

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 F2/30 – SATURDAY 1st May – STARTS AT 14:01

**HQ is Caldecote Village Hall, Furlong Way, Caldecote, Cambridge, CB23 7ZH.
NO parking on the residential streets by the HQ – plenty of parking on St Neots Road.**

Course Description: Start at paint mark about 25 yards short of expansion joint in road surface of bridge where St Neots Road crosses over A428 dual carriageway just east of Highfields Caldecote. Proceed eastwards straight over (1st exit) Caldecote RAB to Hardwick RAB where sharp left, 1st exit onto A428 westbound. Pass Cambourne junction to TURN (5.4 miles) at Caxton Gibbet RAB and retrace A428 eastbound passing Cambourne junction to exit at slip to Hardwick RAB where take 3rd exit to cross over A428 to second RAB where take 3rd exit to A428 westbound on second lap to TURN (14.7 miles) at Caxton Gibbet RAB, then repeat via Hardwick onto third lap to TURN (24.1 miles) at Caxton Gibbet RAB and retrace A428 eastbound but DO NOT exit at slip to Hardwick but continue to next junction and exit at slip to Madingley RAB (Cambridge) where FINISH on slip road by 'bend' sign.

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 the 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. **Normal numbers will be situated at the HQ sign in before and sign out after you have finished.**
4. **No warming-up by competitors is allowed along any part of the course once the event has started.**
5. **NO riders allowed in the start area more than 3 min before starting & no more than 3 at any one time.**

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARDSHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD

YOU MUST HAVE A REAR FACING RED LIGHT FITTED TO YOUR MACHINE

NO LIGHT, NO RIDE.

COVID19 REGULATIONS

CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”. If you haven’t already read them, please download them from the CTT website and read them carefully. However, the following points plus other instructions are of importance so are repeated here.

Competitors should not attend if they feel ill in **ANY** way especially if they or family members have any Covid19 symptoms.

AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED AT THE HQ, AT PARKING AREAS AND AT THE START.

Event Headquarters are at the Caldecote village hall. The HQ will be open at 12.30pm. Please park sensibly and avoid blocking pathways by not parking on the verges, there is plenty of parking in St Neots Road.

NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ. Separate Toilet facilities are available for men and women but only one person at a time is allowed in the respective room, a steward will direct.

Signing on and out will be at the HQ as instructed by the steward on the day.

Riders should bring their own pen for signing in and out, normal numbers will be laid out individually and riders should only handle their own number, if they haven’t brought their own pins, there will be some available.

When finished place number in plastic container next to the sign on/out desk, please do not take your number home.

No more than **THREE** riders are allowed to queue at the start, so time your arrival accordingly. There will be no pusher-off, any clothing, bottles, etc, left at the start will **NOT** be returned to the HQ.

On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.

There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed. **DO NOT APPROACH THE TIMEKEEPERS.**

Timekeepers: Ian Taylor, Adrian Gower, Tim & Becki Groves

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

Email: jgolder66@outlook.com Mobile: 07709 328113

AWARDS

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

2nd fastest £25 3rd fastest £20

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

Men's age categories awarded on fastest - £15 each

18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

Women's age categories awarded on fastest - £15 each

18-29 34-39 40-47 50-54 55-59

Fastest tandem £40 2nd fastest £30

Fastest club team of 3 £15 each

East Anglian VTTA awards (VTTA members only)

East Anglian VTTA medals for

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

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

The H.F.Nevill 30mile cup

Awarded to the best East Anglian VTTA Group member on standard

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

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

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

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

JUNIOR WOMANS COMPETITION RECORD – KATIE ELLISTON 1:17:16 (2019)

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

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

MEN'S TRIKE TEAM COMPETITION RECORD – LINCOLN WHLS CC 3:29:47 (2018)

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

MIXED TANDEM COMP RECORD – RACHAEL ELLIOT & IAN GREENSTREET 56:54 (2019)

