



Zak Carr Memorial Championship 10 miles Time Trial for Solos and Tandems

to be held on

Saturday 22nd July 2023

Course E2/10 ~ Start at 2.00 pm

Timekeepers

Frida Wezel & Ian Taylor

Awards

MEN: 1st: Zak Carr Trophy + Boxed Medal.
2nd: Championship Gilt Medal. 3rd to 5th: Championship Medal.

WOMEN: 1st: Ladies Bowl + Boxed Medal.
2nd: Championship Gilt Medal.

TEAM: 1st Team of Three: Championship Gilt Medals.

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

TANDEM: 1st Tandem: Championship Gilt Medals.

Only members of ECCA affiliated clubs are eligible for awards

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

Event Secretary: Dave Yarham, 7 Torpel Way, Maxey, Peterborough, PE6 9EQ
Mobile: 07932 162471 Email: yarhamd@msn.com

COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: https://www.questronics.co.uk/maps.html?E2_10

START at paint mark at end of feeder road from West Wrattling, just before junction with A1304 (1 kerb joint before drain near "Give Way" Sign). Bear left onto A1304 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")

TAKE EXTRA CARE ON THE FINISH SLIP ROAD AS IT NARROWS SIGNIFICANTLY AFTER THE FINISH POINT. KEEP TO THE LEFT. TAKE EXTRA CARE IF YOU NEED TO TURN RIGHT INTO THE PARKING AREA NEAR THE START.

For full details of future ECCA events and results of past events and the season long competitions, go to ECCA website 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. - www.easterncounties.org.uk

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.

Westley Waterless. Please park outside the HQ grounds and only to the east of Village Hall. PLEASE DO NOT PARK ON THE PATHWAY OUTSIDE THE VILLAGE HALL. Park sensibly using the verges on the opposite side of the road. 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.**

RIDERS' NOTES

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

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 Wrating.

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.

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 free drink.

In order to obtain bigger fields, for 2023 the ECCA has decided to open its races to all, although with preference to ECCA riders. Judging by some of the entries from outside clubs the appeal of riding the superfast E2 course makes the long journey worthwhile. For those clubs that aren't affiliated and which are in our catchment area why not affiliate. There are certain conditions and these are explained in full on the ECCA website homepage www.easterncounties.org.uk.

Solos

| No | Start | Name | Club/Team | Cat | Bike | Handicap | PB |
|----|-------|-------------------|--------------------------------------|-----|------|----------|-------|
| 2 | 14:02 | Colin Surrey | Hitchin Nomads CC | V | Road | * | 30:00 |
| 3 | 14:03 | Catherine Eassom | **Chester Triathlon Club | WV | TT | * | 28:00 |
| 4 | 14:04 | John Saysell | **North Road CC | V | TT | * | 21:41 |
| 5 | 14:05 | Jordan Black | West Suffolk Wheelers | S | TT | 5:28 | 19:51 |
| 6 | 14:06 | Robert Watson | Cambridge CC | V | TT | 5:54 | 20:29 |
| 7 | 14:07 | Michael Martin | CC Ashwell | V | TT | 7:07 | 21:37 |
| 8 | 14:08 | Graham Lawrenson | Hainault RC | V | TT | 8:28 | 23:04 |
| 9 | 14:09 | Andrew Porter | **Welwyn Whs | V | TT | * | 26:13 |
| 10 | 14:10 | Nick Partridge | **Sole Bay Cycle Sport | V | TT | * | 19:09 |
| 11 | 14:11 | Thomas Carroll | CC Breckland | V | TT | 5:54 | 20:19 |
| 12 | 14:12 | Patrick Ellerbeck | St Neots CC | V | TT | 6:42 | 21:10 |
| 13 | 14:13 | David Creese | **Chronos RT | V | TT | * | 22:10 |
| 14 | 14:14 | Eva Zsigoova | **VeloRefined Rule 5 | W | TT | * | 24:43 |
| 15 | 14:15 | Will Lowden | **HUUB WattShop | E | TT | * | 19:57 |
| 16 | 14:16 | Ross Harper | Verulam CC | S | TT | 6:13 | 20:39 |
| 17 | 14:17 | Brendan Ronayne | CC Ashwell | V | TT | 7:07 | 21:37 |
| 18 | 14:18 | Frances Lammymann | St Neots CC | W | TT | 8:24 | 22:59 |
| 19 | 14:19 | Adrian Briers | **Chronos RT | V | TT | * | 25:40 |
| 20 | 14:20 | Nic Pillinger | St Neots CC | V | TT | 5:00 | 19:21 |
| 21 | 14:21 | Jennifer George | **HUUB WattShop | WV | TT | * | 20:17 |
| 22 | 14:22 | Graham Rudd | API/Anglia Sport | V | TT | 6:34 | 21:02 |
| 23 | 14:23 | Michael Allen | **Team Enable - M.I. Racing - McCann | V | TT | * | 22:07 |
| 24 | 14:24 | Martin Bullen | Peterborough CC | V | TT | 8:32 | 23:08 |
| 25 | 14:25 | Julian Bosley | **Stowmarket & District CC | V | TT | * | 19:47 |
| 26 | 14:26 | Lewis Roberts | **Blackspokes RT | S | TT | * | 20:32 |
| 27 | 14:27 | Will Shepherd | Ely & District CC/B&T Motor Repairs | V | TT | 7:00 | 21:30 |
| 28 | 14:28 | Andrew Bright | **Chronos RT | V | TT | * | 22:54 |
| 29 | 14:29 | Karine Jones | **Verulam Really Moving | WV | TT | * | 25:42 |
| 30 | 14:30 | Matt Steel | **Pronto Bikes | V | TT | * | 19:14 |
| 31 | 14:31 | Richard O'Rourke | Team Vision Racing - Silverhook | V | TT | 5:43 | 20:11 |

