**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’ \*\*\*

**Alan Rochford & Val Hester memorial**

**COURSE E33/30 – SATURDAY 8th OCTOBER – STARTS AT 14:01**

**HQ is Westley Waterless Village Hall, Main Street, Cambridge, CB8 0RQ.**

**Limited parking at the HQ – plenty of parking at ‘Turbo Ally’ just outside Six Mile Bottom.**

**Course Description:** START (GR TL591587) on A1304 100ft before first triangular two-way traffic sign at northern end of Dual carriageway section which is 1.1 mile north of Six Mile Bottom Cross Roads. Proceed N on A1304 to the Stetchworth roundabout, take first exit, (SP Cambridge A14/Bottisham A1303) Follow A1303 over A14 to Dunsley Corner where turn sharp left into Little Willbraham Road (Great Care) follow lane to Six Mile Bottom cross roads where LEFT (Give Way) onto A1304. Continue to complete first circuit.(12.76m). Repeat circuit than continue to the Stetchworth roundabout where TURN and retrace on A1304 (fifth exit) to FINISH Opposite start.

## NOTES TO RIDERS - The following local regulations must be adhered to: -

1. **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.**
2. **Numbers will be situated at the HQ** **sign in before and sign out after you have finished.**
3. **No warming-up by competitors is allowed along any part of the course once the event has started, though you can ride to the start, which is just over a mile from Six Mile Bottom, but be aware that people will be racing past you, so take care.**
4. **Please do not congregate at the start area, riders will be racing past.**

**CYCLING TIME TRIALS REGULATIONS, YOU MUST WEAR A HARDSHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD & YOU MUST HAVE A FRONT & REAR LIGHT FITTED TO YOUR MACHINE, NO LIGHTS, NO RIDE.**

**Timekeepers: Tim & Wally Groves**

**Awards**

**The fastest rider will receive The Leo 30 trophy**

**The H.F.Nevill 30mile cup will be awarded to the best man &**

**woman East Anglian VTTA Group member on standard**

**Fastest man & woman on road bikes, a bottle of wine each**

**Fastest 2up team, a bottle of wine each**

**All other profits will go to 'Macmillan Caring Locally' & Cancer Research:**

[**Alan Rochford funeral details (tapperfuneralservice.co.uk)**](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.tapperfuneralservice.co.uk%2Ftapper%2Ffuneral-search%2F0ded833cf90677fbe4397eae58ee5a3efb91516e%3Ffbclid%3DIwAR2X2T05mvIlz7MF87yo9vCX-6zdAbUEsaNFprEVPe5U10oZJDtyC8r8A_g&h=AT0_OshPKvmglQtOK2RSTGyaj9IlKacGQCVjkVf2x3utoJq6snXeMjZaNqGowMFTwyAV8kOBUGN1aExVu1Wezz8vBf_QD3quByu4vNXAS_lp92SD29VPMBFsKJ7jvoe0u_AVETv5y9zBxwp6kw&__tn__=-UK-R&c%5b0%5d=AT3QBspNjX4u9eQIsXdtspmfjwE_VMbhWcxkvW4r49NLNwHG0T_WvtDZ6co-qIwBnUjO_63IgKTmLmeL0k0hpIwlA1VjnGtErAjnu3UdPG9PNPjZL88tLle_8-XAF9DABcVkCX4ZDPFJdPF7JWPZz0U7VOi3BZcZc2aBAw0MCCp-SVxvgb_TFlG7ssCNa9c4jjU5kcju-VLjeyMr2Dk)

[**Donate to Cancer Research UK | Cancer Research UK**](https://www.cancerresearchuk.org/get-involved/donate)

**2up teams**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nr | CTT Nr | Name | Club | Age | VTTA Group | Start Time |
| 1 | 10061 | Stan | Nwaka | Verulam Really Moving | 60 | London & HC | 14:01 |
| 2 | 818 | Nicholas  | Coe | Verulam Really Moving | 64 | London & HC |
| 3 | 39414 | Jess | Harding | Haste CC | 49 |   | 14:03 |
| 4 | 30864 | Andrew | Hastings | Haste CC | 42 |   |

**Road bikes**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nr | CTT Nr | Name | Club | Age | VTTA Group | Start Time |
| 7 | 39446 | Alex | Carley | Harworth and District Cycling Club | 30 |   | 14:07 |
| 8 | 45386 | Jodi  | Thomas | Colchester Rovers CC (W) | 22 |   | 14:08 |
| 9 | 38903 | Mark | Fogg | North Essex Velo | 50 | East Anglia | 14:09 |
| 10 | 5172 | Robert | Tillott | St Ives CC | 62 | East Anglia | 14:10 |
| 11 | 2508 | Ann | Shuttleworth | Cambridge CC (W) | 56 | East Anglia | 14:11 |
| 12 | 40 | David | Cook | Bedfordshire Road CC | 67 | London & HC | 14:12 |
| 13 | 19348 | Patrick | Ellerbeck | St Neots CC | 68 | East Anglia | 14:13 |
| 14 | 2685 | John | Manlow | Ely & District CC/B&T Motor Repairs | 54 | East Anglia | 14:16 |
| 15 | 39447 | Alexander  | Speirs  | Harworth and District Cycling Club | 25 |   | 14:14 |
| 16 | 11896 | Jez | Willows | Sherwood CC | 57 | Notts/E.Mids | 14:15 |
| 17 | 41131 | Simon | Butteriss | Ely & District CC/B&T Motor Repairs | 44 |   | 14:17 |
| 18 | 4519 | Andrew | Meilak | VeloRefined Rule 5 | 56 | Kent | 14:18 |

