea Cycling Club	45	L&HC	16:11
132	1001	Matthew	Smith	DRAG2ZERO	41	East Anglia	16:12

Tandems

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
134	3155	John	Swanbury	VC Baracchi	72	East Anglia	16:14
	7407	Allistair	Banks		64		
136	1910	John	Iszatt	Team Vision Racing - Silverhook	60	East Anglia	16:16
	4570	Dean	Lubin		50		
138	6533	Simon	Drewett	Fairly United Cycling Team	52	East Anglia	16:18
	2026	Mike	Logue		52		
140	644	Ian	Greenstreet	AeroCoach	55	L&HC	16:20
	229	Rachael	Elliott (W)	Newbury RC	41		
142	1299	Glenn	Taylor	Shorter Rochford RT	51	East Anglia	16:22
	3172	Mark	Arnold	VTTA (East Anglia Group)	45		

HQ – Memorial Hall, Fulbourne Centre, CB21 5BS



The HQ is approx. 4 miles from the start, please allow adequate time, there is plenty of parking spaces at the HQ, however please consider that we have a large entry when parking your vehicle.

Event Secretary: John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT

Email: jgolder66@outlook.com Mobile: 07709 328113

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

THE EAST ANGLIAN VTTA

Are proud to present the start sheet for

*** 'THE LEO 30' - SOLO & TANDEM TT ***

COURSE E2/30c – SATURDAY 21st September 2019 – STARTS AT 14:01

START at paint mark in Mill Road 30yards past (east of) EP. Opposite lane to Upper Heath Farm and Cottages, which is approx 0.3m west of A11, proceed to junction with A11 northbound.
Continue along A11 to join A14 and after approx. seven miles KEEP LEFT onto A11. Continue past Suffolk Boundary to 'Freckenham' sign and take slip road (M) to 'T' junction, where turn right (M) WITH CARE to roundabout. Take third exit (M) to cross over A11 (15.5m) and at next roundabout Take 3rd exit (M) to join A11 southbound. Retrace along A11 to join A14 at Newmarket, then after approx., seven miles KEEP LEFT to rejoin A11. Continue past Willbraham slip to FINISH in 0.6m at start of layby opposite paint mark by first drain cover in narrow entrance to Layby. (30m).
Riders to continue past layby to take next slip road to Fulbourne Centre HQ.

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.

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

1. **No riding with your head down or riding too far out in the left lane, any rider observed riding dangerously will be disqualified from the event and reported to London East CTT District Committee for further disciplinary action. Have a fast, but safe ride.**
2. **NO 'U' TURNS are allowed within sight of 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.**
4. **NO cars to stop or park at the start or finish areas.**
5. **No warming-up by competitors is allowed along any part of the designated course.**
6. **ANY RIDER NOT KEEPING LEFT AT THE A14/A11 SPLIT IN EITHER THE NORTBOUND OR SOUTHBOUND DIRECTION WILL BE DISQUALIFIED AND REPORTED TO LONDON EAST CTT FOR DISCIPLINARY ACTION.**

Timekeepers: Tim & Becki Groves

Organiser on the day: Chris Holmes Mobile: 07850 468341

AWARDS

1st fastest £30 & The Leo 30 trophy for 1 year

2nd fastest £25

3rd fastest £20

4th fastest £15

1st fastest woman £30 2nd fastest woman £25 3rd fastest woman £20

Age categories awarded on fastest

17-29 £15 30-34 £15 35-39 £15 40-44 £15 45-49 £15 50-54 £15

55-59 £15 60-64 £15 65-69 £15 70-74 £15 75+ £15

Fastest tandem £60 2nd fastest £40

Fastest team of 3 £20 each

East Anglian VTTA awards

East Anglian VTTA medals for

Actual fastest, 1st best on standard & 1st woman on standard

1st tandem on standard & club team of three on standard

The H.F.Nevill 30 mile cup

will be awarded to the best East Anglian Group member on standard

Just a few of the competition records that have gone in this event

MEN'S COMPETITION & COURSE RECORD – STUART TRAVIS 53:44 (2018)