Solo's

No	CTT Nr	Name	Club	Cat	Age	Vets Std	VTTA Group	Start Time
1	29038	Donna Hayman	Newmarket Cycling & Tri Club	WV	53			14:01
2	37988	Robert Hagger	Chelmer CC	V	61			14:02
3	4531	Richard Mellor	Team Bottrill	V	52	1:22:24	East Anglia	14:03
4	8688	Lauren Pike	Lincoln Wheelers CC	W	26			14:04
5	3983	Peter Horsnell	Chelmer CC	V	91	1:52:37	East Anglia	14:05
6	10709	Su-Anne Bullock	Icknield RC	WV	41			14:06
7	29146	James Chalklen	Eagle Road Club	J	18			14:07
8	11646	Gillian Morgan	Westerley Cycling Club	WV	60	1:33:10	L&HC	14:08
9	9872	Bethany Spencer	Kettering CC	WJ	18			14:09
10	11198	Matt Prince	Icknield RC	V	63			14:10
11	19591	Francesca Chilvers	Maldon & District CC	W	34			14:11
12	23993	Wayne Marks	Tri-Anglia Triathlon Club	V	50	1:21:51	East Anglia	14:12
13	22986	Jennie Page	Southend Wheelers	WV	42	1:27:28	East Anglia	14:13
14	5769	John Hassall	Bossard Whs	V	75	1:32:58	L&HC	14:14
15	36012	Sophie Walker Meers	Ely & District CC	W	30			14:15
16	2321	Susan Sanders	Drighlington BC	WV	47	1:28:46	Yorkshire	14:16
17	19178	Kerry Tate	Newmarket Cycling & Tri Club	W	39			14:17
18	32796	Oliver Moseley	Cambridge University CC	S	26			14:18
19	33407	John Leeming	Velo Club Long Eaton	V	72	1:30:55	Notts & E.Mids	14:19
20	10348	Judy Reid	Icknield RC	WV	61	1:33:35	L&HC	14:20
21	2328	Lisa Hurrell	Maldon & District CC	WV	40	1:26:59	East Anglia	14:21
22	152	Phil Wright	Hartlepool CC	V	66	1:27:35	North	14:22
23	15739	Rebekah Nash	Will Houghton RT	W	23			14:23
24	7819	John J Murphy	Gloucester City CC	V	81			14:24
25	4237	Andrew Gibson	Gravesend CC	V	52	1:22:24	Kent	14:25
26	4593	Dominic Whitehead	Cambridge CC	V	62	1:25:48	East Anglia	14:26
27	23772	Paul Wright	Army Cycling	V	53	1:22:41	East Anglia	14:27
28	8047	Joy Payne	High Wycombe CC	WV	64	1:35:00	L&HC	14:28
29	1442	Noel Toone	Kettering CC	V	60			14:29
30	30074	Stuart Supple	VC Baracchi	V	45	1:20:37	East Anglia	14:30
31	23870	Chris Penn	Leighton Buzzard Tri Club	V	42			14:31
32	1792	Gary Hunt	Hartlepool CC	V	58	1:24:17	North	14:32
33	14541	Robert Pisolkar	Shaftesbury CC	V	62	1:25:48	East Anglia	14:33
34	1768	Sean Sanders	Drighlington BC	V	50	1:21:51	Yorkshire	14:34
35	27805	Carl Chapman	GS Invicta	V	50			14:35
36	1291	Susan Triplow	CC Sudbury	WV	54	1:30:53	East Anglia	14:36
37	27767	Dave Mason [Trike]	Lincoln Wheelers CC	V	47			14:37
38	20118	Deborah Beare	Icknield RC	W	38			14:38
39	14866	Hugh Williams	Spartan	V	53	1:22:41	East Anglia	14:39
40	4334	Bob Quarton	Wolsey RC	V	67	1:28:04	East Anglia	14:40
41	3941	Cliff Voller	Newbury RC	V	70	1:29:42	West	14:41
42	1230	Graham Hurrell	Basildon CC	V	61	1:25:24	East Anglia	14:42
43	14250	Sean O'Sullivan	Eagle Road Club	S	24			14:43
44	5217	Andrew Turnock	Finsbury Park CC	V	50			14:44
45	1389	Virginia McGee	Charlotteville CC	WV	57	1:31:58	Wessex	14:45
46	22580	Kim Barfoot-Brace	Bath Cycling Club	WV	40	1:26:59	West	14:46
47	10631	Loz Staples	Velo-One Cycling Team	V	47			14:47