**Main event**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nr | CTT Nr | Name | Club | Age | VTTA Group | Start Time |
| 19 | 37638 | Clinton | Butcher | Cambridge CC | 47 |   | 14:19 |
| 20 | 44350 | Kathryn | Miller | Cambridge Triathlon Club (W) | 36 |   | 14:20 |
| 21 | 36987 | Amy | Sole | Full Moo Cycling (W) | 48 |   | 14:21 |
| 22 | 6433 | Elspeth | Knott | Colchester Rovers CC (W) | 72 | East Anglia | 14:22 |
| 23 | 33766 | Rosie | Simmons | Southampton University Road CC (W) | 22 |   | 14:23 |
| 24 | 29950 | Wayne | Hill | Bourne Wheelers | 55 | East Anglia | 14:24 |
| 25 | 3155 | John | Swanbury | VC Baracchi | 75 | East Anglia | 14:25 |
| 26 | 23772 | Paul | Wright | Army Cycling | 55 | East Anglia | 14:26 |
| 27 | 33481 | James | Ambrose-Parish | Bikestrong-KTM | 24 |   | 14:27 |
| 28 | 38728 | Mark | Careless | Loose Cannon's Conditioning | 50 |   | 14:28 |
| 29 | 35567 | Rob | Moore | Shaftesbury CC | 57 | East Anglia | 14:29 |
| 30 | 16657 | Shaun | Balfe | Sleaford Wheelers Cycling Club | 50 |   | 14:30 |
| 31 | 4684 | Adrian | McHale | Peterborough CC | 46 | East Anglia | 14:31 |
| 32 | 10631 | Loz | Staples | Velo-One Cycling Team (Staples Veg/GB Farmers)  | 49 |   | 14:32 |
| 33 | 196 | Nick | Hickman | Team Salesengine.co.uk | 55 | East Anglia | 14:33 |
| 34 | 1213 | Scott | Beard | Shaftesbury CC | 49 | East Anglia | 14:34 |
| 35 | 2225 | Chris | Tye | Plomesgate CC | 55 | East Anglia | 14:35 |
| 36 | 972 | Michael | Martin | CC Ashwell | 57 | East Anglia | 14:36 |
| 37 | 1988 | Mark | Greenhow | St Neots CC | 54 |   | 14:37 |
| 38 | 16047 | Ian | Cardy | Chelmer CC | 58 | East Anglia | 14:38 |
| 39 | 3741 | Michael | Parker | TMG Horizon Cycling Team | 57 | London & HC | 14:39 |
| 40 | 715 | Colin | Parkinson | South Western Road Club | 60 | Notts/E.Mids | 14:40 |
| 41 | 671 | Jim  | Boyle | Sleaford Wheelers Cycling Club | 58 |   | 14:41 |
| 42 | 34815 | Sebastian | Harrison | Islington Cycling Club | 39 |   | 14:42 |
| 43 | 5792 | Mark | Hill | VeloRefined Rule 5 | 55 | Kent | 14:43 |
| 44 | 3300 | Sean | Hunt | Lincoln Wheelers CC | 58 | Notts/E.Mids | 14:44 |
| 45 | 545 | Robert | Watson | Cambridge CC | 62 | East Anglia | 14:45 |
| 46 | 227 | Iain | Boardman | Dulwich Paragon CC | 49 | East Anglia | 14:46 |
| 47 | 6271 | Nicholas  | Knight | Hart Performance Coaching | 47 | East Anglia | 14:47 |
| 48 | 40165 | Matthew | Uttley | Nottingham Clarion CC | 47 | Notts/E.Mids | 14:48 |
| 49 | 26764 | Stuart | Hourigan | VeloRefined Rule 5 | 46 | Kent | 14:49 |
| 50 | 4974 | Chris | Holmes | VC Norwich | 46 | East Anglia | 14:50 |
| 52 | 20787 | Sam | McDonald | St Neots CC | 32 |   | 14:52 |
| 54 | 1274 | Jonathan | Shubert | FTP ( Fulfil The Potential ) Race Team  | 35 |   | 14:54 |
| 56 | 3914 | David | Harding | Chelmer CC | 41 | East Anglia | 14:56 |
| 58 | 4284 | Kevin | Tye | VeloRefined Rule 5 | 60 | Kent | 14:58 |
| 60 | 1001 | Matthew | Smith | DRAG2ZERO | 44 | East Anglia | 15:00 |

**Event Secretary: John Golder, 19 Old Silk Mill, Glemsford, Suffolk, CO10 7FX**

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