

EASTERN COUNTIES



CYCLING ASSOCIATION

# 10 miles Time Trials

for Solos and Tandems

to be held on

**Saturday 10th September 2022**

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

Timekeepers

Michael Keen & Frida Wezel

## Awards

|   |          |   |
|---|----------|---|
| Event 1   | MEN      | 1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd: ECCA Medal.        |
|   | WOMEN    | 1st: Boxed Medal. 2nd: ECCA Gilt Medal                          |
| Event 2   | MEN      | 1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 4th: ECCA Medal. |
| Combined Events   | 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

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

Mobile: 07508 427658

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

## 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, 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, the Clinic has kindly agreed to allow a field near the entrance to be used for extra parking area. This 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.

Results will be displayed at the HQ so don't approach the Timekeepers.  
 You will be able to get free drinks once you've signed out and an excellent selection of cakes  
 will be available at a cost of £1.00. Don't forget to bring some change.

Please note that some riders have been moved between events  
 either they were too fast for the "Slower than 21:00" event or because of requests for early or late starts.

| Solos - Event 1  |              |                         |   |           |             |              |
|--|--------------|-------------------------|---|-----------|-------------|--------------|
| No   | Start        | Name                    | Club/Team                                   | Cat       | Hcap        | PB           |
| 1  | 14:01        | Anthony Whale           | Harlow CC                                   | V         | 10:21       | 25:05        |
| 2  | 14:02        | John Watson             | Hitchin Nomads CC                           | V         | 7:50        | 22:23        |
| 3  | 14:03        | Ann Shuttleworth        | Cambridge CC                                | WV        | 8:53        | 23:31        |
| 4  | 14:04        | Robert Jones            | **Cardiff 100 Miles RCC                     | V         |             | 25:05        |
| <b>5</b>   | <b>14:05</b> | <b>Jamie Watson</b>     | <b>**Wahoo Endurance Zone p/b Le Col</b>    | <b>V</b>  |             | <b>21:40</b> |
| 6  | 14:06        | Richard Mellor          | **Team Bottrill                             | V         |             | 21:57        |
| 7  | 14:07        | Gary Jackson            | Shaftesbury CC                              | V         | 7:47        | 22:20        |
| 8  | 14:08        | Andrew Bright           | **Chronos RT                                | V         |             | 22:54        |
| 9  | 14:09        | Denese Hallahan         | Wisbech Whs                                 | WV        | 13:43       | 28:41        |
| <b>10</b>  | <b>14:10</b> | <b>Ian Short</b>        | <b>Team Salesengine.co.uk</b>               | <b>V</b>  | <b>5:48</b> | <b>20:12</b> |
| 11   | 14:11        | Steve Burrows           | **Vive Le Velo                              | V         |             | 21:50        |
| 12   | 14:12        | Julia Freeman           | Easterley Road Club                         | WV        | 8:06        | 22:40        |
| 13   | 14:13        | Roger Sewell            | Wisbech Whs                                 | V         | 8:21        | 22:56        |
| 14   | 14:14        | Brian Martin            | Ciclos Uno                                  | V         | 10:33       | 25:18        |
| <b>15</b>  | <b>14:15</b> | <b>Stephen Murphy</b>   | <b>Shaftesbury CC</b>                       | <b>V</b>  | <b>6:49</b> | <b>21:18</b> |
| 16   | 14:16        | Michael Allen           | **Team Jewson - MI Racing ~Poly Pipe~McCann | V         |             | 22:07        |
| 17   | 14:17        | Susan Triplow           | CC Sudbury                                  | WV        | 8:17        | 22:52        |
| 18   | 14:18        | Stephen Watson          | **Hertfordshire Whs                         | V         |             | 24:22        |
| 19   | 14:19        | John Hassall            | **Bossard Whs                               | V         |             | 26:43        |
