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THE EAST ANGLIAN VTТА

Are proud to present the result sheet for

***** 'THE LEO 30' *****

Alan Rochford & Val Hester memorial

COURSE E33/30 – HELD ON SATURDAY 8th OCTOBER

Awards

Chris Holmes VC Norwich 1:5:44 The Leo 30 trophy

Chris Holmes plus +15:07 & Elspeth Knott Colchester Rovers +6:28

**Share The H.F.Nevill 30mile cup for the best man &
woman East Anglian VTТА Group member on standard**

1st man on a road bike - Alexander Speirs 1:9:12

1st woman on road bikes - Ann Shuttleworth 1:30:08

A bottle of wine each

Fastest 2up team – Stan Nwaka & Nicholas Coe 1:16:37

A bottle of wine each

£100 donated to each charity

'Macmillan Caring Locally' & 'Cancer Research'

[Alan Rochford funeral details \(tapperfuneralservice.co.uk\)](http://tapperfuneralservice.co.uk)

[Tribute to Valerie Hester, 19 December 1938 - 26 August 2022 \(muchloved.com\)](http://muchloved.com)

I hope you enjoyed the event on the new E33/30 course, congratulations to all the riders, Chris Holmes on an outstanding ride on that course against some very good competition

First off the 2up pairing of Stan Nwaka & Nicholas Coe, also to young Alexander Speirs on an outstanding ride on a road bike and Ann Shuttleworth who was fastest woman and then dived into the kitchen to serve the teas & cakes!!

A big thanks to all the marshals & helpers, without them there wouldn't be an event, special thanks to the other Chris Holmes in the kitchen, Andy Grant who put all the signs out then collected them after the event and Keith West for his excellent result service, events couldn't run without all our hard-working marshals & helpers, thank you.

Thank you also to Ian Short who coordinated the marshalling at the Stetchworth turn with Dave Nock and also donated 5 copies of his interesting book, 'Ups & Downs' as further prizes.

Finally thank you for supporting the event, I have donated £100 to Alan Rochford's charity, Alan was the sponsor of the Leo Road Club from the early 90's until its demise in 2008, Alan actually won this event back in the 60's when he was in the Barnet CC, also donated £100 to Val Hester's charity, Val was the club secretary for 25 years, her and husband Bill were also on the East Anglian VTTA committee for many years, they will all be missed.

2up teams

| Pos | CTT ID | Name | Club | Age | Time |
|-----|--------|-----------------|-----------------------|-----|---------|
| 1st | 10061 | Stan Nwaka | Verulam Really Moving | 60 | 1:16:37 |
| | 818 | Nicholas Coe | Verulam Really Moving | 64 | |
| | 30864 | Andrew Hastings | Haste CC | 42 | 1:06:56 |
| | 39414 | Jess Harding | Haste CC | 49 | DNF |

Road bikes

| Pos | Name | Club | Age | Group | Time | Plus |
|------|----------------------|-------------------------------------|-----|--------------|---------|---------|
| 1st | Alexander Speirs | Harworth and District Cycling Club | 25 | | 1:09:12 | |
| 2nd | Simon Butteriss | Ely & District CC/B&T Motor Repairs | 44 | | 1:10:36 | |
| 3rd | Alex Carley | Harworth and District Cycling Club | 30 | | 1:11:58 | |
| 4th | John Manlow | Ely & District CC/B&T Motor Repairs | 54 | East Anglia | 1:15:11 | + 7:48 |
| 5th | Patrick Ellerbeck | St Neots CC | 68 | East Anglia | 1:16:56 | + 11:39 |
| 6th | Jez Willows | Sherwood CC | 57 | Notts/E.Mids | 1:21:06 | + 2:51 |
| 7th | Robert Tillott | St Ives CC | 62 | East Anglia | 1:23:27 | + 2:21 |
| 8th | Ann Shuttleworth (W) | Cambridge CC | 56 | East Anglia | 1:30:08 | + 1:27 |
| 9th | David Cook | Bedfordshire Road CC | 67 | London & HC | 1:30:33 | - 2:29 |
| 10th | Jodi Thomas (W) | Colchester Rovers CC | 22 | | 1:39:36 | |
| 11th | Mark Fogg | North Essex Velo | 50 | East Anglia | 1:44:56 | - 23:05 |

Main event

| Pos | Name | Club | Age | Group | Time | Plus |
|------|----------------------|---|-----|-------------|---------|---------|
| 1st | Chris Holmes | VC Norwich | 46 | East Anglia | 1:05:44 | + 15:07 |
| 2nd | Sam McDonald | St Neots CC | 32 | | 1:06:29 | |
| 3rd | Stuart Hourigan | VeloRefined Rule 5 | 46 | Kent | 1:06:39 | + 14:12 |
| 4th | Matthew Uttley | Nottingham Clarion CC | 47 | Notts/E.Mid | 1:06:44 | + 14:22 |
| 5th | Kevin Tye | VeloRefined Rule 5 | 60 | Kent | 1:06:47 | + 18:14 |
| 6th | Jonathan Shubert | FTP (Fulfil The Potential) Race Team | 35 | | 1:06:54 | |
| 7th | James Ambrose-Parish | Bikestrong-KTM | 24 | | 1:08:26 | |
| 8th | Nicholas Knight | Hart Performance Coaching | 47 | East Anglia | 1:08:51 | + 12:15 |
| 9th | Sean Hunt | Lincoln Wheelers CC | 58 | Notts/E.Mid | 1:09:28 | + 14:49 |
| 10th | Iain Boardman | Dulwich Paragon CC | 49 | East Anglia | 1:10:25 | + 11:11 |
| 11th | Sebastian Harrison | Islington Cycling Club | 39 | | 1:10:32 | |
| 12th | Mark Hill | VeloRefined Rule 5 | 55 | Kent | 1:10:36 | + 12:42 |
| 13th | Ian Cardy | Chelmer CC | 58 | East Anglia | 1:14:49 | + 9:28 |
| 14th | Clinton Butcher | Cambridge CC | 47 | | 1:15:09 | |
| 15th | Mark Greenhow | St Neots CC | 54 | | 1:16:00 | |
| 16th | Chris Tye | Plomesgate CC | 55 | East Anglia | 1:16:51 | + 6:27 |
| 17th | Mark Careless | Loose Cannon's Conditioning | 50 | | 1:17:34 | |
| 18th | Adrian McHale | Peterborough CC | 46 | East Anglia | 1:19:52 | + 0:59 |
| 19th | Loz Staples | Velo-One Cycling Team/Staples Vegetables-GB Farmers | 49 | | 1:19:55 | |
| 20th | Rosie Simmons (W) | Southampton University RCC | 22 | | 1:20:00 | |
| 21st | Rob Moore (LS) | Shaftesbury CC | 57 | East Anglia | 1:21:22 | + 2:35 |
| 22nd | Nick Hickman | Team Salesengine.co.uk | 55 | East Anglia | 1:27:51 | - 4:33 |
| 23rd | Amy Sole (W) | Full Moo Cycling | 48 | | 1:29:53 | |
| 24th | John Swanbury | VC Baracchi | 75 | East Anglia | 1:30:06 | + 2:52 |
| 25th | Elsbeth Knott (W) | Colchester Rovers CC | 72 | East Anglia | 1:33:19 | + 6:28 |
| 26th | Wayne Hill | Bourne Wheelers | 55 | East Anglia | 1:35:18 | - 12:00 |
| | Paul Wright | Army Cycling | 55 | East Anglia | DNF | |

Timekeepers: Tim & Wally Groves

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

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