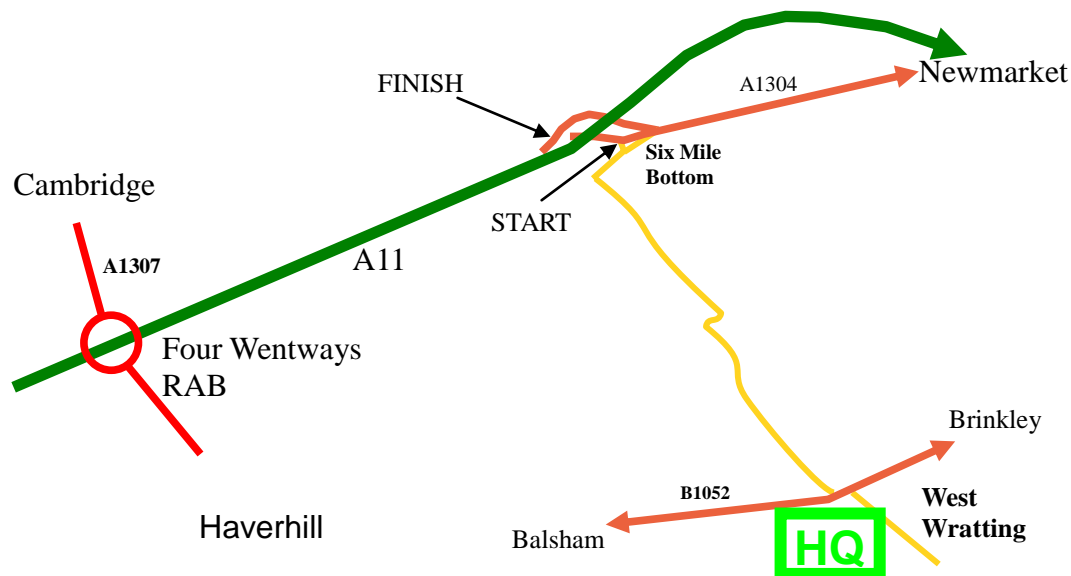


### Middle Marker Prize Rule Update ; Please read carefully

For MM entrants: Please note that for the Awards you are only eligible if your fastest time submitted to CTT is still eligible. If you have recently had a time quicker than the MM qualifying time i.e. 22.40 you are required to let the Event Secretary know prior, or as near as possible, to the event. You will be excluded from the MM Prizes but will competing in the Solo field.



Thank you to time keepers Mike Keen, Frida Wezel and Ian Taylor. Thank you to all Marshalls from Lea Valley Cycling Club for making this a successful event for all.

See you all next year.

# RESULT SHEET

Incorporating  
Comet Cycling Club  
Crescent Wheelers C. C.  
University Cycling Club



PROMOTED FOR AND ON BEHALF OF  
CYCLING TIME TRIALS  
UNDER THEIR  
RULES AND REGULATIONS

# LEA VALLEY CYCLING CLUB

## Solo & Tandem OPEN 10 mile TT

Incorporating  
**Solo Middle Markers 10 mile TT**  
(Slower than 22:40 LTS)

Course E2/10  
Saturday 7<sup>th</sup> May 2015  
Start Time 14:00

Event Secretary  
Mark Freeman  
61 Lonsdale Avenue  
East Ham  
E6 3JZ  
Tel. 07739214 194  
Email [markfreeman70@ymail.com](mailto:markfreeman70@ymail.com)

Time Keepers  
Mike Keen  
Frida Wezel  
  
Assistant Time Keeper  
Ian Taylor

# AWARDS

## Fastest Riders

Male £50

Rhys Howells (18.52)

Female £50

Alice Lethbridge (21.34)

## Middle Markers

Men:

1<sup>st</sup> £40; Barry Stewart (21.24) ; 2<sup>nd</sup> £30; Andy Sewell (21.33) ;  
3<sup>rd</sup> £20; James Senter (21.39) ; 4<sup>th</sup> £15; James Moore (21.55) ;  
4<sup>th</sup> £15; David Ross (21.55) ; 6<sup>th</sup> £5; Patrick Smith (21.59)