| <b>20</b>  | <b>14:20</b> | <b>Richard Harrison</b> | <b>**DRAGZERO</b>                           | <b>V</b>  |             | <b>19:32</b> |
| 21   | 14:21        | Philip Jones            | Peterborough CC                             | V         | 7:18        | 21:49        |
| 22   | 14:22        | Joe Empson              | Anglia Velo                                 | V         | *           |              |
| 23   | 14:23        | Andrew Merchant         | Southend Wheelers                           | V         | 8:38        | 23:15        |
| 24   | 14:24        | Michael Fry             | Glendene CC                                 | V         | 10:26       | 25:10        |
| <b>25</b>  | <b>14:25</b> | <b>Simon Inman</b>      | <b>**OVB</b>                                | <b>V</b>  |             | <b>21:16</b> |
| 26   | 14:26        | Gerrard Rafferty        | Bedfordshire Road CC                        | V         | 7:28        | 21:59        |
| 27   | 14:27        | Ian Aunger              | Fenland Clarion CC                          | V         | 8:16        | 22:51        |
| 28   | 14:28        | Sandra Burrows          | **Vive Le Velo                              | WV        |             | 24:20        |
| 29   | 14:29        | Andrew Porter           | Welwyn Whs                                  | V         | 11:25       | 26:13        |
| <b>30</b>  | <b>14:30</b> | <b>Neil Empson</b>      | <b>Wisbech Whs</b>                          | <b>S</b>  | <b>6:40</b> | <b>21:08</b> |
| 31   | 14:31        | Martin Bullen           | Peterborough CC                             | V         | 7:17        | 21:48        |
| 32   | 14:32        | Karen Aylen             | Maldon & District CC                        | WV        | 7:53        | 22:26        |
| 33   | 14:33        | Phil Laing              | Lea Valley CC                               | V         | 8:30        | 23:06        |
| 34   | 14:34        | Roger Chappell          | Team Vision Racing - Silverhook             | V         | 11:06       | 25:53        |
| <b>35</b>  | <b>14:35</b> | <b>Lee Turner</b>       | <b>**Arctic Aircon RT</b>                   | <b>V</b>  |             | <b>21:15</b> |
| 36   | 14:36        | Kirsty McSeveney        | **...a3crg                                  | WV        |             | 21:53        |
| 37   | 14:37        | Rob Moore               | Shaftesbury CC                              | V         | 7:26        | 21:57        |
| 38   | 14:38        | Shay Giles              | VC Elan - Harry Perry Cycles                | V         | 9:20        | 24:00        |
| 39   | 14:39        | Martin Meades           | Ciclos Uno                                  | V         | 9:37        | 24:18        |
| <b>40</b>  | <b>14:40</b> | <b>Louise Robinson</b>  | <b>Essex Roads CC</b>                       | <b>WV</b> | <b>6:43</b> | <b>21:11</b> |
| 41   | 14:41        | John Saysell            | **North Road CC                             | V         |             | 21:41        |
| 42   | 14:42        | Daryl Stroud            | **Gloucester City Cycling Club              | V         |             | 21:51        |
| 43   | 14:43        | John Iszatt             | Team Vision Racing - Silverhook             | V         | 7:47        | 22:20        |
| 44   | 14:44        | Will Trevor             | **Jem Hadar Racing                          | J         |             | 23:43        |
| <b>45</b>  | <b>14:45</b> | <b>Lauren Kirchel</b>   | <b>Chelmer CC</b>                           | <b>W</b>  | <b>6:42</b> | <b>21:10</b> |
| ** = Club not affiliated to ECCA. Rider(s) not eligible for awards |              |                         |   |           |             |              |

| Tandem  |       |                              |                            |       |       |
|---|-------|------------------------------|----------------------------|-------|-------|
| No  | Start | Name                         | Club                       | Cat   | PB    |
| 46  | 14:01 | Mark Arnold & Russell Arnold | **VTTA (East Anglia Group) | V / V | 21:04 |
| <b>** = Club not affiliated to ECCA. Riders not eligible for awards</b> |       |                              |                            |       |       |

