



EASTERN COUNTIES

CYCLING ASSOCIATION

10 miles Time Trials

for Solos and Tandems

to be held on

Saturday 9th September 2023

Course E2/10 ~ Start at 2.00 pm

Timekeepers

Michael Keen & Frida Wezel

Awards	
SCRATCH	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 6th: ECCA Medal.
WOMEN	1st: Boxed Medal. 2nd: ECCA Gilt Medal.
TEAM	1st Team of Three: ECCA Gilt Medals.
HANDICAP	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 6th: ECCA Medal.
TANDEM	1st Tandem: ECCA Gilt Medals.
Only riders in ECCA affiliated clubs are eligible for awards	

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

Please park outside the HQ grounds and only to the east of Village Hall. Park sensibly and avoid blocking the 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.**

Event Secretary: Dean Lubin, 223 Huntsman Road, Ilford, Essex, IG6 3SP

Mobile: 07508 427658

Email: cycledean@outlook.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, 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")

Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.

Riders are also 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 and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

NO HELMET - NO LIGHT - NO RIDE

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. **There must be NO parking on the grass verges either side of the entrance to the Veterinary Clinic and this area will be roped off. The clinic is no longer able to provide its field for parking.**

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.

Results will be displayed at the HQ so don't approach the Timekeepers.
 You will be able to get free drinks once you've signed out and an excellent selection of cakes
 will be available. Don't forget to bring some change.

All Organisers are finding it difficult to get marshals and the ECCA events are no different.
 Any volunteers will be most welcome and should contact me (details above).

Tandems				
No	Start	Names	Club	Cat
1	14:01	Stuart Lemanski Nathaniel Lemanski	Cambridge CC	V B
2	14:02	Andrew Hutchison Catherine Hutchison	Ride Harder	V WV
3	14:03	Christopher York Joanne York	Maldon & District CC	V WV
** = Club not affiliated to ECCA. Riders not eligible for awards				

Solos						
No	Start	Name	Club/Team	Cat	Hcap	PB
4	14:04	Ann Shuttleworth	Cambridge CC	WV	9:08	23:47
5	14:05	Adam Williams	St Neots CC	S	5:08	19:29
6	14:06	Jez Willows	**Sherwood CC	V		20:43
7	14:07	Adam Wells	**Rockingham Forest Wheelers	S		21:38
8	14:08	Mark Ready	Diss & District CC	V	8:19	22:54
9	14:09	Antonio Paolino	Essex Roads CC	V	13:53	28:52
10	14:10	Nic Pillinger	St Neots CC	V	5:00	19:21
11	14:11	Ian Short	Team Salesengine.co.uk	V	5:48	20:12
12	14:12	Ian Wroblewski	**Team Lutterworth Cycle Centre	V		21:13
13	14:13	Michael Allen	**Team Enable - M.I. Racing - McCann	V		22:07
14	14:14	David Yarham	Peterborough CC	V	9:31	24:11
15	14:15	Peter Robertson	Lea Valley CC	S	5:36	20:00
16	14:16	Neil Dowie	Shorter Rochford RT	V	6:09	20:35
17	14:17	Brendan Ronayne	CC Ashwell	V	7:07	21:37
18	14:18	Roger Sewell	Wisbech Whs	V	8:21	22:56
19	14:19	Brian Martin	Ciclos Uno	V	10:13	24:56
20	14:20	Matt O'Brien	Loose Cannon's Conditioning	V	4:52	19:12
21	14:21	Ian Woodcock	Bedfordshire Road RT	V	5:56	20:21
22	14:22	Louise Robinson	Essex Roads CC	WV	6:32	21:00
23	14:23	John Saysell	**North Road CC	V		21:41
24	14:24	Jamie Fox	Hitchin Nomads CC	S	9:25	24:05
25	14:25	Richard Evans	North Essex Velo	V	5:35	19:58
26	14:26	Simon Horsley	**Legato Racing Team (LRT)	V		20:40
27	14:27	Richard Mellor	**Team Bottrill	V		21:37
28	14:28	Bob Quarton	Wolsey RC	V	8:22	22:57
29	14:29	Colin Surrey	Hitchin Nomads CC	V	12:35	27:28
30	14:30	Nick Partridge	**Sole Bay Cycle Sport	V		19:09
31	14:31	Mark Woolford	**ZeroBC Race Team	V		20:21
32	14:32	Lee Turner	**Arctic Aircon RT	V		20:50
33	14:33	Roger Porter	Verulam CC	V	7:23	21:54
34	14:34	Martin Bullen	Peterborough CC	V	8:32	23:08
35	14:35	Mark Hamer	**Legato Racing Team (LRT)	V		19:57
36	14:36	Antony Bee	**Wigmore CC	V		20:40
37	14:37	Michael Martin	CC Ashwell	V	7:07	21:37
38	14:38	Laurence Toombs	West Kent RC	V	8:24	23:00
39	14:39	Roger Chappell	API/Anglia Sport	V	11:39	26:28

