

EASTERN COUNTIES



CYCLING ASSOCIATION

10 miles Time Trial

for Solos and Tandems

to be held on

Saturday 21st March 2020

Course E2/10 ~ Start at 2.00 pm

Timekeepers

Tim & Becki Groves

Awards

SCRATCH: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 5th: ECCA Medal.

LADIES: 1st: ECCA Medal.

TEAM: 1st Team of Three: ECCA Medals.

HANDICAP: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 5th: ECCA Medal.

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

Event Secretary: Dave Nock, 81 Woodhall Road, Chelmsford, Essex, CM1 4AF

Mobile: 07939 695523

Email: davidnock456@gmail.com

COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: 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 (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")

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.

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. 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.

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. You may exchange your number for a drink.

Catering by Nettare

Phone: 01376 552985 Mobile: 07782 111318 Email: netta25@tiscali.co.uk

Solos					
No	Start	Name	Club	Cat	Hcap
1	14:01	Craig Chappell	Team Vision Racing - Silverhook	V	*
2	14:02	Mark Endersby	Anglia Velo	V	4:08
3	14:03	Carmelo Luggeri	CC Ashwell	V	5:00
4	14:04	Peter Horsnell	Chelmer CC	V	9:01
5	14:05	Richard O'Rourke	Team Vision Racing - Silverhook	V	3:04
6	14:06	Hugo Hocknell	Team Salesengine.co.uk	V	3:47
7	14:07	Anthony Aken	6AM Cycling	S	4:26
8	14:08	Mary Twitchett	Cambridge CC	WV	6:21
9	14:09	Antonio Paolino	Essex Roads CC	V	9:22
10	14:10	Chris Potter	CC Ashwell	S	2:33
11	14:11	Alister Campbell	Eagle Road Club	V	3:33
12	14:12	Nick Hickman	Team Salesengine.co.uk	V	4:15
13	14:13	Anthony Bye	Wisbech Whs	V	5:27
14	14:14	Louise Douglass	Essex Roads CC	W	7:23
15	14:15	Matthew Reader	Verulam CC	V	3:00
16	14:16	Patrick Ellerbeck	St Neots CC	V	3:46
17	14:17	Ross Thomson	Hitchin Nomads CC	V	4:39
18	14:18	Katie-Ann Elliston	Southend Wheelers	WJ	6:09
19	14:19	Denese Hallahan	Wisbech Whs	WV	9:37
20	14:20	Graeme Garner	Essex Roads CC	V	2:29
21	14:21	Colin Lizieri	Cambridge CC	V	3:30
22	14:22	Michael Cope	Kettering CC	V	4:03
23	14:23	Paul Looke	Shaftesbury CC	V	5:26
24	14:24	Martin Arundel	Verulam CC	V	7:18
25	14:25	David Warlow	Essex Roads CC	V	3:00
26	14:26	Dale Sturman	West Suffolk Wheelers	V	3:45
27	14:27	Will Shepherd	Ely & District CC/B&T Motor Repairs	V	4:31
28	14:28	Graham Lawrenson	Hainault RC	V	6:08
29	14:29	Brian Seward	Fenland Clarion CC	V	7:34
30	14:30	Martin Reynolds	Cambridge CC	V	2:26
31	14:31	David Halliday	Newmarket Cycling & Triathlon Club	S	3:30
32	14:32	John Manlow	Ely & District CC/B&T Motor Repairs	V	4:02
33	14:33	Colin Ashcroft	West Kent RC	V	5:31
34	14:34	Sarah Kelman	St Ives CC	WV	6:57
35	14:35	Thomas Dean	Eagle Road Club	V	2:54
36	14:36	Jerome Watts	Team Salesengine.co.uk	V	3:42
37	14:37	Mick Case	Bedfordshire Road RT	V	4:31
38	14:38	Dominic Whitehead	St Ives CC	V	5:56
39	14:39	Andrew Porter	Welwyn Whs	V	8:39
40	14:40	William Wallace	CC London	V	2:24
41	14:41	Daniel Homer	London Phoenix CC	V	3:28
42	14:42	James Boardley	Peterborough CC	V	4:01
43	14:43	Michael Ashcroft	West Kent RC	S	4:57
44	14:44	Nick Howick	Shaftesbury CC	S	6:56

Solos					
No	Start	Name	Club	Cat	Hcap
45	14:45	Andrew Grant	Cambridge CC	V	2:54
46	14:46	Paul Turton	Team Vision Racing - Silverhook	V	3:41
47	14:47	Paul Wyatt	Glendene CC	V	4:27
48	14:48	Mark Edmonds	Shaftesbury CC	V	5:36
49	14:49	James Greenwood	West Suffolk Wheelers	V	8:23
50	14:50	Julian Elliott	Finsbury Park CC	V	2:13
51	14:51	Kevin Wilson	Crest CC	S	3:16
52	14:52	Oliver Cozens	Norwich A B C	S	3:59
53	14:53	David Wells	CC Ashwell	V	4:54
54	14:54	Graham Read	VeloElite RC	V	6:39
55	14:55	Terry Garlinge	Easterley Road Club	V	2:52
56	14:56	Antony Brown	Kettering CC	V	3:40
57	14:57	Chris Nudds	CC Breckland	V	4:26
58	14:58	Graham Pepperdine	Verulam CC	V	5:36
59	14:59	Deborah Coyle	VC Elan - Harry Perry Cycles	WV	7:52
60	15:00	Ben Stancombe	Peterborough CC	S	2:03
61	15:01	Thomas Carroll	CC Breckland	S	3:14
62	15:02	Sean O'Sullivan	Eagle Road Club	S	3:57
63	15:03	Patrick Charlton	Wolsey RC	V	4:54
64	15:04	Adrian McHale	Peterborough CC	V	6:30
65	15:05	Matthew Saunders	Team Vision Racing - Silverhook	V	2:45
66	15:06	Andy Kennedy	Ipswich BC	V	3:37
67	15:07	Rich Crook	Fenland Clarion CC	S	4:44
68	15:08	Mark Fairhead	CC Breckland	V	5:36
69	15:09	Sean Odonnell	CC London	V	8:10
70	15:10	David Veitch	Lea Valley CC	S	1:57
71	15:11	Paul Newman	Shorter Rochford RT	V	3:08
72	15:12	Philip Watkins	North Norfolk Whs	V	3:56
73	15:13	Hugh Williams	Redbridge CC	V	4:54
74	15:14	Richard Stevens	Shaftesbury CC	V	6:30
75	15:15	Robert Watson	Cambridge CC	V	2:35
76	15:16	Ian Braybrook	Basildon CC	V	3:33
77	15:17	Roger Porter	Verulam CC	V	4:26
78	15:18	Andrew Merchant	Southend Wheelers	V	5:50
79	15:19	Brian Martin	Ciclos Uno	V	7:45
80	15:20	Paul Pardoe	Peterborough CC	S	1:28
81	15:21	Darren Davis	West Suffolk Wheelers	V	3:05
82	15:22	Simon Elkington	St Neots CC	V	3:54

Tandems				
No	Start	Name	Club	Cat
83	15:23	Sam Barker Robert Barker	Kettering CC	V V