| Solos - Event 2 |              |                             |                                     |          |             |              |
|-----------------|--------------|-----------------------------|-------------------------------------|----------|-------------|--------------|
| No              | Start        | Name                        | Club/Team                           | Cat      | Hcap        | PB           |
| 47              | 14:47        | Luca Morrone                | **Regents Park Rouleurs             | S        |             | 20:00        |
| 48              | 14:48        | Dan Jenkins                 | Southend Wheelers                   | V        | 6:04        | 20:29        |
| 49              | 14:49        | Murat Ozdenya               | Team Vision Racing - Silverhook     | V        | 6:27        | 20:54        |
| <b>50</b>       | <b>14:50</b> | <b>Ryan Witchell</b>        | <b>Team Salesengine.co.uk</b>       | <b>S</b> | <b>4:42</b> | <b>19:02</b> |
| 51              | 14:51        | Paul Schofield              | Ely & District CC/B&T Motor Repairs | V        | 5:18        | 19:40        |
| 52              | 14:52        | Thomas Carroll              | CC Breckland                        | V        | 5:54        | 20:19        |
| 53              | 14:53        | Craig Chappell              | Team Vision Racing - Silverhook     | V        | 6:09        | 20:35        |
| 54              | 14:54        | Colin Currie                | Ely & District CC/B&T Motor Repairs | S        | 6:51        | 21:20        |
| <b>55</b>       | <b>14:55</b> | <b>Nic Pillinger</b>        | <b>St Neots CC</b>                  | <b>V</b> | <b>5:10</b> | <b>19:32</b> |
| 56              | 14:56        | Andrew Grant                | Cambridge CC                        | V        | 5:44        | 20:08        |
| 57              | 14:57        | Tom Houghton                | **Team TMC                          | V        |             | 20:32        |
| 58              | 14:58        | Gary Record                 | West Kent RC                        | S        | 6:24        | 20:51        |
| 59              | 14:59        | Claire Emons                | **...a3crg                          | WV       |             | 21:36        |
| <b>60</b>       | <b>15:00</b> | <b>Piotr Zulawski</b>       | <b>**Didcot Phoenix CC</b>          | <b>S</b> |             | <b>18:57</b> |
| 61              | 15:01        | Kevin Hobbs                 | Peterborough CC                     | V        | 5:21        | 19:43        |
| 62              | 15:02        | Simon Butteriss             | Ely & District CC/B&T Motor Repairs | V        | 5:34        | 19:57        |
| 63              | 15:03        | Michael Martin              | CC Ashwell                          | V        | 6:15        | 20:41        |
| 64              | 15:04        | Tom Wade                    | **Cambridge University CC           | S        |             | 21:15        |
| <b>65</b>       | <b>15:05</b> | <b>Samuel Thienel</b>       | <b>Hart Performance Coaching</b>    | <b>S</b> | <b>5:03</b> | <b>19:24</b> |
| 66              | 15:06        | Terry Garlinge              | Easterley Road Club                 | V        | 5:40        | 20:04        |
| 67              | 15:07        | Chris Ward                  | **Spalding CC                       | V        |             | 20:33        |
| 68              | 15:08        | Stephen Knight              | **Wakefield Triathlon Club          | V        |             | 20:48        |
| 69              | 15:09        | Marc Robertson              | **Barnsley Road Club                | V        |             | 21:58        |
| <b>70</b>       | <b>15:10</b> | <b>Adam Bidwell</b>         | <b>**Kingston Wheelers CC</b>       | <b>V</b> |             | <b>18:50</b> |
| 71              | 15:11        | Stuart Hourigan             | **VeloRefined Rule 5                | V        |             | 19:37        |
| 72              | 15:12        | Richard O'Rourke            | Team Vision Racing - Silverhook     | V        | 5:47        | 20:11        |
| 73              | 15:13        | Antony Bee                  | **Wigmore CC                        | V        |             | 20:35        |
| 74              | 15:14        | Neil Palmer                 | **Spalding CC                       | V        |             | 21:11        |
| <b>75</b>       | <b>15:15</b> | <b>Paul Jay</b>             | <b>**DRAG2ZERO</b>                  | <b>V</b> |             | <b>19:19</b> |
| 76              | 15:16        | Ian Guilor                  | **Mapperley CC                      | V        |             | 20:00        |
| 77              | 15:17        | Oliver Cozens               | Norwich A B C                       | S        | 5:49        | 20:13        |
| 78              | 15:18        | Stephen Wilkinson           | **TWB - On Time Race Team           | V        |             | 20:25        |
| 79              | 15:19        | James Lawler                | Bedfordshire Road RT                | V        | 6:24        | 20:51        |
| <b>80</b>       | <b>15:20</b> | <b>Paul Pardoe</b>          | <b>Peterborough CC</b>              | <b>V</b> | <b>4:15</b> | <b>18:33</b> |
| 81              | 15:21        | Keith Lea                   | **Paceline RT                       | V        |             | 19:37        |
| 82              | 15:22        | Matthew Saunders            | Team Vision Racing - Silverhook     | V        | 5:45        | 20:09        |
| 83              | 15:23        | Adam Hardy                  | Crest CC                            | V        | 6:09        | 20:35        |
| 84              | 15:24        | Geoff Fletcher              | Shaftesbury CC                      | V        | 10:29       | 25:13        |
| <b>85</b>       | <b>15:25</b> | <b>Nick Partridge</b>       | <b>**VC Baracchi</b>                | <b>V</b> |             | <b>19:18</b> |
| 86              | 15:26        | Colin Parkinson             | **South Western Road Club           | V        |             | 19:58        |
| 87              | 15:27        | Mark Woolford               | **ZeroBC Race Team                  | V        |             | 20:25        |
| 88              | 15:28        | Adam Williams               | St Neots CC                         | S        | 6:20        | 20:47        |
| 89              | 15:29        | Jymmy Trevor                | **Jem Hadar Racing                  | V        |             | 21:21        |
| <b>90</b>       | <b>15:30</b> | <b>Oscar Nilsson-Julien</b> | <b>**Team Inspired</b>              | <b>E</b> |             | <b>18:25</b> |

