



EAST DISTRICT CYCLING ASSOCIATION

**EAST DISTRICT CYCLING ASSOCIATION 10 MILE TIME TRIAL CHAMPIONSHIP
B10/37R, SUNDAY 30th June 2019**

(PROMOTED FOR AND ON BEHALF OF **CYCLING TIME TRIALS** UNDER THEIR RULES AND REGULATIONS)

EVENT SECRETARY: Daniel Bloy, 22 Nightingale Walk, Denver, PE38 0DS daniel_bloy@hotmail.com 07786 085 257

TIME KEEPERS: Start: Rod Wood, Geoff Frost; Finish: Andy Moore, Peter Church, Naomi Lucas

HELPERS: Bruce William, Jason Boutell, Neil Empson, Sharon Empson

**Many thanks to all the helpers who made
this event happen. I am very grateful
for your assistance and without you, this
event would not have happened.**

Thankfully the weather was much kinder to us this time around after the downpour and gales earlier in the month. We saw some fantastic rides today across the field with many riders setting PBs. In particular, I think the ride of the day was from 16-year-old Jack Watts from Team PedalRevolution.co.uk who set a blistering time of 22:06 on a road bike with clip on tri bars. I'm sure you will all agree that we will be seeing much more of this young man in the future and I will be keeping a keen eye on his progress. In the ladies' event Cindy Berry of D A P Cycling Club retained her district title with a very strong time of 23:44. The men's event saw Lloyd Chapman of Plomesgate CC set the second fastest time ever on the course with 19:46, only 1 second shy of Matthew Senters course record from last year. The winning margin was almost a minute which is testament to the form that Lloyd has been showing this year. In the team event we see a new team at the top of the pile. After 7 consecutive years of Team Velovelocity being the team to beat, this year saw Jorge Vieira, Ben Beynon and Jack Watts of Team PedalRevolution.co.uk take the top step. I know this defeat will be sore for Team Velovelocity so train hard lads as they will 100% focussed on reclaiming the crown next year!

Sincerely

Daniel Bloy

PRIZES:



East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals.



The following prizes have been kindly donated by VeloVelocity Coaching and can be won regardless of district affiliation.

| | | | |
|--------------------------------|------------|------------------------|-----------------------------------|
| 1st Lady | £30 | Cindy Berry | D A P Cycling Club |
| 2nd Lady | £20 | Kay Burgess | Team Velovelocity |
| 3rd Lady | £10 | Jemma Redhead | Wisbech Wheelers |
| 1st Man | £30 | Lloyd Chapman | Plomesgate CC |
| 2nd Man | £20 | Nick Partridge | VC Baracchi |
| 3rd Man | £10 | Ben Beynon | Team PedalRevolution.co.uk |
| 1st Junior | £20 | Jack Watts | Team PedalRevolution.co.uk |
| 1st Juvenile | £20 | Charlie Knowler | West Suffolk Wheelers |

Pictures:

Sadly we were unable to have a photographer on the course this year due to the re-scheduling the event. Hopefully next year the weather will be kind enough to allow the event to be run on its original scheduled date and the pictures can return.

Team

Jorge Vieira, Ben Beynon, Jack Watts, Team PedalRevolution.co.uk, 1:03:39

Juniors

| Position | Number | Category | Name | Club | District | Actual Time |
|----------|--------|----------|------------|----------------------------|----------|-------------|
| 1 | 24 | Junior | Jack Watts | Team PedalRevolution.co.uk | East | 00:22:06 |

Juveniles

| Position | Number | Category | Name | Club | District | Actual Time |
|----------|--------|----------|-----------------|-----------------------|----------|-------------|
| 1 | 29 | Juvenile | Charlie Knowler | West Suffolk Wheelers | East | 00:26:15 |

