

EASTERN COUNTIES



CYCLING ASSOCIATION

10 miles Time Trials

for Ladies, Men and Tandems

to be held on

Saturday 12th September 2020

Course E2/10 ~ Start at 2.00 pm

Timekeepers

Frida Wezel and Michael Keen

Awards

MEN: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 6th: ECCA Medal.

LADIES: 1st: ECCA Medal. 2nd: ECCA Medal.

JUNIORS 1st: ECCA Medal.

TEAM: 1st Team of Three: ECCA Medals.

HANDICAP: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 6th: ECCA Medal.

Event Headquarters (open from 12.30 pm)

Westley Waterless Village Hall, CB8 0RG

Event Secretary: Keith West, 3 Dukes Road, Billericay, Essex, CM11 1BP

Landline: 01277 624165

Mobile (on day only): 07952 910044

Email: keith@questronics.co.uk

**IT IS IMPORTANT THAT YOU READ THE NOTES ON PAGE 2 WHICH
DETAIL THE ACTIONS NEEDED BECAUSE OF THE COVID 19 PANDEMIC**

COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: https://www.easterncounties.org.uk/maps2.html?E2_10

START at paint mark at end of feeder road from West Wratting, 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 (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")

In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.

Riders are 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, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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

So that all entrants get a ride without the need for reserves, the women have been transferred to a separate race.

The event has been handicapped using the Standardized Handicapping System modified for ECCA events. Please notify Organizer 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 Wratting.

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 after finishing; otherwise they may be recorded as DNF.

As numbers are disposable you may sign out at the Village Hall or at the table in the Start area but you **must** sign out.

- ❖ CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”. If you haven't already read them please download them from the CTT website and read them carefully. However the following points plus other instructions are of importance so are repeated here.
- ❖ **Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms.**
- ❖ **AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.**
- ❖ Event Headquarters are at Westley Waterless Village Hall, near Newmarket (see map in course details for directions). Hall will be open at 12.30 pm. **The car park is for use by officials only.** Please park outside the HQ grounds and only to the east of the Village Hall. Please park sensibly and avoid blocking field entrances or 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.**
- ❖ **NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ. Separate Toilet facilities are available for men and women but only one person at a time is allowed in the respective room.** Access is via the lobby next to the main door. To maintain social distance, women will use the right-hand side of the doorway and men the left with separate queues outside if necessary. Signing on and signing out will be in the hall and access is via the exits from the toilets or entrance lobby or as instructed on the day. Once again, one in – one out and queuing if necessary. Exit from the hall is via the fire exit at the end of the hall only. Riders should bring their own pen for signing in and out, numbers will be laid out individually and riders should only handle their own number and, if they haven't brought their own, any pins required. After the race the number may be placed in the discard containers for later disposal. To save excess traffic in the village there will be an alternative signing out form in the Start area. You can use either that or the one in the Hall.
- ❖ **NO SHOEMPLATES or SMOKING in the Hall.**
- ❖ It is also possible to park nearer the Start and Finish, in the road between Six Mile Bottom and West Wrating. **PARK HEAD TO TOE, NOT ALONGSIDE. Remember, this road is a through road to West Wrating. Park on the verges and do NOT stand in the road and do NOT impede progress of any vehicles using the road.**
- ❖ Start is about 4 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to the road leading to West Wrating.
- ❖ **Static warm-ups are permitted but only if it possible to maintain social distancing from any passersby.** Warming up can also be done in the road leading to West Wrating but NOT on the race course.
- ❖ No more than **THREE** riders are allowed to queue at the start, so time your arrival accordingly. There will no Pusher-off. Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HQ.
- ❖ On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.
- ❖ There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed. **DO NOT APPROACH THE TIMEKEEPERS.**
- ❖ No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- ❖ It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organizer. Please telephone the organizer if you have failed to finish the event.

Your Club has recently received the Annual Reports of the ECCA along with a list of the proposed events for 2021. Dave Nock, who we must thank for promoting many, many events for the ECCA, has retired from promoting so his usual three events are in need of an organizer. Can you or one of your club mates take on one or more of the races? Also, some of the other races may well need new organizers and volunteers are really welcome. The Association's comprehensive range of events includes time trials, road and circuit races, track championships and randonnées but, obviously, without organizers it will be impossible to run them all. Please give this matter serious thought and if you want further information then please contact me, Keith West, on webmaster@easterncounties.org.uk.