## Solos - Event 2

| No         | Start        | Name                  | Club/Team                           | Cat      | Hcap        | PB           |
|------------|--------------|-----------------------|-------------------------------------|----------|-------------|--------------|
| 91         | 15:31        | Darran Bennett        | Ely & District CC/B&T Motor Repairs | V        | 5:12        | 19:34        |
| 92         | 15:32        | Stuart Supple         | **VC Baracchi                       | V        |             | 20:08        |
| 93         | 15:33        | Phillip Tyas          | **Barnsley Road Club                | V        |             | 20:43        |
| 94         | 15:34        | Oskar Everett         | Orwell Velo                         | B        | 6:50        | 21:19        |
| <b>95</b>  | <b>15:35</b> | <b>Liam Maybank</b>   | <b>Twickenham CC</b>                | <b>V</b> | <b>4:42</b> | <b>19:02</b> |
| 96         | 15:36        | Tim Phillips          | **Team Catenary                     | V        |             | 19:56        |
| 97         | 15:37        | Matthew Peck          | Ipswich BC                          | V        | 5:56        | 20:21        |
| 98         | 15:38        | Graham Rudd           | API-Metrow                          | V        | 6:19        | 20:46        |
| 99         | 15:39        | Dominic Righini-Brand | **Sleaford Wheelers Cycling Club    | S        |             | 20:56        |
| <b>100</b> | <b>15:40</b> | <b>James Jenkins</b>  | <b>**Richardsons-Trek RT</b>        | <b>S</b> |             | <b>18:19</b> |

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