Women:

1<sup>st</sup> £40; Deborah Coyle (22.27) 2<sup>nd</sup> £30; Jennifer Smart (23.50) ;  
3<sup>rd</sup> £20; Zoe Whiteside (23.55) ; 4<sup>th</sup> £15; Tricia Goulden (24.28)

## Scratch Solos

Men:

2<sup>nd</sup> £35; Brett Harwood (19.04) ; 3<sup>rd</sup> £30; James Hayden (19.20)  
4<sup>th</sup> £25; Justin Layne (19.26) ; 5<sup>th</sup> £20; Rob Young (19.32) ;  
6<sup>th</sup> £15; Chris Nicholls (19.47); 7<sup>th</sup> £10; Felix Barker (19.50) ;  
8<sup>th</sup> £5; Carl Whitwell (19.56) ; 9<sup>th</sup> £5; David Veitch (20.07) ;  
10<sup>th</sup> £5; Anthony Collier (20.09) ;

Women:

2<sup>nd</sup> £35; Julia Freeman (22.47) ; 3<sup>rd</sup> £30 ; Mary Bower (22.54)

## Tandem

1<sup>st</sup> £30 ; Mark Arnold/Glenn Taylor (18.26)

Course Record

E2/10

Alex Dowsett 17:20 2014

Pos	Bib No	Name	Club	Gender	Time
<b>Tandem</b>					
1	1	Mark Arnold	CC Desiragear	Male	18.26
1	1	Glenn Taylor	Shorter Rochford RT	Male	18.26
<b>Middle Markers</b>					
1	57	Barry Stewart	Bigfoot CC	Male	21.24
2	39	Andy Sewell	Aspire Velo Racing Team	Male	21.33
3	38	james senter	Kings Lynn CC	Male	21.39
4	30	David Ross	LFGSS CC	Male	21.55
4	54	James Moore	VC Baracchi	Male	21.55
6	49	Patrick Smith	Bedfordshire Road RT	Male	21.59
7	70	Daniel Sibley	Bedfordshire Road RT	Male	22.00
8	22	Martin Attwood	Oxford University CC	Male	22.08
9	2	Colin Ross	Lea Valley CC	Male	22.13
10	45	Paul Hayward	VC Baracchi	Male	22.15
11	64	Andrew Knight	Team Bottrill	Male	22.16
12	43	Martin Holmes	Ely & District CC	Male	22.22
13	47	Deborah Coyle	VC Elan - Harry Perry Cycles	Female	22.27
14	65	Peter Cutler	Regents Park Rouleurs	Male	22.32
15	52	Chris Whitmore	Ratae RC	Male	22.36
16	34	James Davis	CC Ashwell	Male	22.57
17	18	Daniel Homer	London Phoenix CC	Male	23.00
18	32	Mark Smart	VC Norwich	Male	23.07
19	48	Derek Ricketts	Ely & District CC	Male	23.09
20	53	Andrew Bright	Chronos RT	Male	(Inc LS 0.43) 23.27
20	55	Michael Wood	CC Breckland	Male	23.27
22	27	Jeremy Saynor	PMR @ Toachim House	Male	23.35
23	13	Jennifer Smart	VC Norwich	Female	23.50
24	50	Ray Retter	North Devon Wheelers	Male	23.52
25	66	Zoe Whiteside	Team Bottrill	Female	23.55
26	37	Bob Quarton	Wolsey RC	Male	23.59
26	41	Dan Jenkins	Southend Wheelers	Male	23.59

