

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



EASTERN COUNTIES CYCLING ASSOCIATION

Zak Carr Memorial Championship 10 miles Time Trial for Solos and Tandems

to be held on

Saturday 26th June 2021
Course E2/10 ~ Start at 2.00 pm

Timekeepers

Michael Keen, Ian Taylor & Frida Wezel

Awards

SCRATCH: 1st: Zak Carr Memorial Trophy + Boxed Medal. 2nd to 6th: Championship Medal.

LADIES: 1st: Ladies Bowl + Boxed Medal. 2nd: Championship Medal.

TEAM: 1st Team of Three: Championship Medals.

HANDICAP: 1st to 6th: ECCA Medal.

TANDEM 1st: Championship Medals

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

Event Secretary: Philip Jones, 15 Robins Field, Peterborough, Cambridgeshire, PE8 6JW

Landline: 01780 782549

Mobile: 07711711123

Email: phil@thejonesy.co.uk

COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600 Interactive map: https://www.easterncounties.org.uk/maps2.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")

Safety:

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. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.

Riders are 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, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

ECCA events & competitions:

For full details of future ECCA events and results of past events and the season long competitions, go to www.easterncounties.org.uk where you will find this information plus lists of officials and member clubs. Also, details of the Bolton Fund which can provide financial assistance to riders in member clubs to achieve certain cycling ambitions.

LONDON EAST LOCAL REGULATIONS

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

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.

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.

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 Standardized Handicapping System modified for ECCA events. Please notify Organizer 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 Wrating.

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 after finishing; otherwise, they may be recorded as DNF.

Depending on the weather and to save excess traffic in the village there will be an alternative signing out form in the Start/Finish area.

You can use either that or the one in the Hall. **Numbers are not disposable and must be returned.**

Important information: Please read

Covid precautions

- ❖ 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 Covid 19 symptoms.**
- ❖ **AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.**

Headquarters

- ❖ Event Headquarters are at Westley Waterless Village Hall, near Newmarket (see map in course details for directions). Hall will be open at 12.30 pm.
- ❖ **The HQ car park is for use by officials only.** Please park outside the HQ grounds and only to the east of the Village Hall. Please park sensibly and avoid blocking field entrances or 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.**
- ❖ **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.** Access is via the lobby next to the main door. To maintain social distance, women will use the right-hand side of the doorway and men the left with separate queues outside if necessary. Signing on and signing out will be in the hall and access is via the exits from the toilets or entrance lobby or as instructed on the day. Once again, one in – one out and queuing if necessary. Exit from the hall is via the fire exit at the end of the hall only.
- ❖ **Bring your own pen:** Riders should bring their own pen for signing in and out, numbers will be laid out individually and riders should only handle their own number and, if they haven't brought their own, any pins required. After the race your number should be placed in the containers. To save excess traffic in the village there will be an alternative signing out form in the Start area. You can use either that or the one in the Hall.
- ❖ **NO SHOEPLATES or SMOKING in the Hall.**

Parking

- ❖ **Please do NOT park on the grass verges either side of the Veterinary clinic entrance on the main road to Six Mile Bottom. as this makes it difficult for users of the clinic to leave safely. We have had complaints and do not want to lose this course. The restricted area will be roped off.**
- ❖ **It is also possible to park nearer the Start and Finish, in the road between Six Mile Bottom and West Wrating. Remember, this road is a through road to West Wrating. Park on the verges and do NOT stand in the road and do NOT impede progress of any vehicles using the road.**

At the start

- ❖ Start is about 4 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to the road leading to West Wrating.
- ❖ **Static warm-ups are permitted but only if it possible to maintain social distancing from any passersby.** Warming up can also be done in the road leading to West Wrating but NOT on the race course.
- ❖ No more than **THREE** riders are allowed to queue at the start, so time your arrival accordingly. There will no Pusher-off. Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HQ.

At the finish and afterwards

- ❖ 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.**
- ❖ No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- ❖ It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organizer. Please telephone the organizer if you have failed to finish the event.

