**Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations**

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**The Start Sheet for the East Anglian VTTA 25m TT**

GERI LANG MEMORIAL CUP Awarded annually to the best on standard Group member in the last Group 25

**Sunday 28th July 2019 - Starts at 06:02am**

**Course details E2/25:**

**START at paint mark on A142 just before slip road to A14 westbound. Take slip road and continue onto A14 westbound, and stay in left lane onto A11 where A14 diverges. Continue to Four Went Ways (12.77m), where take slip road to elevated roundabout and circle to rejoin A11 northbound. Retrace via A11 and A14 to FINISH at the drain cover 60 kerb joints before 'Give way in 100 yards' sign on slip road to A142.**

**Please note:**

**ANY RIDER NOT STAYING IN THE LEFT HAND LANE AT THE A11/A14 GOING WEST BOUND WILL BE DQ’d AND REPORTED TO LONDON EAST CTT DISTRICT COMMITTEE FOR DISCIPLINARY ACTION**

**Event HQ:**

**Newmarket Leisure Centre –**

**Exning Road Newmarket CB8 0EA**

**Open from 5am – We are using the small gym this year.**

**Tandems**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  2 | 06:02 |  | Becky  | Lewis | Mid Shropshire Wheelers |  |  |  |  |
|  |  |  | Howard | Lewis | Mid Shropshire Wheelers |  |  |  |  |
|   4  | 06:04 |  | Kevin | Baumber | Shaftesbury CC |  |  |  |  |
|   |  |  | Martin | Baumber | Shaftesbury CC |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  6 | 06:06 |  | Rachel | Elliott | Newbury RC |  |  |  |  |
|  |  |  | Ian | Greenstreet | Aerocoach |  |  |  |  |
| **Solos** |  |  |  |  |  |  |  |  |  |
| 7 | 06:07 |  | Patrick | Ellerbeck | St Neots CC | Male | Veteran | 27/05/1954 | 65 |
| 8 | 06:08 |  | Richard | Payn | 34 Nomads CC | Male | Veteran | 25/10/1963 | 55 |
| 9 | 06:09 |  | Bryan | Long | Velo Schils Interbike RT | Male | Veteran | 01/05/1966 | 53 |
| 10 | 06:10 |  | John | Dowling | Hemel Hempstead CC | Male | Veteran | 11/03/1957 | 62 |
| 11 | 06:11 |  | Mike | Padfield | North Norfolk Whs | Male | Veteran | 12/02/1975 | 44 |
| 12 | 06:12 |  | Michael | Fry | Glendene CC | Male | Veteran | 29/11/1960 | 58 |
| 13 | 06:13 |  | Paul | Looke | Shaftesbury CC | Male | Veteran | 15/08/1966 | 52 |
| 14 | 06:14 |  | Christopher | Smith | Ipswich BC | Male | Veteran | 09/10/1957 | 61 |
| 15 | 06:15 |  | Adrian | Pettitt | Stowmarket & District CC | Male | Veteran | 21/01/1969 | 50 |
| 16 | 06:16 |  | Ian | Cardy | Chelmer CC | Male | Veteran | 28/10/1963 | 55 |
| 17 | 06:17 |  | Mark | Fairhead | CC Breckland | Male | Veteran | 12/11/1963 | 55 |
| 18 | 06:18 |  | Mike | Watson | CC Breckland | Male | Veteran | 16/02/1964 | 55 |
| 19 | 06:19 |  | Robert | Finch | Basildon CC | Male | Veteran | 05/09/1971 | 47 |
| 20 | 06:20 |  | Steve  | Cave  | Plomesgate CC | Male | Veteran | 15/04/1971 | 48 |
| 21 | 06:21 |  | Jon | Talbot | Wisbech Whs | Male | Veteran | 02/03/1972 | 47 |
| 22 | 06:22 |  | Claire | Lee | Glendene CC | Female | Veteran | 29/06/1970 | 49 |
| 23 | 06:23 |  | Philip | Waring | Cambridge CC | Male | Veteran | 22/03/1969 | 50 |