Solos						
No	Start	Name	Club/Team	Cat	Hcap	PB
40	14:40	Kevin Tye	**VeloRefined Rule 5	V		19:06
41	14:41	Nick Hammond	**Ilkeston Cycle Club	S		20:19
42	14:42	Issy Zimmerman	**Regents Park Rouleurs	V		20:52
43	14:43	Chris Dyason	Cambridge CC	V	7:43	22:16
44	14:44	Chris Nudds	CC Breckland	V	9:00	23:38
45	14:45	Matthew Reader	Verulam CC	V	5:31	19:54
46	14:46	Craig Chappell	API/Anglia Sport	V	6:09	20:35
47	14:47	Tim Baggs	**Sherwood CC	V		21:33
48	14:48	Andrew Bright	**Chronos RT	V		22:54
49	14:49	Eva Zsigoova	**VeloRefined Rule 5	W		24:43
50	14:50	Nick Morgan	Hitchin Nomads CC	V	4:40	19:00
51	14:51	Thomas Carroll	CC Breckland	V	5:54	20:19
52	14:52	Jamie Sparrow	North Norfolk Whs	V	6:24	20:51
53	14:53	Andy Grant	Chelmer CC	V	7:34	22:06
54	14:54	Simon Bond	Cambridge CC	V	9:39	24:20
55	14:55	Simon Butteriss	Ely & District CC/B&T Motor Repairs	V	5:30	19:53
56	14:56	Adam Hardy	Crest CC	V	6:09	20:35
57	14:57	Peter Bell	**Welland Valley CC	V		21:32
58	14:58	Adrian McHale	Peterborough CC	V	7:59	22:33
59	14:59	Andrew Vaughan	**City RC (Hull)	V		25:44
60	15:00	Joshua Clark	**Royal Navy & Royal Marines CA	S		18:59
61	15:01	Robert Watson	Cambridge CC	V	5:54	20:19
62	15:02	Matt Rizzo-Naudi	**Cambridge University CC	E		20:56
63	15:03	David Creese	**Chronos RT	V		22:10
64	15:04	Alan Spurden	**Army Cycling	V		23:33
65	15:05	Alex Purcell	CC Sudbury	S	5:29	19:52
66	15:06	James Lawler	**VTTA (East Anglia Group)	V		20:41
67	15:07	Steven Loraine	**Legato Racing Team (LRT)	V		21:32
68	15:08	Susan Triplow	CC Sudbury	WV	8:09	22:43
69	15:09	Adrian Briers	**Chronos RT	V		25:40
70	15:10	Liam Maybank	Twickenham CC	V	4:39	18:58
71	15:11	Eddie Humphreys	**Nottingham Clarion CC	V		20:15
72	15:12	Colin Lizieri	Cambridge CC	V	6:24	20:51
73	15:13	Chris Symonds	**North Road CC	V		21:53
74	15:14	David Hodsman	**Dulwich Paragon CC	S		23:21
75	15:15	Simon Smart	**DRAG2ZERO	V		19:48
76	15:16	Tom Houghton	**Team TMC	V		20:37
77	15:17	Loz Staples	**Spalding CC	V		21:31
78	15:18	Andrew Clarke	**North Shropshire Wheelers	V		22:41
79	15:19	Mike Sirett	**Welland Valley CC	V		25:16
80	15:20	Anthony Turner	**Mickey Cranks Cycling Club	V		18:54
81	15:21	Iain Boardman	**Dulwich Paragon CC	V		20:15
82	15:22	Colin Parkinson	**South Western Road Club	V		20:48
83	15:23	David Prom	**San Fairy Ann CC	V		21:47
84	15:24	Paul Gribbon	Southend Wheelers	V	8:43	23:20
85	15:25	Max Sahota	**Team Bottrill	S		19:47
86	15:26	Samuel Woodfield	**Rule 28 x ATP Performance	S		20:29
87	15:27	Will Shepherd	Ely & District CC/B&T Motor Repairs	V	7:00	21:30
88	15:28	Steve Clarke	**TMG Horizon Cycling Team	V		22:39
89	15:29	Jan Harvey	Southend Wheelers	WV	10:27	25:11
90	15:30	Patrick Casey	**Anexo Group Race Team	J		18:47
91	15:31	Stu Wright	**QN Racing	V		20:09
92	15:32	Gary Record	West Kent RC	V	6:20	20:47
93	15:33	Simon Inman	**OVb	V		21:47