28	21	Graham	Brant	Ciclos Uno	Male	24.02	35	Nick	Dunkley	Anglia Velo	Male	Apol	
29	56	Edmund	Spurgeon	Colchester Rovers CC	Male	24.09	40	Nick	Esser	VC Baracchi	Male	DNF	
30	26	James	Johnson	Welwyn Whs	Male	24.16	12	Eric	Marsh	Ciclos Uno	Male	Apol	
				West Suffolk Whs &			25	Roy	Cuppelditch	Colchester Rovers CC	Male	Apol	
31	60	Tricia	Goulden	Triathlon Club	Female	24.28	31	Alan	Harvey	Finsbury Park CC	Male	Apol	
32	19	Patrick	Charlton	Wolsey RC	Male	24.29	58	Ian	Watson	CC London	Male	Apol	
33	44	david	welling	Farnham RC	Male	24.30	62	James	Cornell	Hitchin Nomads CC	Male	Apol	
34	67	Michael	Fry	Glendene CC	Male	24.32							
35	9	Alan	Rowe	De Laune CC	Male	24.33							
35	28	Lindsay	Clarke	Fenland Clarion CC	Female	24.33	1	161	Rhys	Howells	Richardsons-Trek RT	Male	18.52
37	42	John	Royle	Fenland Clarion CC	Male	24.36	2	185	Brett	Harwood	Terry Wright Cycles RC	Male	19.04
38	61	George	Boden	Chelmer CC	Male	24.53	3	179	James	Hayden	Bishop's Stortford CC	Male	19.20
39	20	Steve	Clarke	Fenland Clarion CC	Male	24.55	4	186	Justin	Layne	CC Ashwell	Male	19.26
40	29	Phil	Nudds	Kettering CC	Male	25.02					Team Vision Racing -		
41	63	CLAIRE	LEE	PMR @ Toachim House	Female	25.08	5	182	Rob	Young	Silverhook	Male	19.32
42	69	Helen	Bailey	Lyme Racing Club	Female	25.11	6	165	Chris	Nicholls	Regents Park Rouleurs	Male	19.47
43	17	Francesca	Rust	Ely & District CC	Female	25.13	7	97	Felix	Barker	Cambridge University CC	Male	19.50
44	7	Rachel	Jarvis	Colchester Rovers CC	Female	25.24	8	184	Carl	Whitwell	St Ives CC	Male	19.56
45	71	paul	looke	Romford Cycle Club	Male	25.31	9	33	David	Veitch	Lea Valley CC	Male	20.07
46	4	DAVID	Mills	Shaftesbury CC	Male	25.36	10	72	Anthony	Collier	Hoddesdon Tri Club	Male	20.09
47	11	John	hassall	Bossard Whs	Male	25.38	11	171	Mick	Hodson	St Ives CC	Male	20.16
48	24	James	Stow	Wolsey RC	Male	25.43	12	164	Julian	Elliott	Finsbury Park CC	Male	20.18
				West Suffolk Whs &			13	132	Stuart	Birnie	Willesden CC	Male	20.20
49	15	James	Greenwood	Triathlon Club	Male	25.44	13	172	Chris	Herbert	Redhill CC	Male	20.20
				Gloucester City Cycling							Royal Air Force Cycling		
50	46	JOHN	MURPHY	Club	Male	25.49	15	173	Ryan	Morley	Association	Male	20.25
51	68	William	Broadfield	Chelmer CC	Male	25.52	15	174	Paul	Jay	Team Velovelocity	Male	20.25
52	51	Sally	Withey	Team Swift	Female	25.59	17	162	Scott	Leverington	Chorley Cycling Club	Male	20.27
53	36	Allan	Renyard	Guernsey Velo Club	Male	26.06					Velo-One Cycling		
54	23	Andrew	Porter	Welwyn Whs	Male	26.52					Team(Staples		
55	3	Alison	Holmes	Ely & District CC	Female	27.14					Vegetables/Neil Palmer		
56	6	Peter	Horsnell	Chelmer CC	Male	27.55	18	176	Neil	Palmer	Electrical)	Male	20.29
57	10	Denese	Hallahan	Wisbech Whs	Female	28.33					Royal Air Force Cycling		
58	5	Len	Finch	CC Sudbury	Male	30.53	19	145	Sean	Taylor	Association	Male	20.30
59	59	brian	martin	Ciclos Uno	Male	33.31	19	154	James	Jenkins	Southend Wheelers	Male	20.30
	8	Nick	Redfern	Ratae RC	Male	Apol	21	170	Dave	Green	Team Velovelocity	Male	20.32
	14	merv	player	Hertfordshire Whs	Male	Apol	22	110	Mark	Richards	VC Baracchi	Male	20.33
	16	Paul	Fairman	Essex Roads CC	Male	Apol	22	159	Chris	Ward	Team Swift	Male	20.33