| 24 | 06:24 |  | Trevor | Phillips | Essex Roads CC | Male | Veteran | 23/08/1964 | 54 |
| 25 | 06:25 |  | Tim | Phillips | St Ives CC | Male | Veteran | 31/10/1969 | 49 |
| 27 | 06:27 |  | Adrian | Cox | Team Milton Keynes | Male | Veteran | 09/04/1961 | 58 |
| 28 | 06:28 |  | Joe | Empson | Anglia Velo | Male | Veteran | 29/06/1950 | 69 |
| 29 | 06:29 |  | Simon | Fawcett | VTTA (East Anglia Group) | Male | Veteran | 30/01/1973 | 46 |
| 26 | 06:26 |  | Caroline | Wyke | CC Sudbury | Female | Veteran | 30/01/1956 | 63 |
| 30 | 06:30 |  | Andy | Stuart | Velo Club St Raphael | Male | Veteran | 17/02/1975 | 44 |
| 31 | 06:31 |  | Chris | Nudds | CC Breckland | Male | Veteran | 03/07/1948 | 71 |
| 32 | 06:32 |  | Dominic | Whitehead | St Ives CC | Male | Veteran | 07/07/1958 | 61 |
| 33 | 06:33 |  | Sue | Rust | Kettering CC | Female | Veteran | 21/07/1963 | 56 |
| 34 | 06:34 |  | Michael | Macdonald | CC London | Male | Veteran | 01/01/1962 | 57 |
| 35 | 06:35 |  | Jeff | Roberts | High Wycombe CC | Male | Veteran | 22/12/1964 | 54 |
| 36 | 06:36 |  | Giles | Askham | Colchester Rovers CC | Male | Veteran | 02/02/1966 | 53 |
| 37 | 06:37 |  | Paul | Dennington | VC Baracchi | Male | Veteran | 05/03/1964 | 55 |
| 38 | 06:38 |  | Glen | Knight | Newbury RC | Male | Veteran | 30/03/1978 | 41 |
| 39 | 06:39 |  | Kate | Vergette | Elite Cycling | Female | Veteran | 28/12/1975 | 43 |
| 40 | 06:40 |  | Martin | O'sullivan | Teddington and Turing Velo | Male | Veteran | 08/10/1974 | 44 |
| 41 | 06:41 |  | Amy | Pritchard | Team Bottrill | Female | Veteran | 02/01/1978 | 41 |
| 42 | 06:42 |  | Louise | Robinson | Essex Roads CC | Female | Veteran | 18/07/1976 | 43 |
| 43 | 06:43 |  | Chris | Symonds | North Road CC | Male | Veteran | 21/11/1973 | 45 |
| 44 | 06:44 |  | Bob | Loader | Sydenham Whs | Male | Veteran | 07/05/1933 | 86 |
| 45 | 06:45 |  | Paul | Byford | Crawley Wheelers | Male | Veteran | 09/02/1966 | 53 |
| 46 | 06:46 |  | Christopher | Wedge | Whitewebbs CC | Male | Veteran | 01/03/1972 | 47 |
| 47 | 06:47 |  | Mark | Thomas | Bigfoot CC | Male | Veteran | 17/04/1963 | 56 |
| 48 | 06:48 |  | Richard | Mellor | Chelmer CC | Male | Veteran | 15/04/1969 | 50 |
| 49 | 06:49 |  | Chris | Cantwell | West Suffolk Wheelers | Male | Veteran | 22/03/1959 | 60 |
| 50 | 06:50 |  | Paul | Smith | VeloRefined.com Aerosmiths | Male | Veteran | 29/01/1972 | 47 |
| 51 | 06:51 |  | Steve | Hancock | Calder Clarion | Male | Veteran | 02/03/1963 | 56 |
| 52 | 06:52 |  | Marek | Sasura | GS Avanti | Male | Veteran | 04/05/1976 | 43 |
| 53 | 06:53 |  | Nicholas  | Knight | Basildon CC | Male | Veteran | 07/11/1974 | 44 |
| 54 | 06:54 |  | James | Bromley | Becontree Wheelers CC | Male | Veteran | 13/04/1959 | 60 |
| 55 | 06:55 |  | David | Crisp | 3T-RACING | Male | Veteran | 01/09/1976 | 42 |
| 56 | 06:56 |  | Martin | Bullen | Peterborough CC | Male | Veteran | 12/07/1952 | 67 |
| 57 | 06:57 |  | Paul | Thompson  | Twickenham CC | Male | Veteran | 21/11/1963 | 55 |
| 58 | 06:58 |  | Christopher | Hamblion | Colchester Rovers CC | Male | Veteran | 04/12/1970 | 48 |