Solos						
No	Start	Name	Club/Team	Cat	Hcap	PB
94	15:34	Jeff Wharton	**Velo Schils Interbike RT	V		23:47
95	15:35	Rob Young	Shaftesbury CC	V	5:19	19:41
96	15:36	Glenn Taylor	Shorter Rochford RT	V	6:03	20:28
97	15:37	Deborah Beare	Icknield RC	WV	6:58	21:27
98	15:38	Julia Freeman	Easterley Road Club	WV	8:13	22:48
99	15:39	Michael Fry	Glendene CC	V	10:16	24:59
100	15:40	Neil Harris	**Southborough & Dist. Whs	V		18:34
101	15:41	Phillip Tyas	**Barnsley Road Club	V		20:21
102	15:42	Alice Lethbridge	**Loughborough Lightning / TRG	W		20:47
103	15:43	John Dowling	**Hemel Hempstead CC	V		21:43
104	15:44	Graham Lawrenson	Hainault RC	V	8:28	23:04
105	15:45	Paul Schofield	Ely & District CC/B&T Motor Repairs	V	5:18	19:40
106	15:46	Alfie Salmon	Hart Performance Coaching	E	5:57	20:22
107	15:47	Jolyon Glynn	Cambridge CC	E	6:57	21:26
108	15:48	Chris Regan	Chelmer CC	V	11:31	26:20
109	15:49	Vic Haines	**Old Portlians CC	V		28:43
110	15:50	Matthew Smith	**DRAGZZERO	V		17:51
111	15:51	Terry Garlinge	Easterley Road Club	V	5:43	20:07
112	15:52	Paul Smith	**VeloRefined Rule 5	V		20:44
113	15:53	Jack Eastman-Nye	Peterborough CC	S	7:38	22:10
114	15:54	Paul Looke	Shaftesbury CC	V	8:26	23:02
115	15:55	Grant Orsborn	Bedfordshire Road RT	V	5:43	20:07
116	15:56	Colin Currie	Ely & District CC/B&T Motor Repairs	V	5:58	20:23
117	15:57	Ian Braybrook	Basildon CC	V	6:53	21:22
118	15:58	Miriam Taylor-Carter	Bedfordshire Road RT	WV	7:53	22:26
119	15:59	Mark Welch	**Oxted Cycle Club	V		22:29
120	16:00	James Jenkins	**Richardsons-Trek RT	S		17:42
** = Club not affiliated to ECCA. Rider(s) not eligible for awards						