Ladies						
No	Start	Name	Club/Team	Cat	Hcap	PB
1	14:01	Karen Ayles	Maldon & District CC	WV	12:20	27:12
2	14:02	Jennie Page	Southend Wheelers	WV	8:54	23:32
3	14:03	Lisa Hurrell	Maldon & District CC	W	9:09	23:48
4	14:04	Alison Wood	Redbridge CC	WV	10:18	
5	14:05	Jackie Field	CC Ashwell	WV	6:51	21:20
6	14:06	Susan Triplow	CC Sudbury	WV	7:39	22:11
7	14:07	Ann Shuttleworth	Cambridge CC	WV	8:30	23:06
8	14:08	Vida Sutova	Redbridge CC	WV	9:01	23:39
9	14:09	Sarah Johnson	CC Sudbury	WV	11:30	26:19
10	14:10	Louise Robinson	Essex Roads CC	WV	6:43	21:11
11	14:11	Lindsay Clarke	Fenland Clarion CC	WV	7:13	21:43
12	14:12	Julia Freeman	Easterley Road Club	WV	7:43	22:16

Men						
No	Start	Name	Club/Team	Cat	Hcap	PB
13	14:13	Chris Bayless	Hainault RC	V	*	
14	14:14	Mark Tomlinson	Peterborough CC	S	10:42	25:27
15	14:15	Matthew Peck	Ipswich BC	S	5:56	20:21
16	14:16	Gary Johnson	CC Sudbury	V	6:49	21:18
17	14:17	Roger Sewell	Wisbech Whs	V	7:15	21:46
18	14:18	Adrian McHale	Peterborough CC	V	9:18	23:57
19	14:19	Mark Howard	Eagle Road Club	S	*	
20	14:20	Rafal Radziej	Ciclos Uno	S	5:27	19:50
21	14:21	Ian Short	Team Salesengine.co.uk	V	6:21	20:48
22	14:22	David Cook	Bedfordshire Road RT	V	7:11	21:41
23	14:23	Graham Hurrell	Basildon CC	V	8:27	23:03
24	14:24	Robert Bumstead	CC Ashwell	V	10:26	25:10
25	14:25	Terry Garlinge	Easterley Road Club	V	5:40	20:04
26	14:26	Scott Beard	Shaftesbury CC	V	6:53	21:22
27	14:27	Martin Bullen	Peterborough CC	V	7:17	21:48
28	14:28	Gavin Mitchell	Twickenham CC	S	9:12	23:51
29	14:29	Terry Law	CC Sudbury	V	19:07	34:28
30	14:30	Matthew Saunders	Team Vision Racing - Silverhook	V	5:33	19:56
31	14:31	Neil Dowie	Shorter Rochford RT	V	6:36	21:04
32	14:32	Patrick Charlton	Wolsey RC	V	7:42	22:15
33	14:33	Colin Ashcroft	West Kent RC	V	8:19	22:54
34	14:34	Paul Looke	Shaftesbury CC	V	10:49	25:35
35	14:35	Glenn Taylor	Shorter Rochford RT	V	5:51	20:16
36	14:36	Phillip Hatcher	CC Sudbury	S	6:37	21:05
37	14:37	Adam Swan	CC Ashwell	S	7:46	22:19
38	14:38	Mark Edmonds	Shaftesbury CC	V	9:16	23:55
39	14:39	Satpaul Dard	Kettering CC	V	18:31	33:50
40	14:40	Paul Schofield	St Ives CC	V	5:23	19:46
41	14:41	Colin Lizieri	Cambridge CC	V	6:18	20:44
42	14:42	Adam Bishop	Lea Valley CC	V	7:14	21:45
43	14:43	John Iszatt	Team Vision Racing - Silverhook	V	8:10	22:45
44	14:44	Andrew Grant	Chelmer CC	V	10:23	25:07
45	14:45	Samuel Thienel	Shaftesbury CC	S	5:50	20:14
46	14:46	Simon Elkington	St Neots CC	V	6:18	20:44
47	14:47	Hugh Williams	Redbridge CC	V	7:42	22:15
48	14:48	James Lonergan	Essex Roads CC	S	8:59	23:37
49	14:49	Norman King	St Neots CC	V	13:50	28:49
50	14:50	Robert Watson	Cambridge CC	V	5:23	19:46
51	14:51	John Bradbury	CC Sudbury	V	6:18	20:45
52	14:52	Martin Atkinson	Peterborough CC	V	7:09	21:39
53	14:53	Anthony Bye	Wisbech Whs	V	8:15	22:50
54	14:54	Brian Seward	Fenland Clarion CC	V	10:22	25:06
55	14:55	Dean Lubin	Team Vision Racing - Silverhook	V	5:36	20:00
56	14:56	Hugo Hocknell	Team Salesengine.co.uk	V	6:35	21:03
57	14:57	Marek Sasura	GS Avanti	V	7:38	22:10
58	14:58	Matthew Scales	CC Ashwell	S	8:59	23:37