Solos

| No | Start | Name | Club/Team | Cat | Bike | Handicap | PB |
|----|-------|-------------------|-------------------------------------|-----|------|----------|-------|
| 32 | 14:32 | Louise Robinson | Essex Roads CC | WV | TT | 6:32 | 21:00 |
| 33 | 14:33 | Andy Grant | Chelmer CC | V | TT | 7:34 | 22:06 |
| 34 | 14:34 | Phil Bailey | Loose Cannon's Conditioning | V | TT | 9:32 | 24:12 |
| 35 | 14:35 | Mark Arnold | **VTTA (East Anglia Group) | V | TT | * | 19:45 |
| 36 | 14:36 | Simon Horsley | **Legato Racing Team (LRT) | V | TT | * | 20:40 |
| 37 | 14:37 | James Wood | West Suffolk Wheelers | V | TT | 7:00 | 21:29 |
| 38 | 14:38 | Adrian McHale | Peterborough CC | V | TT | 7:59 | 22:33 |
| 39 | 14:39 | Harley Wenman | **Stowmarket & District CC | V | TT | * | 25:20 |
| 40 | 14:40 | Kevin Tye | **VeloRefined Rule 5 | V | TT | * | 19:06 |
| 41 | 14:41 | Stu Wright | **QN Racing | V | TT | * | 20:09 |
| 42 | 14:42 | Luca Morrone | **Onyx RT | S | TT | * | 20:59 |
| 43 | 14:43 | David Prom | **San Fairy Ann CC | V | TT | * | 22:01 |
| 44 | 14:44 | Paul Breeze | Peterborough CC | V | TT | 9:10 | 23:49 |
| 45 | 14:45 | Peter Harding | Chelmer CC | V | TT | 5:22 | 19:44 |
| 46 | 14:46 | Matthew Peck | Ipswich BC | V | TT | 5:45 | 20:26 |
| 47 | 14:47 | Deborah Beare | Icknield RC | WV | TT | 6:58 | 21:27 |
| 48 | 14:48 | Chris Cummings | Fenland Clarion CC | S | TT | 8:11 | 22:46 |
| 49 | 14:49 | Brian Martin | Ciclos Uno | V | TT | 10:13 | 25:16 |
| 50 | 14:50 | Mark Jones | **DRAG2ZERO | V | TT | * | 18:59 |
| 51 | 14:51 | Stuart Supple | **Sole Bay Cycle Sport | V | TT | * | 20:08 |
| 52 | 14:52 | Oswin Grady | Bedfordshire Road RT | V | TT | 6:29 | 20:56 |
| 53 | 14:53 | Denise Hurren | **Sole Bay Cycle Sport | WV | TT | * | 21:57 |
| 54 | 14:54 | Chris Nudds | CC Breckland | V | TT | 9:00 | 23:38 |
| 55 | 14:55 | Chris Potter | CC Ashwell | S | TT | 5:20 | 19:42 |
| 56 | 14:56 | Angela Carpenter | ...a3crg | WV | TT | * | 20:24 |
| 57 | 14:57 | Ian Braybrook | Basildon CC | V | TT | 6:53 | 21:22 |
| 58 | 14:58 | Steve Clarke | **TMG Horizon Cycling Team | V | TT | * | 22:39 |
| 59 | 14:59 | Michael Fry | Glendene CC | V | TT | 10:26 | 25:10 |
| 60 | 15:00 | Liam Maybank | Twickenham CC | V | TT | * | 18:58 |
| 61 | 15:01 | Michael Schofield | Verulam CC | V | TT | 5:44 | 20:08 |
| 62 | 15:02 | Lee Garrod | **Sole Bay Cycle Sport | V | TT | * | 20:42 |
| 63 | 15:03 | Roger Porter | Verulam CC | V | TT | 7:23 | 21:54 |
| 64 | 15:04 | Charles Langford | Southend Wheelers | Juv | TT | 8:46 | 23:23 |
| 65 | 15:05 | Andy Critchlow | **Paceline RT | V | TT | * | 19:34 |
| 66 | 15:06 | Mark Woolford | **ZeroBC Race Team | V | TT | * | 20:21 |
| 67 | 15:07 | Oskar Everett | Orwell Velo | Juv | TT | 6:50 | 21:19 |
| 68 | 15:08 | Julia Freeman | Easterley Road Club | WV | TT | 8:13 | 22:48 |
| 69 | 15:09 | Martin Holmes | Ely & District CC/B&T Motor Repairs | V | Road | 10:13 | 24:56 |
| 70 | 15:10 | Ken Buckley | **BPC Race Team | S | TT | * | 18:40 |
| 71 | 15:11 | Terry Garlinge | Easterley Road Club | V | TT | 5:43 | 20:07 |
| 72 | 15:12 | Gary Pamment | CC Sudbury | V | TT | 6:16 | 20:42 |
| 73 | 15:13 | Richard Mellor | **Team Bottrill | V | TT | * | 21:37 |
| 74 | 15:14 | Chris Womack | **VC Baracchi | V | TT | * | 24:33 |
| 75 | 15:15 | Joanna Patterson | **Wahoo Le Col | W | TT | * | 19:31 |
| 76 | 15:16 | Nick Hammond | **Ilkeston Cycle Club | S | TT | * | 20:19 |
| 77 | 15:17 | John Dargie | **Pro Endurance Coaching | V | TT | * | 21:15 |
| 78 | 15:18 | Jack Eastman-Nye | Peterborough CC | S | TT | 7:39 | 22:11 |