WOMAN'S COMPETITION RECORD - RACHAEL ELLIOT 1:00:34 (2017)

JUNIOR COMPETITION RECORD – ADAM JARPS 1:01:23 (2018)

MEN'S TEAM COMPETITION RECORD - TEAM BOTTRILL 2:45:38 (2018)

LADIES TEAM COMPETITION RECORD - CHELMER CC 3:33:13 (2015)

MEN'S TRIKE COMPETITION RECORD - BARRY CHARLTON 1:5:12 (2012)

MEN'S TANDEM COMPETITION RECORD - ZAK CARR & GLENN TAYLOR 54:33 (2002)

Solo's

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
1	5487	Bob	Loader	Sydenham Whs	86		14:01
2	26541	Joseph	Halloran	Cambridge CC	30		14:02
3	3983	Peter	Horsnell	Chelmer CC	89	East Anglia	14:03
4	24474	Graham	Duguid	Velo Club Flintham	64	Notts & E.Mids	14:04
5	5795	Daniel	Ryan	North Road CC	35		14:05
6	2685	John	Manlow	Ely & District CC/B&T Motor Repairs	51	East Anglia	14:06
7	3863	James	Cornell	Hitchin Nomads CC	45		14:07
8	7819	John J	Murphy	Gloucester City Cycling Club	79	West	14:08
9	6250	Peter	Walton	Hertfordshire Whs	65	East Anglia	14:09
10	5249	Gavin	Mccloskey-lambert	Manchester Wheelers	31		14:10
11	6547	Colin	Lewin	Velo Schils Interbike RT	52		14:11
12	13171	Simon	Keen	Crest CC	40	East Anglia	14:12
13	10232	Phillip	Jenkins	Bedfordshire Road CC	50		14:13
14	19649	Murray	Kirton	A5 Rangers CC	78	Midlands	14:14
15	223	Nick	Boyle	Chelmer CC	44	East Anglia	14:15
16	4538	Chris	Nudds	CC Breckland	71	East Anglia	14:16
17	4531	Richard	Mellor	Chelmer CC	50		14:17
18	634	Gary	Boyd	Hub Velo	51	East Anglia	14:18
19	7792	Andrew	Griffin	Bedfordshire Road CC	56		14:19
20	2988	John	Bradbury	CC Sudbury	48	East Anglia	14:20
21	3199	Roger	Porter	Verulam CC	72	L&HC	14:21
22	160	John	Golder	Chelmer CC	66	East Anglia	14:22
23	1096	Patrick	Charlton	Wolsey RC	61	East Anglia	14:23
24	1412	David	Guy	OV Cycling Club	74	L&HC	14:24
25	19207	Gavin	Hinxman (T)	DRAG2ZERO	51	East Anglia	14:25
26	26674	Dave	Walker	Weaver Valley CC	40		14:26
27	419	Richard	Moule	Bossard Whs	62	L&HC	14:27
28	15478	James	Wood	West Suffolk Wheelers	56	East Anglia	14:28
29	30993	Jonathan	Cockburn	Bicester Millennium CC	44		14:29
30	211	Colin	Lizieri	Cambridge CC	64	East Anglia	14:30
31	2733	Andrew	Halliday	Westerley Cycling Club	47	L&HC	14:31
32	6502	Nick	Hanson	Seacroft Whs	54		14:32
33	19348	Patrick	Ellerbeck	St Neots CC	65	East Anglia	14:33
34	3941	Cliff	Voller	Newbury RC	68	West	14:34
35	17437	Andrew	Askwith	Vive Le Velo	55	Yorkshire	14:35
36	814	Richard	Parrotte	Shaftesbury CC	54	East Anglia	14:36
37	5343	Ray	Retter	Born to Bike - Bridgtown Cycles	73	West	14:37
38	11491	Stewart	Kirk	CC Sudbury	66	East Anglia	14:38
39	2234	Chris	Priestley	Bedfordshire Road RT	67	L&HC	14:39
40	3849	Nick	Wilson	Rye & District Wheelers CC	56	Surrey & Sussex	14:40
41	46	David	Warlow	Essex Roads CC	46		14:41
42	8781	Alex	Lubbock	Bedfordshire Road CC	24		14:42
43	1213	Scott	Beard	Shaftesbury CC	46		14:43
44	25377	Conor	Boyle	Woking Cycle Club	46	Surrey & Sussex	14:44
45	1063	Geoff	Reynolds	Hemel Hempstead CC	53	East Anglia	14:45
46	3	Chris	Dyason	Cambridge CC	71	East Anglia	14:46

