

## EASTERN COUNTIES CYCLING ASSOCIATION



# Start Sheet for Terry Anderson Memorial 10 miles Time Trial



to be held on

**Saturday 10th August 2024**

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

Timekeepers

**Trevor Pedley and Peter Smith**

### Awards

OPEN:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 6th: ECCA Medal.
FEMALES:	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.
<b>Terry Anderson Memorial Award</b>	
For the rider or riders nearest to the event average time	
A.J. Mills Cup and ECCA Boxed Medal	
<b>Only members of ECCA affiliated clubs are eligible for awards</b>	

Event Headquarters

**Westley Waterless Village Hall, CB8 0RG**

**Event Secretary:** Dean Lubin, 223 Huntsman Road, Ilford, Essex, IG6 3SP

Mobile: 07508 427658

Email: [cycledean@outlook.com](mailto:cycledean@outlook.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").

**Do not stop but, keeping to the left, continue towards HQ.**

### 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.

The route between Start and HQ will be signed. Parking is available at and near the Event HQ. 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 exchange your number for a free drink. A tempting supply of cakes will also be available. Make sure you bring some cash.

## Solos

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

**Please notify any improvement in PB to Handicapper ([ttsec@easterncounties.org.uk](mailto:ttsec@easterncounties.org.uk))**

No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
7	14:07	Simon Inman	**OVB	V	TT		21:47
8	14:08	Ann Shuttleworth	Cambridge CC	FV	TT	9:08	23:47
9	14:09	Roger Chappell	API/Anglia Sport	V	TT	11:39	26:28
10	14:10	<b>Matt Steel</b>	<b>**Pronto Bikes</b>	<b>V</b>	<b>TT</b>		<b>19:14</b>
11	14:11	Ian Short	CC Sudbury	V	TT	5:36	20:00
12	14:12	Michael Weaver	**Rockingham Forest Wheelers	V	RB		21:01
13	14:13	Claire Emons	**...a3crg	FV	TT		21:51
14	14:14	Martin Pyne	West Suffolk Wheelers	V	TT	10:34	25:19
15	14:15	<b>Rob Young</b>	<b>Shaftesbury CC</b>	<b>V</b>	<b>TT</b>	<b>5:18</b>	<b>19:40</b>
16	14:16	Simon Hall	**Stourbridge CC	V	TT		20:30
17	14:17	John Dowling	**Hemel Hempstead CC	V	TT		21:43
18	14:18	Mark Ready	Diss & District CC	V	TT	8:19	22:54
19	14:19	Brian Davies	**VC Baracchi	V	TT		31:02
20	14:20	<b>Peter Main</b>	<b>**34 Nomads CC</b>	<b>V</b>	<b>TT</b>		<b>19:27</b>