No	CTT Nr	Name	Club	Cat	Age	Vets Std	VTTA Group	Start Time
48	8646	Shay Giles	VC Elan	V	76	1:33:44	Kent	14:48
49	22691	Andy Newham (Trike)	Lincoln Wheelers CC	V	48	1:27:19	North Mids	14:49
50	4373	Carmelo Luggeri	CC Ashwell	V	64	1:26:39	East Anglia	14:50
51	419	Richard Moule	Bossard Whs	V	64	1:26:39	L&HC	14:51
52	1058	Paul Looke	Shaftesbury CC	V	54	1:22:59	East Anglia	14:52
53	5793	Mark Howard	Eagle Road Club	S	36			14:53
54	19747	Ian Pike (Trike)	Lincoln Wheelers CC	V	53	1:28:48	Notts & E.Mids	14:54
55	19348	Patrick Ellerbeck	St Neots CC	V	66	1:27:35	East Anglia	14:55
56	245	Jason Turner	Norwich A B C	V	50	1:21:51	East Anglia	14:56
57	6003	Chanel Mason	Storey Racing	WV	40			14:57
58	196	Nick Hickman	Team Salesengine.co.uk	V	54	1:22:59	East Anglia	14:58
59	3199	Roger Porter	Verulam CC	V	74	1:32:15	L&HC	14:59
60	225	Steve Clarke	TMG Horizon Cycling Team	V	66	1:27:35	East Anglia	15:00
61	3612	Claire Emons	Newbury RC	WV	52	1:30:14	L&HC	15:01
62	3	Chris Dyason	Cambridge CC	V	73	1:31:34	East Anglia	15:02
63	17341	Rob Cheetham	Shaftesbury CC	S	37			15:03
64	14152	Philip Waring	VTTA (East Anglia Group)	V	52	1:22:24	East Anglia	15:04
65	11896	Jez Willows	Sherwood CC	V	55	1:23:18	Notts & E.Mids	15:05
66	20727	Bryan Long	VTTA (East Anglia Group)	V	55	1:23:18	East Anglia	15:06
67	26431	Peter Richards	Icknield RC	V	57	1:23:57	L&HC	15:07
68	16047	Ian Cardy	Chelmer CC	V	57	1:23:57	East Anglia	15:08
69	36712	Jonathan Brown	Total Tri Training	S	36			15:09
70	1213	Scott Beard	Shaftesbury CC	V	47	1:21:06	East Anglia	15:10
71	2685	John Manlow	Ely & District CC	V	52	1:22:24	East Anglia	15:11
72	1281	Adrian Gorham	Kettering CC	V	58	1:24:17	East Anglia	15:12
73	8812	John Martin	Elmsall Road Club	V	59	1:24:38	North Mids	15:13
74	544	Ian Braybrook	Basildon CC	V	46	1:20:51	East Anglia	15:14
75	972	Michael Martin	CC Ashwell	V	56	1:23:37	East Anglia	15:15
76	266	Chris Lea	Buxton CC	V	58	1:24:17	North Mids	15:16
77	2501	Grant Orsborn	Bedfordshire Road RT	V	60	1:25:01	East Anglia	15:17
78	540	Jackie Field	CC Ashwell	WV	56	1:31:35	East Anglia	15:18
79	7419	Matt Yardley	Macclesfield Wheelers	V	51	1:22:08	Manchester	15:19
80	1434	Leon Marshall	Royal Navy & Marines CA	V	41			15:20
81	2733	Andrew Halliday	Westerley Cycling Club	V	49	1:21:36	L&HC	15:21
82	5795	Daniel Ryan	North Road CC	S	37			15:22
83	211	Colin Lizieri	Cambridge CC	V	65	1:27:06	East Anglia	15:23
84	18164	Edwin Kaye	Alford Whs	V	50			15:24
85	5340	Lee Turner	Arctic Aircon RT	V	52	1:22:24	East Anglia	15:25
86	715	Colin Parkinson	South Western Road Club	V	59	1:24:38	Notts & E.Mids	15:26
87	7248	Alister Campbell	Eagle Road Club	V	43	1:20:10	East Anglia	15:27
88	22969	Simon Elkington	St Neots CC	V	50	1:21:51	East Anglia	15:28
89	896	Robert Golding	Ely & District CC	V	47	1:21:06	East Anglia	15:29
90	19128	Mark Hamer	Stratford Cycling Club	V	46	1:20:51	Midlands	15:30
91	18156	Mark Atkinson	Alford Whs	S	33			15:31
92	22	Paul Deen	Epsom CC	V	50	1:21:51	Surrey/Sussex	15:32
93	11664	Timothy Chilvers	Maldon & District CC	S	33			15:33
94	2988	John Bradbury	CC Sudbury	V	50	1:21:51	East Anglia	15:34
95	12593	James Sale	Eagle Road Club	S	34			15:35
96	3512	Matthew Reader	Verulam CC	V	51	1:22:08	L&HC	15:36