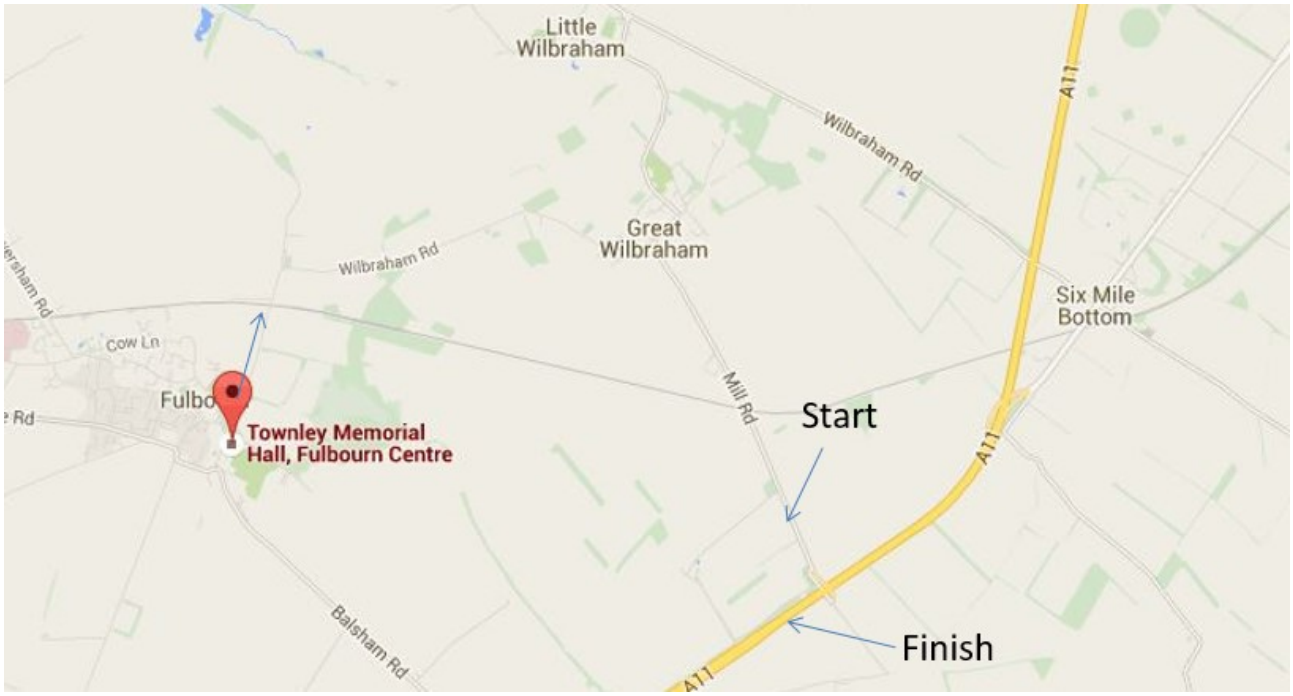
No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
47	2222	Jim	Reed	Colchester Rovers CC	71	East Anglia	14:47
48	4593	Dominic	Whitehead	St Ives CC	61	East Anglia	14:48
49	4357	Robert	Jolliffe	New Forest CC	67	Wessex	14:49
50	3202	David	Rumm	Southborough & Dist. Whs	52	L&HC	14:50
51	2502	Tristan	Davenne	Newbury RC	44		14:51
52	225	Steve	Clarke	TMG Horizon Cycling Team	64	East Anglia	14:52
53	4990	Chris	Hall	Born to Bike - Bridgtown Cycles	64	Manchester & NW	14:53
54	19953	Lee	Heron	Banbury Star Cyclists' Club	42		14:54
55	3702	Richard	Tully	Elite Cycling	42		14:55
56	494	Alan	Crane	Chronos RT	50	L&HC	14:56
57	896	Robert	Golding	Ely & District CC/B&T Motor Repairs	46		14:57
58	1989	Robert	Jones	Cardiff 100 Miles RCC	67	South Wales	14:58
59	24187	Kate	Vergette (W)	Elite Cycling	43		14:59
60	1669	Antony	Brown	Kettering CC	60	East Anglia	15:00
61	6273	James	Rush	CC Sudbury	43		15:01
62	1423	Robert	Bullyment	Catford CC	46	Kent	15:02
63	16047	Ian	Cardy	Chelmer CC	55	East Anglia	15:03
64	962	Tracy	Rowlinson (W)	Lyme Racing Club	54	Manchester & NW	15:04
65	972	Michael	Martin	CC Ashwell	54	East Anglia	15:05
66	23761	Martin	Baumber	Shaftesbury CC	47	East Anglia	15:06
67	3424	Adrian	Hawkins	Thanet RC	50	Kent	15:07
68	4555	Mandy	Bunn (W)	Datalynx-Parenesis Cycling	50	East Anglia	15:08
69	6433	Elspeth	Knott (W)	Colchester Rovers CC	69	East Anglia	15:09
70	3896	Fabien	Large	NOPINZ	17		15:10