## Solos

24	175	Tom	Trimble	CC Ashwell	Male	20.38					Banjo		
25	180	James	Trenchard	Godric CC	Male	20.39	56	137	Mark	Shepherd	Cycles.com/Raceware	Male	21.34
				Royal Air Force Cycling Association			58	119	Abid	Hussain	Icknield RC	Male	21.35
26	155	Robert	Willcocks		Male	20.41					Team Vision Racing - Silverhook	Male	21.38
27	129	Matthew	Senter	Peterborough CC	Male	20.44	59	149	Mark	Steers			
28	138	Andy	Whale	CC Ashwell	Male	20.46	60	142	Matthew	Green	Bourne Whs CC	Male	21.40
				Abellio - SFA Racing Team			61	192	Phillip	Gosling	Ely & District CC	Male	21.43
28	148	Mike	Piper		Male	20.46	62	135	Grant	Orsborn	Icknield RC	Male	21.44
				Hinckley Cycle Racing Club			63	115	Steven	Jennings	CC Ashwell	Male	21.45
30	177	Dael	Sidwell		Male	20.49	64	150	neil	dowie	Shorter Rochford RT	Male	21.46
31	130	Jack	Sears	Team Velovelocit	Male	20.50	65	188	Matthew	Stammers	Ashford Whs	Male	21.47
32	160	Daniel	Young	Pro Cycle Hire UK RT	Male	20.52	66	131	Andrew	Horner	Stowmarket & District CC	Male	21.48
				Royal Air Force Cycling Association			67	125	David	Clarke	Team Velovelocit	Male	21.49
33	169	Angus	MacInnes		Male	20.53	68	79	Colin	Lizieri	Cambridge CC	Male	21.51
34	152	Matt	Peel	Redhill CC	Male	20.59	69	113	ian	short	API-Metrow	Male	21.54
35	78	Stuart	Auckland	Team Bottrill	Male	21.01	70	81	matthew	saunders	Gateway Cycling	Male	21.55
35	102	Anton	Blackie	Rapha Cycling Club	Male	21.01	70	103	David	Crisp	CC Sudbury	Male	21.55
37	151	mathew	Eley	Ely & District CC	Male	21.03	72	190	Joe	Simons	Brixton Cycles Club	Male	21.55
37	166	steve	gorbutt	Diss & District CC	Male	21.03	73	116	Lee	Turner	Sigma Sport.co.uk	Male	21.56
39	144	Martin	Dossett	Welwyn Whs	Male	21.07	73	133	robert	watson	Team Velovelocit	Male	21.56
39	189	Chris	Tye	Plomesgate CC	Male	21.07	75	191	rodney	smith	Wigmore CC	Male	21.56
41	140	Andrew	Grant	Cambridge CC	Male	21.09	76	127	Kevin	Grimshaw	Bigfoot CC	Male	21.57
41	178	Jason	Burrill	Peterborough CC	Male	21.09	77	94	Steffen	Verbist	London Phoenix CC	Male	22.03
43	168	Terry	Garlinge	East London Velo	Male	21.12	78	88	Karl	Read	North Norfolk Whs	Male	22.09
44	126	Philip	Murrell	Finsbury Park CC	Male	21.15	78	123	Alex	Eason	Chelmer CC	Male	22.09
45	139	Martin	Reynolds	Cambridge CC	Male	21.21	80	92	Alex	Bailey	CC Breckland	Male	22.11
46	122	Gavin	Lewis	North Road CC	Male	21.22					Lutterworth Cycle Centre		
46	153	Andrew	Wright	High Wycombe CC	Male	21.22	80	112	Ian	Wroblewski	Racing Team	Male	22.11
48	167	Ken	Platts	Cambridge CC	Male	21.23	82	86	paul	shelley	Diss & District CC	Male	22.13
49	100	Phil	Clark	Rugby Velo	Male	21.25	83	76	Paul	Sexton	CC Breckland	Male	22.17
50	118	Robert	Golding	Ely & District CC	Male	21.25	84	117	Roger	Porter	Verulam CC	Male	22.19
51	98	Alex	Whitmore	Ratae RC	Male	21.26	85	109	David	Lindsay	Team Bottrill	Male	22.24
52	89	Lee	Desborough	St Ives CC	Male	21.29	86	128	Christopher	Bailey	Lyme Racing Club	Male	22.25
53	158	Alan	Spurden	Chelmer CC	Male	21.31	87	121	Julian	King	Welwyn Whs	Male	22.26
				Team Vision Racing - Silverhook			88	124	Keith	Dorling	Team Bottrill	Male	22.29
54	106	Craig	Chappell		Male	21.32	89	114	Philip	Watkins	34 Nomads CC	Male	22.33
54	147	Jeffrey	Regler	Alford Whs	Male	21.32	90	194	Nick	Hickman	Hitchin Nomads CC	Male	22.33
56	99	Alice	Lethbridge	Starley Racing	Female	21.34	91	105	Jim	Reed	Colchester Rovers CC	Male	22.36