Tandem

| Position | Number | Category | Name | Club | District | Actual Time |
|----------|--------|----------|----------------------------|-----------------------|----------|-------------|
| 1 | 1 & 2 | Tandem | John Steed & Mark Eastwood | West Suffolk Wheelers | East | 00:24:19 |

Ladies

| Position | Number | Category | Name | Club | District | Actual Time |
|----------|--------|----------|-----------------|--------------------|-----------|-------------|
| 1 | 28 | Ladies | Cindy Berry | D A P Cycling Club | East | 00:23:44 |
| 2 | 23 | Ladies | Kay Burgess | Team Velovelocity | East | 00:25:50 |
| 3 | 19 | Ladies | Jemma Redhead | Wisbech Wheelers | East | 00:26:08 |
| 4 | 32 | Ladies | Sally Withey | Team Swift | Yorkshire | 00:26:43 |
| 5 | 14 | Ladies | Denese Hallahan | Wisbech Wheelers | East | 00:30:35 |

Men

| Position | Number | Category | Name | Club | District | Actual Time | Time |
|----------|--------|----------|----------------|-------------------------------------|---------------------|-------------|----------|
| 1 | 35 | Men | Lloyd Chapman | Plomesgate CC | East | 00:19:46 | 00:19:46 |
| 2 | 31 | Men | Nick Partridge | VC Baracchi | East | 00:20:41 | 00:20:41 |
| 3 | 36 | Men | Ben Beynon | Team PedalRevolution.co.uk | East | 00:20:44 | 00:20:44 |
| 4 | 15 | Men | Jorge Vieira | Team PedalRevolution.co.uk | East | 00:20:49 | 00:20:49 |
| 5 | 20 | Men | Rory Havis | Ely & District CC/B&T Motor Repairs | East | 00:21:27 | 00:21:27 |
| 6 | 30 | Men | Paul Jay | Team Velovelocity | East | 00:21:28 | 00:21:28 |
| 7 | 21 | Men | Darren Davis | West Suffolk Wheelers | East | 00:21:48 | 00:21:48 |
| 8 | 7 | Men | Cliff Loveday | Ely & District CC/B&T Motor Repairs | East | 00:22:43 | 00:22:43 |
| 9 | 38 | Men | Justin Gyton | Kings Lynn CC | East | 00:22:52 | 00:22:52 |
| 10 | 11 | Men | Gary Smith | Team Velovelocity | East | 00:23:02 | 00:23:02 |
| 11 | 27 | Men | Mark Booth | Kettering CC | South East Midlands | 00:23:19 | 00:23:19 |
| 12 | 17 | Men | Will Shepherd | Ely & District CC/B&T Motor Repairs | East | 00:23:49 | 00:23:49 |
| 13 | 8 | Men | Simon Hardy | Kings Lynn CC | East | 00:24:03 | 00:24:03 |
| 14 | 12 | Men | Martin Pyne | Anglia Velo | East | 00:24:05 | 00:24:05 |
| 15 | 33 | Men | Paul Johnson | Kings Lynn CC | East | 00:30:51 | 00:30:51 |