| 59 | 06:59 |  | Gillian | Morgan | Westerley Cycling Club | Female | Veteran | 19/07/1960 | 59 |
| 60 | 07:00 |  | Robert | Watson | Cambridge CC | Male | Veteran | 09/09/1960 | 58 |
| 61 | 07:01 |  | Ian | Pike | Lincoln Wheelers CC | Male | Veteran | 30/04/1968 | 51 |
| 62 | 07:02 |  | Patrick | Charlton | Wolsey RC | Male | Veteran | 27/11/1957 | 61 |
| 63 | 07:03 |  | Andy | Wickham | Team Corley Cycles | Male | Veteran | 21/06/1970 | 49 |
| 64 | 07:04 |  | David | Fenn | CC Sudbury | Male | Veteran | 27/03/1950 | 69 |
| 65 | 07:05 |  | Iain | Boardman | Dulwich Paragon CC | Male | Veteran | 02/08/1973 | 45 |
| 66 | 07:06 |  | Lee | Turner | Sigma Sports | Male | Veteran | 16/10/1968 | 50 |
| 67 | 07:07 |  | Debbie | Bradley | Team Bottrill | Female | Veteran | 24/12/1973 | 45 |
| 68 | 07:08 |  | Mark | Endersby | Anglia Velo | Male | Veteran | 06/02/1974 | 45 |
| 69 | 07:09 |  | Graham | Lawrenson | Hainault RC | Male | Veteran | 17/06/1954 | 65 |
| 70 | 07:10 |  | Paul | Vickers | West Suffolk Wheelers | Male | Veteran | 25/03/1971 | 48 |
| 71 | 07:11 |  | Stephen | Wilkinson | Folkestone Velo Club | Male | Veteran | 11/02/1966 | 53 |
| 72 | 07:12 |  | Bob | Quarton | Wolsey RC | Male | Veteran | 16/04/1954 | 65 |
| 73 | 07:13 |  | Jason | Davies | Royal Air Force Cycling Association | Male | Veteran | 12/06/1971 | 48 |
| 74 | 07:14 |  | David  | Stockley | A5 Rangers CC | Male | Veteran | 20/07/1940 | 79 |
| 75 | 07:15 |  | Terry | Garlinge | Easterley Road Club | Male | Veteran | 05/11/1969 | 49 |
| 76 | 07:16 |  | Steven | Bass | Maldon & District CC | Male | Veteran | 24/09/1967 | 51 |
| 77 | 07:17 |  | Hugh | Williams | Pro Vision Cycle Clothing  | Male | Veteran | 16/12/1967 | 51 |
| 78 | 07:18 |  | Mick | Case | Bedfordshire Road RT | Male | Veteran | 20/07/1967 | 52 |
| 79 | 07:19 |  | Paul | Wright | Hitchin Nomads CC | Male | Veteran | 04/09/1967 | 51 |
| 80 | 07:20 |  | Sam | Wightman | Chelmer CC | Male | Veteran | 29/08/1977 | 41 |
| 81 | 07:21 |  | Jon | Friend | Bedfordshire Road RT | Male | Veteran | 02/08/1965 | 53 |
| 82 | 07:22 |  | Ritchie | Parkins | Diss & District CC | Male | Veteran | 06/05/1972 | 47 |
| 83 | 07:23 |  | Jeremy | Saynor | PMR | Male | Veteran | 25/06/1963 | 56 |
| 84 | 07:24 |  | John | Royle | Fenland Clarion CC | Male | Veteran | 07/09/1946 | 72 |
| 85 | 07:25 |  | Richard | Gifford | trainSharp | Male | Veteran | 09/01/1963 | 56 |
| 86 | 07:26 |  | David | Warlow | Essex Roads CC | Male | Veteran | 30/06/1973 | 46 |
| 87 | 07:27 |  | Nigel | Croxford | High Wycombe CC | Male | Veteran | 29/06/1957 | 62 |
| 88 | 07:28 |  | Robert | Pisolkar | Shaftesbury CC | Male | Veteran | 25/08/1958 | 60 |
| 89 | 07:29 |  | Murray | Kirton | A5 Rangers CC | Male | Veteran | 31/03/1941 | 78 |
| 90 | 07:30 |  | Mark | Newton | Elite Cycling | Male | Veteran | 23/01/1967 | 52 |
| 91 | 07:31 |  | Peter  | Lloyd | N+1 - Lindfield Coffee Works | Male | Veteran | 05/07/1977 | 42 |
| 92 | 07:32 |  | Martin | Atkinson | Peterborough CC | Male | Veteran | 09/01/1977 | 42 |