92	96	Sam	Wightman	Chelmer CC	Male	22.39	156	William	Wallace	CC London	Male	Apol
93	198	Chris	Nudds	CC Breckland	Male	22.40				In-Gear Quickvit		
						22.45 <sup>(Inc LS 1.05)</sup>	157	Richard	Gifford	Trainsharp RT	Male	Apol
94	134	Richard	Tully	Elite Cycling	Male		181	Andy	Tyler	V C Cosmique	Male	Apol
95	93	steve	coxshall	CC London	Male	22.46	183	David	Woodhouse	G.S. Henley	Male	Apol
96	163	Julia	Freeman	Easterley Road Club	Female	22.47				West Suffolk Whs &		
97	87	Chris	Roberts	Anglia Velo	Male	22.48	195	Richard	Carrington	Triathlon Club	Male	Apol
97	101	Darren	Bigmore	Glendene CC	Male	22.48						
99	83	Mary	Bower	Chelmer CC	Female	22.54						
100	95	Tom	Sharpe	VC Norwich	Male	22.57						
101	84	Susan	Triplow	Essex Roads CC	Female	22.58						
102	187	John	Golder	Chelmer CC	Male	22.59						
				Newmarket Cycling &								
103	85	steve	peck	Triathlon Club	Male	23.02						
104	107	Jeff	Wharton	Veloschils Interbike RT	Male	23.03						
105	91	Richard	Reade	Iceni Velo	Male	23.12						
106	104	Carmelo	Luggeri	CC Ashwell	Male	23.15						
107	80	mark	ready	Diss & District CC	Male	23.16						
108	75	Gerrard	Rafferty	Bonito Squadra Corse	Male	23.22						
109	82	chris	womack	VC Baracchi	Male	23.23						
110	74	Neil	Allonby	Icknield RC	Male	23.24						
111	196	John	Manlow	Ely & District CC	Male	23.25						
112	120	Tom	Sykes	Ely & District CC	Male	23.28						
				Team Vision Racing -								
113	146	John	Iszatt	Silverhook	Male	23.56						
114	193	Adrian	Whiting	Performancecoaching.me	Male	24.05						
115	77	Len	Benton	Colchester Rovers CC	Male	24.08						
115	197	john	Parkes	Stowmarket & District CC	Male	24.08						
	73	Michael	Martin	CC Ashwell	Male	Apol						
				West Suffolk Whs &								
	90	Dan	Baxter	Triathlon Club	Male	Apol						
	108	Clarice	Chung	SSLL Racing Team	Female	Apol						
	111	reg	smith	Gravesend CC	Male	Apol						
				Newmarket Cycling &								
	136	Jon	Wilson	Triathlon Club	Male	Apol						
	141	Rory	Havis	St Ives CC	Male	Apol						
				Abellio - SFA Racing								
	143	Dean	Chiddention	Team	Male	Apol						