Men						
No	Start	Name	Club/Team	Cat	Hcap	PB
59	14:59	James Poulain	Shaftesbury CC	V	13:30	28:27
60	15:00	Graeme Garner	Essex Roads CC	V	5:17	19:39
61	15:01	Craig Chappell	Team Vision Racing - Silverhook	V	6:17	20:43
62	15:02	Grant Orsborn	Bedfordshire Road RT	V	7:03	21:33
63	15:03	Wayne Greve	Shaftesbury CC	V	8:15	22:50
64	15:04	Roger Chappell	Team Vision Racing - Silverhook	V	10:17	25:01
65	15:05	David Warlow	Essex Roads CC	V	5:48	20:12
66	15:06	Patrick Ellerbeck	St Neots CC	V	6:34	21:02
67	15:07	Richard Crook	Fenland Clarion CC	S	7:32	22:04
68	15:08	Martin Meades	Ciclos Uno	V	8:58	23:36
69	15:09	Mark Buckby	Kettering CC	V	11:54	26:45
70	15:10	Darran Bennett	Ely & District CC/B&T Motor Repairs	V	5:17	19:39
71	15:11	Daniel Homer	London Phoenix CC	V	6:16	20:42
72	15:12	Adrian Gorham	Kettering CC	V	7:00	21:29
73	15:13	Steve Clarke	Fenland Clarion CC	V	8:13	22:48
74	15:14	James Sale	Eagle Road Club	S	10:16	25:00
75	15:15	Alex Dale	Lee Valley Youth CC	J	5:44	20:08
76	15:16	Adrian Gower	Bedfordshire Road CC	V	6:33	21:01
77	15:17	Robert Pisolkar	Shaftesbury CC	V	7:28	21:59
78	15:18	Graham Lawrenson	Hainault RC	V	8:56	23:34
79	15:19	Danny Roach	Redbridge CC	V	11:53	26:43
80	15:20	Martin Reynolds	Cambridge CC	V	5:14	19:36
81	15:21	Michael Martin	CC Ashwell	V	6:15	20:41
82	15:22	Duncan Emery	Twickenham CC	V	6:42	21:10
83	15:23	Jeremy Parker	Metropolitan Police Cycle Club	V	8:10	22:44
84	15:24	Sam Barker	Kettering CC	V	10:11	24:54
85	15:25	Andrew Grant	Cambridge CC	V	5:42	20:06
86	15:26	Ian Cardy	Chelmer CC	V	6:33	21:01
87	15:27	Chris Shaw	Fenland Clarion CC	V	7:26	21:57
88	15:28	Harry Moore	Cycling Club Hackney	V	8:54	23:32
89	15:29	John Curtin	Hitchin Nomads CC	V	11:46	26:36
90	15:30	Leon West	CC Sudbury	V	5:09	19:31
91	15:31	Dave Bell	Cambridge CC	S	6:14	20:40
92	15:32	Michael Cope	Kettering CC	V	6:51	21:20
93	15:33	Steve Shore	Southend Wheelers	V	8:19	22:54
94	15:34	Martin Arundel	Verulam CC	V	10:06	24:49
95	15:35	Richard O'Rourke	Team Vision Racing - Silverhook	V	5:52	20:17
96	15:36	Paul Lunn	Fenland Clarion CC	V	6:32	21:00
97	15:37	Ross Thomson	Hitchin Nomads CC	V	7:27	21:58
98	15:38	Richard Evans	North Essex Velo	V	8:47	23:24
99	15:39	Roger Williams	St Neots CC	V	11:37	26:26
100	15:40	Peter Harding	Chelmer CC	S	5:03	19:24
101	15:41	Robert Barker	Kettering CC	V	6:11	20:37
102	15:42	Gary Pamment	CC Sudbury	V	6:49	21:18
103	15:43	Daniel Wolman	London Phoenix CC	S	8:04	22:38
104	15:44	Alex Purcell	CC Sudbury	S	10:03	24:46