Veterans

| Position | Number | Category | Name | Club | District | Actual Time | Vet Standard |
|----------|--------|----------|-----------------|-------------------------------------|---------------------|-------------|--------------|
| 1 | 15 | Men | Jorge Vieira | Team PedalRevolution.co.uk | East | 00:26:27 | 00:05:38 |
| 2 | 31 | Men | Nick Partridge | VC Baracchi | East | 00:26:07 | 00:05:26 |
| 3 | 21 | Men | Darren Davis | West Suffolk Wheelers | East | 00:26:40 | 00:04:52 |
| 4 | 30 | Men | Paul Jay | Team Velovelocity | East | 00:26:12 | 00:04:44 |
| 5 | 7 | Men | Cliff Loveday | Ely & District CC/B&T Motor Repairs | East | 00:27:17 | 00:04:34 |
| 6 | 12 | Men | Martin Pyne | Anglia Velo | East | 00:27:52 | 00:03:47 |
| 7 | 11 | Men | Gary Smith | Team Velovelocity | East | 00:26:31 | 00:03:29 |
| 8 | 38 | Men | Justin Gyton | Kings Lynn CC | East | 00:26:12 | 00:03:20 |
| 9 | 23 | Ladies | Kay Burgess | Team Velovelocity | East | 00:29:06 | 00:03:16 |
| 10 | 27 | Men | Mark Booth | Kettering CC | South East Midlands | 00:26:17 | 00:02:58 |
| 11 | 8 | Men | Simon Hardy | Kings Lynn CC | East | 00:26:49 | 00:02:46 |
| 12 | 17 | Men | Will Shepherd | Ely & District CC/B&T Motor Repairs | East | 00:26:27 | 00:02:38 |
| 13 | 19 | Ladies | Jemma Redhead | Wisbech Whs | East | 00:28:42 | 00:02:34 |
| 14 | 32 | Ladies | Sally Withey | Team Swift | Yorkshire | 00:29:06 | 00:02:23 |
| 15 | 14 | Ladies | Denese Hallahan | Wisbech Whs | East | 00:30:31 | -00:00:04 |
| 16 | 33 | Men | Paul Johnson | Kings Lynn CC | East | 00:26:54 | -00:03:57 |

Scratch (Solos only)

| Position | Number | Category | Name | Club | District | Time |
|----------|--------|----------|-----------------|-------------------------------------|---------------------|----------|
| 1 | 35 | Men | Lloyd Chapman | Plomesgate CC | East | 00:19:46 |
| 2 | 31 | Men | Nick Partridge | VC Baracchi | East | 00:20:41 |
| 3 | 36 | Men | Ben Beynon | Team PedalRevolution.co.uk | East | 00:20:44 |
| 4 | 15 | Men | Jorge Vieira | Team PedalRevolution.co.uk | East | 00:20:49 |
| 5 | 20 | Men | Rory Havis | Ely & District CC/B&T Motor Repairs | East | 00:21:27 |
| 6 | 30 | Men | Paul Jay | Team Velovelocit | East | 00:21:28 |
| 7 | 21 | Men | Darren Davis | West Suffolk Wheelers | East | 00:21:48 |
| 8 | 24 | Junior | Jack Watts | Team PedalRevolution.co.uk | East | 00:22:06 |
| 9 | 7 | Men | Cliff Loveday | Ely & District CC/B&T Motor Repairs | East | 00:22:43 |
| 10 | 38 | Men | Justin Gyton | Kings Lynn CC | East | 00:22:52 |
| 11 | 11 | Men | Gary Smith | Team Velovelocit | East | 00:23:02 |
| 12 | 27 | Men | Mark Booth | Kettering CC | South East Midlands | 00:23:19 |
| 13 | 28 | Ladies | Cindy Berry | D A P Cycling Club | East | 00:23:44 |
| 14 | 17 | Men | Will Shepherd | Ely & District CC/B&T Motor Repairs | East | 00:23:49 |
| 15 | 8 | Men | Simon Hardy | Kings Lynn CC | East | 00:24:03 |
| 16 | 12 | Men | Martin Pyne | Anglia Velo | East | 00:24:05 |
| 17 | 23 | Ladies | Kay Burgess | Team Velovelocit | East | 00:25:50 |
| 18 | 19 | Ladies | Jemma Redhead | Wisbech Whs | East | 00:26:08 |
| 19 | 29 | Juvenile | Charlie Knowler | West Suffolk Wheelers | East | 00:26:15 |
| 20 | 32 | Ladies | Sally Withey | Team Swift | Yorkshire | 00:26:43 |
| 21 | 14 | Ladies | Denese Hallahan | Wisbech Whs | East | 00:30:35 |
| 22 | 33 | Men | Paul Johnson | Kings Lynn CC | East | 00:30:51 |