| 93 | 07:33 |  | Jim | Reed | Colchester Rovers CC | Male | Veteran | 23/07/1948 | 71 |
| 94 | 07:34 |  | Philip | Jones | Peterborough CC | Male | Veteran | 21/08/1958 | 60 |
| 95 | 07:35 |  | Dave | Green | CC Breckland | Male | Veteran | 21/03/1964 | 55 |
| 96 | 07:36 |  | Gavin | Hinxman (trike) | DRAG2ZERO | Male | Veteran | 01/03/1968 | 51 |
| 97 | 07:37 |  | Mark | Vowells | CC Bexley | Male | Veteran | 01/02/1953 | 66 |
| 98 | 07:38 |  | Susan | Triplow | CC Sudbury | Female | Veteran | 25/04/1967 | 52 |
| 99 | 07:39 |  | Karen | Dennett | Bishop's Stortford CC | Female | Veteran | 02/04/1957 | 62 |
| 100 | 07:40 |  | Andrew | Grant | Cambridge CC | Male | Veteran | 29/04/1953 | 66 |
| 101 | 07:41 |  | Colin | Lizieri | Cambridge CC | Male | Veteran | 27/07/1955 | 64 |
| 102 | 07:42 |  | Rodney | Smith | Wigmore CC | Male | Veteran | 11/06/1963 | 56 |
| 103 | 07:43 |  | Peter | Tibbitts | Ford CC | Male | Veteran | 03/02/1952 | 67 |
| 104 | 07:44 |  | Andrew | Merchant  | Southend Wheelers | Male | Veteran | 21/12/1964 | 54 |
| 105 | 07:45 |  | Dale | Lush  | Kingston Phoenix RC | Male | Veteran | 14/01/1979 | 40 |
| 106 | 07:46 |  | Wolfgang | Emmerich | London Phoenix CC | Male | Veteran | 31/10/1965 | 53 |
| 107 | 07:47 |  | Michael | Porter | 34 Nomads CC | Male | Veteran | 06/12/1966 | 52 |
| 108 | 07:48 |  | Simon | Keen | Crest CC | Male | Veteran | 11/05/1979 | 40 |
| 109 | 07:49 |  | Ron | Back | West Suffolk Wheelers | Male | Veteran | 25/09/1938 | 80 |
| 110 | 07:50 |  | Julian | Elliott | Finsbury Park CC | Male | Veteran | 12/09/1970 | 48 |
| 111 | 07:51 |  | James | Churchard | Reading CC | Male | Veteran | 10/11/1976 | 42 |
| 112 | 07:52 |  | James | Moss | North Road CC | Male | Veteran | 28/01/1977 | 42 |
| 113 | 07:53 |  | Julia | Freeman | Easterley Road Club | Female | Veteran | 07/11/1963 | 55 |
| 114 | 07:54 |  | Paul | Breeze | Peterborough CC | Male | Veteran | 23/07/1966 | 53 |
| 115 | 07:55 |  | Peter | Lawrence | High Wycombe CC | Male | Veteran | 03/04/1972 | 47 |
| 116 | 07:56 |  | Chris | Tye | Plomesgate CC | Male | Veteran | 22/01/1967 | 52 |
| 117 | 07:57 |  | Neal | Marrin | Finsbury Park CC | Male | Veteran | 09/03/1970 | 49 |
| 118 | 07:58 |  | John  | Golder | Chelmer CC | Male | Veteran | 06/06/1953 | 66 |
| 119 | 07:59 |  | John | Beer | Kingston Phoenix RC | Male | Veteran | 14/10/1950 | 68 |
| 120 | 08:00 |  | Adam | Bidwell | Kingston Wheelers CC | Male | Veteran | 30/08/1976 | 42 |
| 121 | 08:01 |  | Richard | Tully | Elite Cycling | Male | Veteran | 18/01/1977 | 42 |
| 122 | 08:02 |  | Graham | Pepperdine | Verulam CC | Male | Veteran | 22/07/1963 | 56 |
| 123 | 08:03 |  | Jonathan | Durnin | Welland Valley CC | Male | Veteran | 01/05/1972 | 47 |
| 124 | 08:04 |  | Ian | Turner | Southborough & Dist. Whs | Male | Veteran | 29/11/1948 | 70 |
| 125 | 08:05 |  | Kevin | Tye | VeloRefined.com Aerosmiths | Male | Veteran | 13/10/1961 | 57 |
| 126 | 08:06 |  | Mark | Valios | Bigfoot CC | Male | Veteran | 11/09/1973 | 45 |
|  |  |  |  |  |  |  |  |  |  |