TANDEM				
No	Start	Name	Club	Cat
3	14:03	Christopher York Joanne York	Maldon & District CC	V WV
5	14:05	Glenn Taylor Neil Dowie	Shorter Rochford RT	V V

SOLOS						
No	Start	Name	Club	Cat	Hcap	PB
8	14:08	Scott Beard	Shaftesbury CC	V	6:53	21:22
9	14:09	Roger Chappell	Team Vision Racing - Silverhook	V	10:32	25:17
10	14:10	Adam Fisher	Cambridge CC	S	5:21	19:43
11	14:11	Jennifer Millmore	Team Watto	W	5:56	20:21
12	14:12	Craig Chappell	Team Vision Racing - Silverhook	V	6:17	20:43
13	14:13	Kerry Tate	Newmarket Cycling & Triathlon Club	WV	7:58	22:32
14	14:14	Simon Hewins	Eagle Road Club	V	*	
15	14:15	Andrew Grant	Cambridge CC	V	5:42	20:06
16	14:16	Ian Cardy	Chelmer CC	V	6:33	21:01
17	14:17	Will Shepherd	Ely & District CC/B&T Motor Repairs	V	7:15	21:46
18	14:18	Anthony Bye	Wisbech Whs	V	8:55	23:33
19	14:19	Robert Hagger	Chelmer CC	V	11:59	26:50
20	14:20	Jonny Allen	Islington Cycling Club	S	5:20	19:42 *
21	14:21	Thomas Dean	Eagle Road Club	V	6:01	20:26
22	14:22	James Boardley	Peterborough CC	V	6:49	21:18
23	14:23	Nick Howick	Shaftesbury CC	S	7:50	22:23
24	14:24	Stephen Watson	Hertfordshire Whs	V	9:34	24:14
25	14:25	Terry Garlinge	Easterley Road Club	V	5:40	20:04
26	14:26	Adam Hardy	Crest CC	V	6:30	20:57
27	14:27	Roger Porter	Verulam CC	V	7:14	21:45
28	14:28	Chris Worsfold	API-Metrow	V	8:49	23:26
29	14:29	Peter Horsnell	Chelmer CC	V	11:49	26:39
30	14:30	Graeme Garner	Essex Roads CC	V	5:17	19:39
31	14:31	Robert Watson	Cambridge CC	V	6:01	20:26
32	14:32	Sam Barker	Kettering CC	V	6:48	21:17
33	14:33	Julia Freeman	Easterley Road Club	WV	7:43	22:16
34	14:34	Alison Fox	Ely & District CC/B&T Motor Repairs	WV	9:29	24:09
35	14:35	Michael Schofield	Bishop's Stortford CC	V	5:39	20:03
36	14:36	Andy Kennedy	Ipswich BC	V	6:25	20:52
37	14:37	Stephen Murphy	Shaftesbury CC	V	7:07	21:37
38	14:38	Dominic Whitehead	Cambridge CC	V	8:44	23:21
39	14:39	Jo McDonnell	Bedfordshire Road CC	WV	14:08	29:08
40	14:40	Martin Reynolds	Cambridge CC	V	5:14	19:36

SOLOS

No	Start	Name	Club	Cat	Hcap	PB
41	14:41	Graham Rudd	API-Metrow	V	5:57	20:22
42	14:42	Sean O'Sullivan	Eagle Road Club	S	6:45	21:13
43	14:43	Marek Sasura	GS Avanti	V	7:38	22:10
44	14:44	Miriam Taylor-Carter	Bedfordshire Road CC	WV	9:22	24:02
45	14:45	Murat Ozdenya	Team Vision Racing - Silverhook	V	5:37	20:01
46	14:46	Gary Record	West Kent RC	S	6:24	20:51
47	14:47	Martin Atkinson	Peterborough CC	V	7:09	21:39
48	14:48	Andrew Grant	Chelmer CC	V	8:32	23:08
49	14:49	Paul Gribbon	Southend Wheelers	V	12:44	27:38
50	14:50	Peter Harding	Chelmer CC	V	5:03	19:24
51	14:51	Robert Barker	Kettering CC	V	5:55	20:20
52	14:52	Alex Purcell	CC Sudbury	S	6:44	21:12
53	14:53	Ian Stokes	Team Salesengine.co.uk	V	7:33	22:05
54	14:54	Maria Gent	Kettering CC	W	9:22	24:02
55	14:55	Matthew Saunders	Team Vision Racing - Silverhook	V	5:33	19:56
56	14:56	Simon Elkington	St Neots CC	V	6:18	20:44
57	14:57	Steve Smith	Redbridge CC	V	7:13	21:43
58	14:58	Deborah Beare	Icknield RC	W	8:17	22:52
59	14:59	Brady Ramsay	Team Vision Racing - Silverhook	WV	11:25	26:13
60	15:00	Julian Elliott	Finsbury Park CC	V	5:01	19:22
61	15:01	James Scarth	Bishop's Stortford CC	V	5:55	20:20
62	15:02	Louise Robinson	Essex Roads CC	WV	6:43	21:11
63	15:03	Nicholas Knight	Hart Performance Coaching	V	7:31	22:03
64	15:04	Paul Looke	Shaftesbury CC	V	9:20	23:59
65	15:05	Chris Potter	CC Ashwell	S	5:31	19:54
66	15:06	Paul Turton	Team Vision Racing - Silverhook	V	6:22	20:49
67	15:07	Mark Edmonds	Shaftesbury CC	V	7:04	21:34
68	15:08	William Burton	Cambridge CC	E	8:15	22:50
69	15:09	Miles Taylor	Redbridge CC	V	10:58	25:45
70	15:10	Rob Young	Team Vision Racing - Silverhook	V	4:55	19:16
71	15:11	David Warlow	Essex Roads CC	V	5:48	20:12
72	15:12	Peter Shaw	Bedfordshire Road RT	S	6:18	20:45
73	15:13	Robert Pisolkar	Shaftesbury CC	V	7:28	21:59
74	15:14	Mark Bartley	Cambridge CC	V	9:19	23:58
75	15:15	Matt Donovan	Bedfordshire Road RT	S	5:30	19:53
76	15:16	Richard Evans	North Essex Velo	V	6:39	21:07
77	15:17	Alex Lubbock	Bedfordshire Road CC	S	7:00	21:29
78	15:18	Rob Moore	Shaftesbury CC	V	8:14	22:49
79	15:19	Andrew Beaman	Victoria Cycling Club	V	10:35	25:20
80	15:20	Sam Brown	6AM Cycling	S	4:54	19:14