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
21	14:21	Matthew Peck	Ipswich BC	V	TT	5:45	20:09
22	14:22	Peter Bell	**Welland Valley CC	V	TT		20:58
23	14:23	Mark Welch	**Oxted Cycle Club	V	TT		22:29
24	14:24	Anthony Whale	**Blue Light Cycling Club	V	TT		25:11
<b>25</b>	<b>14:25</b>	<b>Louis Tate-Harris</b>	<b>**Bedfordshire Road RT</b>	<b>S</b>	<b>TT</b>		<b>19:52</b>
26	14:26	Mark Edmonds	Shaftesbury CC	V	TT	6:04	20:29
27	14:27	Richard Mellor	**Team Bottrill	V	RB		21:37
28	14:28	Patrick Charlton	**Wolsey RC	V	TT		23:38
29	14:29	Paul Thomson	**Hemel Hempstead CC	V	TT		26:32
<b>30</b>	<b>14:30</b>	<b>Ben Farrer</b>	<b>**Bedfordshire Road CC</b>	<b>S</b>	<b>TT</b>		<b>19:25</b>
31	14:31	Grant Orsborn	**Bedfordshire Road RT	V	TT		20:07
32	14:32	Michael Martin	CC Ashwell	V	TT	6:29	20:56
33	14:33	Brian Evans	**North Road CC	V	TT		22:28
34	14:34	Peter Walton	**Hertfordshire Whs	V	TT		24:51
<b>35</b>	<b>14:35</b>	<b>Adam Fisher</b>	<b>Cambridge CC</b>	<b>V</b>	<b>TT</b>	<b>5:27</b>	<b>19:50</b>
36	14:36	Glenn Taylor	Shorter Rochford RT	V	TT	6:03	20:28
37	14:37	Jeff Wharton	**Schils - Doltcini RT	V	TT		21:36
38	14:38	Chris Nudds	CC Breckland	V	TT	9:00	23:38
39	14:39	Ivana Prokopova	**North Road CC	FV	TT		25:28
<b>40</b>	<b>14:40</b>	<b>Nic Pillinger</b>	<b>St Neots CC</b>	<b>V</b>	<b>TT</b>	<b>5:00</b>	<b>19:21</b>
41	14:41	Chris Fowler	**RIDE REVOLUTION COACHING	V	TT		20:05
42	14:42	Andy Kennedy	Ipswich BC	V	TT	6:28	20:55
43	14:43	Karen Ayles	**Maldon & District CC	FV	TT		22:26
44	14:44	Robert Bumstead	CC Ashwell	V	TT	9:55	24:37
<b>45</b>	<b>14:45</b>	<b>Matthew Reader</b>	<b>Verulam CC</b>	<b>V</b>	<b>TT</b>	<b>5:26</b>	<b>19:49</b>
46	14:46	Oskar Everett	Lee Valley Youth CC	J	TT	5:52	20:17
47	14:47	Loz Staples	**Spalding CC	V	TT		21:31
48	14:48	Neil Empson	Wisbech Whs	S	TT	8:18	22:53
49	14:49	Lynne Scofield	**Rockingham Forest Wheelers	FV	TT		26:17
<b>50</b>	<b>14:50</b>	<b>Henry Okill</b>	<b>Southend Wheelers</b>	<b>S</b>	<b>TT</b>	<b>4:56</b>	<b>19:17</b>
51	14:51	Alan Spurden	**Army Cycling	V	TT		20:05
52	14:52	Thomas Pfeiffer	**Dulwich Paragon CC	V	TT		20:48
53	14:53	Chris Dyason	Cambridge CC	V	TT	7:43	22:16
54	14:54	Hilary Briggs	**Serpentine Running Club	FV	TT		24:34
<b>55</b>	<b>14:55</b>	<b>Richard Evans</b>	<b>Shaftesbury CC</b>	<b>V</b>	<b>TT</b>	<b>5:24</b>	<b>19:47</b>
56	14:56	Mark Woolford	**ZeroBC Race Team	V	TT		20:21
57	14:57	Stephen Murphy	Shaftesbury CC	V	TT	6:49	21:18
58	14:58	Joy Payne	**VTTA (London & Home Counties)	FV	TT		23:15
59	14:59	Bob Brabbins	**VTTA West Group	V	TT		26:16
<b>60</b>	<b>15:00</b>	<b>Adam Williams</b>	<b>St Neots CC</b>	<b>S</b>	<b>TT</b>	<b>5:06</b>	<b>19:27</b>
61	15:01	Ross Harper	Verulam CC	S	TT	5:39	20:03
62	15:02	Colin Parkinson	**South Western Road Club	V	TT		20:48
63	15:03	Mick Stevens	**Melton Olympic CC	V	TT		22:06
64	15:04	Chris Womack	**VC Baracchi	V	TT		24:33
<b>65</b>	<b>15:05</b>	<b>Mark Arnold</b>	<b>API/Anglia Sport</b>	<b>V</b>	<b>TT</b>	<b>5:22</b>	<b>19:45</b>
66	15:06	Adam Wells	**Rockingham Forest Wheelers	S	TT		20:21
67	15:07	Stan Nwaka	**Verulam Really Moving	V	TT		21:28
68	15:08	Deborah Coyle	Shaftesbury CC	FV	TT	8:34	23:10
69	15:09	Richard Webster	**Green Arrow CRT	V	TT		
<b>70</b>	<b>15:10</b>	<b>Stuart Hourigan</b>	<b>**VeloRefined Rule 5</b>	<b>V</b>	<b>TT</b>		<b>19:10</b>