71	15637	Jennifer	Millmore (W)	Islington Cycling Club	32		15:11
72	25977	James	Moss	North Road CC	42	L&HC	15:12
73	21256	Helen	Reynolds (W)	Hemel Hempstead CC	54		15:13
74	3544	Katie-ann	Elliston (W)	Southend Wheelers	17		15:14
75	1144	Nick	Morgan	Hitchin Nomads CC	39		15:15
76	540	Jackie	Field (W)	CC Ashwell	54	East Anglia	15:16
77	3612	Claire	Emons (W)	Newbury RC	51	L&HC	15:17
78	29527	Charlotte	Marshall (W)	Royal Navy & Royal Marines CA	27		15:18
79	17267	Karen	Dennett (W)	Bishop's Stortford CC	62	East Anglia	15:19
80	8026	Nik	Allen	Worthing Excelsior CC	48	Surrey & Sussex	15:20
81	3342	David	Hargreaves	North Lancashire Road Club	73	North Lancs & Lakes	15:21
82	14986	Lauren	Kirchel (W)	Chelmer CC	29		15:22
83	3712	Sue	Rust (W)	Kettering CC	56	East Anglia	15:23
84	15614	Mj (gosia)	Cyganowska (W)	Rapha Cycling Club	40	East Anglia	15:24
85	1682	Darran	Bennett	Ely & District CC/B&T Motor Repairs	49	East Anglia	15:25
86	2944	Tony	May	TMG Horizon Cycling Team	62	East Anglia	15:26
87	811	Katja	Rietdorf (W)	Born to Bike - Bridgtown Cycles	48	L&HC	15:27
88	1990	Eva	Zsigoova (W)	...a3crg	34		15:28
89	11646	Gillian	Morgan (W)	Westerley Cycling Club	59	L&HC	15:29
90	280	Alice	Lethbridge (W)	DRAG2ZERO	34		15:30
91	30406	Martin	Bullen	Peterborough CC	67	North Midlands	15:31
92	8971	Geoff	Perry	Born to Bike - Bridgtown Cycles	59	L&HC	15:32
93	14541	Robert	Pisolkar	Shaftesbury CC	61	East Anglia	15:33
94	8003	Simon	Craig-mcfeely	...a3crg	60	Wessex	15:34