SOLOS

No	Start	Name	Club	Cat	Hcap	PB
81	15:21	Richard O'Rourke	Team Vision Racing - Silverhook	V	5:52	20:17
82	15:22	Hugo Hocknell	Team Salesengine.co.uk	V	6:35	21:03
83	15:23	Thomas Stegeman	Fenland Clarion CC	E	7:18	21:49
84	15:24	Michael Martin	CC Ashwell	V	6:15	20:41
85	15:25	Rafal Radziej	Ciclos Uno	V	5:27	19:50
86	15:26	John Royle	Fenland Clarion CC	V	9:13	23:52
87	15:27	Dan Jenkins	Southend Wheelers	V	6:56	21:25
88	15:28	Carmelo Luggeri	CC Ashwell	V	8:14	22:49
89	15:29	Brian Martin	Ciclos Uno	V	10:33	25:18
90	15:30	Ben Stancombe	Peterborough CC	S	4:51	19:11
91	15:31	Rory Havis	Ely & District CC/B&T Motor Repairs	V	5:45	20:09
92	15:32	Sue Rust	Kettering CC	WV	7:18	21:49
93	15:33	Robert Davies	CC Sudbury	V	6:34	21:02
94	15:34	Bethany Spencer	Kettering CC	WJ	8:58	23:36
95	15:35	Paul Schofield	St Ives CC	V	5:23	19:46
96	15:36	Grant Orsborn	Bedfordshire Road RT	V	6:12	20:38
97	15:37	Adam Swan	CC Ashwell	S	6:52	21:21
98	15:38	Marcin Dubanowski	Hornchurch CC	S	8:09	22:43 *
99	15:39	Richard Stevens	Shaftesbury CC	V	9:55	24:37
100	15:40	Paul Hart	Hart Performance Coaching	V	4:35	18:54
101	15:41	Darran Bennett	Ely & District CC/B&T Motor Repairs	V	5:17	19:39
102	15:42	Patrick Ellerbeck	St Neots CC	V	6:34	21:02
103	15:43	Katie-Ann Elliston	Southend Wheelers	WE	8:57	23:35
104	15:44	Karen Aylen	Maldon & District CC	WV	9:42	24:23
105	15:45	Matt Steel	Shaftesbury CC	V	4:52	19:12
106	15:46	Mike Padfield	North Norfolk Whs	V	6:07	20:33
107	15:47	John Manlow	Ely & District CC/B&T Motor Repairs	V	6:50	21:19
108	15:48	John Iszatt	Team Vision Racing - Silverhook	V	8:10	22:45
109	15:49	Richard Crook	Fenland Clarion CC	S	7:32	22:04
110	15:50	Paul Pardoe	Peterborough CC	V	4:16	18:34

Riders with * after their PB have a predicted time derived from PBs at other distances.