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
71	15:11	Phillip Tyas	**Barnsley Road Club	V	TT		20:02
72	15:12	Jez Willows	**Sherwood CC	V	TT		20:43
73	15:13	Frances Lammyman	**RIDE REVOLUTION COACHING	FS	TT		22:02
74	15:14	Mary Twitchett	Cambridge CC	FV	TT	9:51	24:33
<b>75</b>	<b>15:15</b>	<b>Oswin Grady</b>	<b>**Bedfordshire Road RT</b>	<b>V</b>	<b>TT</b>		<b>19:59</b>
76	15:16	Philip Wilkinson	**Rockingham Forest Wheelers	V	TT		20:20
77	15:17	Ed Watson	**Ratae RC	V	TT		21:17
78	15:18	Claire Lee	Shaftesbury CC	FV	TT	9:19	23:58
79	15:19	Julian Scutter	**East Grinstead CC	V	TT		25:52
<b>80</b>	<b>15:20</b>	<b>Matt O'Brien</b>	<b>Loose Cannon's Conditioning</b>	<b>V</b>	<b>TT</b>	<b>4:43</b>	<b>19:03</b>
81	15:21	David Clark	**Eastbourne Rovers CC	V	TT		20:02
82	15:22	James Conolly	Stevenage CC	S	TT	6:17	20:43
83	15:23	Chris Smith	Hart Performance Coaching	V	TT	7:28	21:59
84	15:24	Chris Ward	**WardPerformanceUK.com	V	TT		24:20
<b>85</b>	<b>15:25</b>	<b>Nicholas Knight</b>	<b>Hart Performance Coaching</b>	<b>V</b>	<b>TT</b>	<b>5:15</b>	<b>19:37</b>
86	15:26	Robert Watson	Cambridge CC	V	TT	5:54	20:19
87	15:27	Geoff Reynolds	**Hemel Hempstead CC	V	TT		21:12
88	15:28	Jason Everett	**Stowmarket & District CC	V	TT		23:38
89	15:29	Alex Carrannante	Redbridge CC	J	TT	10:58	25:44
<b>90</b>	<b>15:30</b>	<b>Samuel Thienel</b>	<b>Elysium Kalas Race Team</b>	<b>S</b>	<b>TT</b>	<b>4:43</b>	<b>19:03</b>
91	15:31	Terry Garlinge	Easterley Road Club	V	TT	5:37	20:01
92	15:32	Gary Pamment	CC Sudbury	V	TT	6:16	20:42
93	15:33	Tom Cosgrove	**VTTA (London & Home Counties)	V	TT		21:56
94	15:34	Mike Sirett	**Welland Valley CC	V	TT		24:17
<b>95</b>	<b>15:35</b>	<b>Andy Thomas</b>	<b>**Lindsey Roads Cycling Club</b>	<b>V</b>	<b>TT</b>		<b>19:37</b>
96	15:36	Thomas Carroll	CC Breckland	V	TT	5:54	20:19
97	15:37	Deborah Beare	Icknield RC	FV	TT	6:40	21:08
98	15:38	Julia Freeman	Easterley Road Club	FV	TT	8:13	22:48
99	15:39	Shay Giles	**Thanet RC	V	TT		25:29
<b>100</b>	<b>15:40</b>	<b>Kevin Tye</b>	<b>**VeloRefined Rule 5</b>	<b>V</b>	<b>TT</b>		<b>19:04</b>
101	15:41	Murat Ozdenya	Team Vision Racing - Silverhook	V	TT	5:36	20:00
102	15:42	John Manlow	Ely & District CC/B&T Motor Repairs	V	TT	6:06	20:32
103	15:43	Roger Porter	Verulam CC	V	TT	7:23	21:54
104	15:44	Mark Thurlow	Shaftesbury CC	V	RB	9:35	24:16
<b>105</b>	<b>15:45</b>	<b>Keith Lea</b>	<b>**Paceline RT</b>	<b>V</b>	<b>TT</b>		<b>19:32</b>
106	15:46	Mathew Lister	**Thanet RC	V	TT		20:21
107	15:47	Hans Nilsson	London Phoenix CC	V	TT	6:40	21:08
108	15:48	Peter Noble	Ely & District CC/B&T Motor Repairs	V	TT	8:10	22:45
109	15:49	Lauren Harding	Chelmer CC	FS	TT	10:43	25:28
<b>110</b>	<b>15:50</b>	<b>Mark Jones</b>	<b>**DRAG2ZERO</b>	<b>V</b>	<b>TT</b>		<b>18:59</b>
111	15:51	Jack Eastman-Nye	**George Fox Cycling Solutions	S	TT		20:12
112	15:52	Kevin Wood	**Sherwood CC	V	TT		20:31
113	15:53	Martin Simmons	CC Breckland	V	TT	9:29	24:09
114	15:54	Andrew Porter	**Welwyn Whs	V	TT		26:13
<b>115</b>	<b>15:55</b>	<b>Richard Harrison</b>	<b>**DRAG2ZERO</b>	<b>V</b>	<b>TT</b>		<b>19:32</b>
116	15:56	Rob Fletcher	**Equipe Velo	V	TT		20:16
117	15:57	Ian Cardy	Chelmer CC	V	TT	6:37	21:05
118	15:58	Susan Triplow	CC Sudbury	FV	TT	8:09	22:43
119	15:59	Steve Clarke	**TMG Horizon Cycling Team	V	TT		22:39
<b>120</b>	<b>16:00</b>	<b>Liam Maybank</b>	<b>**Twickenham CC</b>	<b>V</b>	<b>TT</b>		<b>18:30</b>