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
95	5176	John	Lacey	Hemel Hempstead CC	55	L&HC	15:35
96	5340	Lee	Turner	Sigma Sports	50	East Anglia	15:36
97	1070	Peter	Tibbitts	Ford CC	67	East Anglia	15:37
98	1206	Mike	Boyce	...a3crg	63	Wessex	15:38
99	5155	Sam	Wightman	Chelmer CC	42	East Anglia	15:39
100	6950	Ben	Stowe	Hemel Hempstead CC	29		15:40
101	989	Rory	Havis	Ely & District CC/B&T Motor Repairs	38		15:41
102	334	William	Wallace	CC London	41		15:42
103	961	Jim	Moffatt	CC Luton	62	L&HC	15:43
104	15098	Matt	O'brien	Plomesgate CC	41	East Anglia	15:44
105	227	Iain	Boardman	Dulwich Paragon CC	46	East Anglia	15:45
106	4062	Richard	Harrison	DRAG2ZERO	42	L&HC	15:46
107	99	Henrik	Persson	Kingston Wheelers CC	36		15:47
108	1793	Paul	Jay	Team Velovelocity	43		15:48
109	390	Martin	Reynolds	Cambridge CC	56	East Anglia	15:49
110	3914	David	Harding	Chelmer CC	38		15:50
111	3300	Sean	Hunt	Lincoln Wheelers CC	55	Notts & E.Mids	15:51
112	3034	Rob	Young	Team Vision Racing - Silverhook	45	East Anglia	15:52
113	3984	Peter	Harding	Chelmer CC	38		15:53
114	14881	Ben	Stancombe	Team Velovelocity	30		15:54
115	825	Steven	Cottington	Bath Cycling Club	57	West	15:55
116	15303	John	Wingfield	Team Signum	34		15:56
117	76	Andrew	Grant	Cambridge CC	66	East Anglia	15:57
118	106	Keith	Ainsworth	Sheffrec CC	60	North Midlands	15:58
119	14107	Paul David	Fleming	Preston Whs	54	North Lancs & Lakes	15:59
120	2950	Jonathan	Wears	CES Sport	26		16:00
121	1920	Leon	West	CC Sudbury	41		16:01
122	3874	David	Veitch	Lea Valley CC	35		16:02
123	1681	Jon	Surtees	CES Sport	52		16:03
124	7138	Jason	Bouttell	Team Vision Racing - Silverhook	33		16:04
125	545	Robert	Watson	Cambridge CC	59	East Anglia	16:05
126	4284	Kevin	Tye	VeloRefined.com Aerosmiths	57	Kent	16:06
127	19960	Adam	Fisher	Cambridge CC	37		16:07
128	505	Colin	Ward	Essex Roads CC	42		16:08
129	1103	Alan	Chorley	Seamons CC	48		16:09
130	679	Liam	Maybank	Twickenham CC	47	L&HC	16:10
131	5478	Chris	Jones	Bynea Cycling Club	45	L&HC	16:11
132	1001	Matthew	Smith	DRAG2ZERO	41	East Anglia	16:12

Tandems

No	CTT Nr	Name		Club	Age	VTTA Group	Start Time
134	3155	John	Swanbury	VC Baracchi	72	East Anglia	16:14
	7407	Allistair	Banks		64		
136	1910	John	Iszatt	Team Vision Racing - Silverhook	60	East Anglia	16:16
	4570	Dean	Lubin		50		
138	6533	Simon	Drewett	Fairly United Cycling Team	52	East Anglia	16:18
	2026	Mike	Logue		52		
140	644	Ian	Greenstreet	AeroCoach	55	L&HC	16:20
	229	Rachael	Elliott (W)	Newbury RC	41		
142	1299	Glenn	Taylor	Shorter Rochford RT	51	East Anglia	16:22
	3172	Mark	Arnold	VTTA (East Anglia Group)	45		

HQ – Memorial Hall, Fulbourne Centre, CB21 5BS



The HQ is approx. 4 miles from the start, please allow adequate time, there is plenty of parking spaces at the HQ, however please consider that we have a large entry when parking your vehicle.

Event Secretary: John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT

Email: jgolder66@outlook.com Mobile: 07709 328113