Solos

| No | Start | Name | Club/Team | Cat | Bike | Handicap | PB |
|---|-------|-----------------|-------------------------|-----|------|----------|-------|
| 79 | 15:19 | Andrew Merchant | Southend Wheelers | V | TT | 10:01 | 24:43 |
| 80 | 15:20 | Piotr Zulawski | Cambridge CC | S | TT | 4:19 | 18:37 |
| 81 | 15:21 | Grant Orsborn | Bedfordshire Road RT | V | TT | 5:43 | 20:07 |
| 82 | 15:22 | Antony Bee | **Wigmore CC | V | TT | * | 20:40 |
| 83 | 15:23 | Malcolm Smith | Peterborough CC | V | TT | 5:36 | 20:00 |
| 84 | 15:24 | Samuel Thienel | Elysium Kalas Race Team | S | TT | 4:43 | 19:24 |
| 85 | 15:25 | Paul Pardoe | Peterborough CC | V | TT | 4:15 | 18:33 |
| ** = Club not affiliated to ECCA. Rider(s) not eligible for awards. | | | | | | | |

Tandems

| No | Start | Name | Club/Team | Cat | PB |
|---|-------|---------------------|----------------------|-----|-------|
| 86 | 15:26 | John Swanbury | **VC Baracchi | V | 23:20 |
| | | Kate Churchill | | WV | |
| 88 | 15:28 | Christopher York | Maldon & District CC | V | 22:41 |
| | | Joanne York | | WV | |
| 90 | 15:30 | Andrew Hutchison | Ride Harder | V | 20:51 |
| | | Catherine Hutchison | | WV | |
| 92 | 15:32 | Ian Greenstreet | **Newbury Velo | V | 18:20 |
| | | Rachael Elliott | | WV | |
| ** = Club not affiliated to ECCA. Riders not eligible for awards. | | | | | |