Men						
No	Start	Name	Club/Team	Cat	Hcap	PB
105	15:45	Murat Ozdenya	Team Vision Racing - Silverhook	V	5:37	20:01
106	15:46	Adam Hardy	Crest CC	V	6:30	20:57
107	15:47	John Golder	Chelmer CC	V	7:25	21:56
108	15:48	Dominic Whitehead	St Ives CC	V	8:44	23:21
109	15:49	Richard Stevens	Shaftesbury CC	V	11:24	26:12
110	15:50	Julian Elliott	Finsbury Park CC	V	5:01	19:22
111	15:51	Kevin Wilson	Crest CC	S	6:04	20:30
112	15:52	Stuart Day	citycyclecentre	V	6:43	21:11
113	15:53	Rob Dulson	Hainault RC	V	8:03	22:37
114	15:54	Kevin Hickman	API-Metrow	V	10:02	24:45
115	15:55	Matthew Reader	Verulam CC	V	5:48	20:12
116	15:56	Gary Record	West Kent RC	S	6:24	20:51
117	15:57	Karl Read	North Norfolk Whs	V	7:24	21:55
118	15:58	Andrew Merchant	Southend Wheelers	V	8:38	23:15
119	15:59	Chris Dunn	Maldon & District CC	V	11:20	26:08
120	16:00	Rob Young	Team Vision Racing - Silverhook	V	4:55	19:16
121	16:01	Thomas Carroll	CC Breckland	S	6:02	20:27
122	16:02	James Boardley	Peterborough CC	V	6:49	21:18
123	16:03	Simon Richardson	St Neots CC	V	8:03	22:37
124	16:04	James Bromley	Becontree Wheelers CC	V	10:00	24:42
125	16:05	Robert Golding	Ely & District CC/B&T Motor Repairs	V	5:24	19:47
126	16:06	Ken Platts	Cambridge CC	V	6:22	20:49
127	16:07	Will Shepherd	Ely & District CC/B&T Motor Repairs	V	7:19	21:50
128	16:08	Hamish Brown	GS Avanti	V	8:36	23:12
129	16:09	Michael Hennessy	Southend Wheelers	V	10:55	25:41
130	16:10	Sam Brown	6AM Cycling	S	4:54	19:14
131	16:11	Simon Murphy	St Neots CC	V	5:57	20:22
132	16:12	Martin Baumber	Shaftesbury CC	V	6:47	21:16
133	16:13	Graham Pepperdine	Verulam CC	V	8:24	22:59
134	16:14	Stephen Watson	Hertfordshire Whs	V	9:34	24:14
135	16:15	Tim Phillips	St Ives CC	V	5:33	19:56
136	16:16	Paul Turton	Team Vision Racing - Silverhook	V	6:22	20:49
137	16:17	Peter Tibbitts	Ford CC	V	7:42	22:14
138	16:18	Ian Aunger	Fenland Clarion CC	V	8:28	23:04
139	16:19	Ron Back	West Suffolk Wheelers	V	10:50	25:36
140	16:20	Matt Steel	Shaftesbury CC	V	4:52	19:12
141	16:21	Graham Rudd	API-Metrow	V	5:57	20:22
142	16:22	Sean O'Sullivan	Eagle Road Club	S	6:45	21:13
143	16:23	Gary Jackson	Shaftesbury CC	V	7:53	22:26
144	16:24	Phil Bailey	Basildon CC	V	10:44	25:30
145	16:25	Matt Donovan	Bedfordshire Road RT	S	5:30	19:53
146	16:26	Ian Braybrook	Basildon CC	V	6:21	20:48
147	16:27	Gary Patmore	Bedfordshire Road CC	S	7:16	21:47
148	16:28	Wolfgang Emmerich	London Phoenix CC	V	9:30	24:10
149	16:29	Brian Martin	Ciclos Uno	V	10:33	25:18
150	16:30	Simon Norman	Bedfordshire Road RT	V	4:12	18:30

Men						
No	Start	Name	Club/Team	Cat	Hcap	PB
151	16:31	Alister Campbell	Eagle Road Club	V	6:21	20:48
152	16:32	Noel Toone	Kettering CC	V	7:42	22:15
153	16:33	Paul Breeze	Peterborough CC	V	9:12	23:51
154	16:34	James Chalklen	Eagle Road Club	J	10:01	24:43
155	16:35	Matthew McClure	Wisbech Whs	S	5:28	19:51
156	16:36	Philip Watkins	North Norfolk Whs	V	6:44	21:12
157	16:37	Chris Nudds	CC Breckland	V	7:14	21:44
158	16:38	Carmelo Luggeri	CC Ashwell	V	7:48	22:21
159	16:39	Bob Quarton	Wolsey RC	V	8:24	23:00
160	16:40	Charlie Bailey	Lee Valley Youth CC	J	4:10	18:27
161	16:41	Malcolm Smith	Peterborough CC	V	5:56	20:21

Tandem				
No	Start	Name	Club/Team	Cat
162	16:42	Dean Lubin John Iszatt	Team Vision Racing - Silverhook	V V