No	CTT Nr	Name	Club	Cat	Age	Vets Std	VTTA Group	Start Time
97	5376	Angela Carpenter	...a3crg	WV	52	1:30:14	Wessex	15:37
98	961	Jim Moffatt	CC Luton	V	64	1:26:39	L&HC	15:38
99	545	Robert Watson	Cambridge CC	V	60	1:25:01	East Anglia	15:39
100	1669	Antony Brown	George Fox Cycling Solutions	V	61	1:25:24	East Anglia	15:40
101	227	Iain Boardman	Dulwich Paragon CC	V	47	1:21:06	East Anglia	15:41
102	2912	Rob Walker	AeroLab Ward WheelZ	S	23			15:42
103	390	Martin Reynolds	Cambridge CC	V	58	1:24:17	East Anglia	15:43
104	279	Mark Ellis	Mercedes AMG Petronas CC	V	56	1:23:37	East Anglia	15:44
105	10358	Matthew Saward	Athlon CC	S	33			15:45
106	242	Dave Green	CC Breckland	V	57	1:23:57	East Anglia	15:46
107	3984	Peter Harding	Chelmer CC	V	40	1:19:30	East Anglia	15:47
108	4344	Luke Clarke	TMG Horizon Cycling Team	S	32			15:48
109	5563	Nic Pillinger	Team Secret Squirrel	V	43	1:20:10	East Anglia	15:49
110	1682	Darran Bennett	Ely & District CC	V	51	1:22:08	East Anglia	15:50
111	3034	Rob Young	Team Vision Racing	V	47	1:21:06	East Anglia	15:51
112	825	Steven Cottington	Bath Cycling Club	V	59	1:24:38	West	15:52
113	76	Andrew Grant	Cambridge CC	V	68	1:28:35	East Anglia	15:53
114	6349	Michael Hill	Chester RC	V	40			15:54
115	6077	Max Sahota	Team Bottrill	S	26			15:55
116	5478	Chris Jones	Bynea Cycling Club	V	47	1:21:06	L&HC	15:56
117	7920	Mark Cox	ZeroBC Race Team	V	43			15:57
118	847	George Fox	George Fox Cycling Solutions	S	27			15:58
119	3914	David Harding	Chelmer CC	V	40	1:19:30	East Anglia	15:59
120	22752	Russell Hampton	Onimpex Bioracer RT	S	33			16:00
121	14881	Ben Stancombe	Peterborough CC	S	31			16:01
122	12559	Jack Brown	UpShift Nutrition Race Team	E	22			16:02
123	28138	Alexander Royle	Manchester Bicycle Club	S	27			16:03
124	1001	Matthew Smith	DRAGZZERO	V	43	1:20:10	East Anglia	16:04

Tandems

No	CTT Nr	Name	Club	Cat	Age	Tandem Std	VTTA Group	Start Time
126	19649	Murray Kirton	A5 Rangers CC	V	80	1:33:18	Midlands	16:06
	19661	David Stockley	A5 Rangers CC	V	80	1:33:18		
128	2028	Steve Cornish	Mid Shropshire Wheelers	V	65	1:27:40	Merseyside	16:08
	38608	Carol Greed	Mid Shropshire Wheelers	WV	65	1:27:40		
130	7386	Christopher York	Maldon & District CC	V	52	1:22:34		16:10
	9472	Joanne York	Maldon & District CC	WV	50	1:22:34		
132	1299	Glenn Taylor	Shorter Rochford RT	V	53	1:18:30	East Anglia	16:12
	3172	Mark Arnold	VTTA (East Anglia Group)	V	46	1:18:30		
134	229	Rachael Elliott	Newbury Velo	WV	43	1:22:24	L&HC	16:14
	644	Ian Greenstreet	Newbury Velo	V	57	1:22:24		