**NOTES TO RIDERS –**

**The following local regulations must be adhered to: -**

**1. No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride.**

**2. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee.**

**3. Numbers will be situated in the HQ and riders must sign for them personally. They can be exchanged for a hot or cold drink after the event in the small gym and remember to sign your number back in after your ride.**

**4. NO cars to stop or park at the start or finish areas, the finish is a clearway.**

**5. No warming-up by competitors is allowed along any part of the designated course, after the event has started. NOTE: NO Riders allowed in the start area more than 5 minutes before starting.**

**6. ON FINISHING RIDERS MUST STAY TO THE LEFT HAND SIDE OF THE SLIP ROAD, ANY RIDER MOVING OVER TO THE RIGHT WILL BE DISQUALIFIED, THIS IS FOR YOUR OWN SAFETY**

**7. AT THE TOP OF THE SLIP ROAD GO LEFT, THEN TAKE NEXT LEFT, WINDMILL HILL FOLLOW TO EXNING, AT T JUNCTION GO LEFT INTO EXNING ROAD, THE LEISURE CENTRE IS APPROX. 2.5 MILES.**

**8. Please check notice board next to results board on returning number for Doping control.**

Timekeepers: Tim Groves and Becki Groves

Event Secretary: Gary Boyd, 3 Blundell Close, Hackney, London, E8 2RS Mobile: 07792950305

On the day Event Co-ordinator: Hannah Davey 07887840581

**East Anglian VTTA awards**

**Actual Fastest 1st Best on Standard 1st Lady on Standard Fastest age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, & 80+ Club team of three on Standard GERI LANG MEMORIAL CUP - for East Anglian Group members only**

**EVENT HQ – Small Gym at Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk, CB8 0EB.**

**To get to the HQ, turn off the A14 and turn northwards on the A142. Turn left into Windmill Hill. At T junction turn left into Exning Road and the Leisure Centre is on your right approximately 2.5 miles along Exning Road. There is adequate parking, but please be considerate and park sensibly.**

**Note: The Start is approximately 2.5 miles from the HQ, please allow enough time to get to the start on time. The route to the Start is different to that from the Finish but it will be well signed in both directions and you should follow those signs. There are adequate areas beyond the start to park and warm up. Changing facilities and showers are available in the Leisure Centre, please do not change in the car park.**