

## LOCAL RULES

No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.

No warming up on course once event has started

No Parking in the High street please park at the sports field

Riders are reminded that it is a criminal offence to drop litter offender will be reported.

Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

## Event HQ

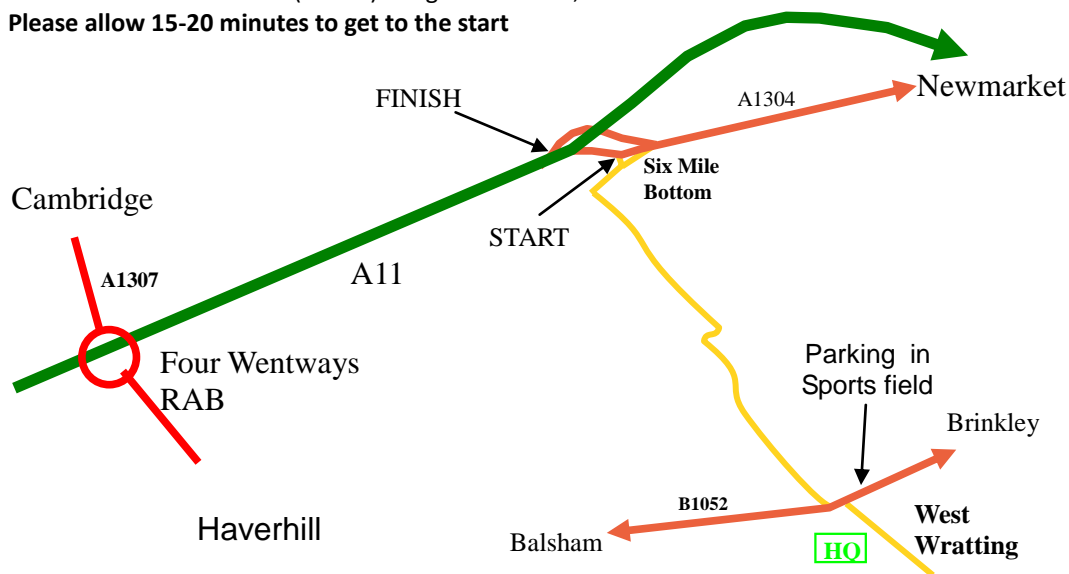
West Wrating Village Hall, 79 High Street West Wrating Cambs CB21 5LU  
(OS grid ref:TL603,523 )

HQ to Start:

Turn left onto the B1052 Honey Hill then take first right into Six Mile Bottom Road.

Continue to start 3.5miles (5.6Km) OS grid ref TL574,563

**Please allow 15-20 minutes to get to the start**



Signing on and body numbers at race HQ

Refreshments available from 12.30pm at Race HQ

Please return to the HQ to hand in your number and receive a free cup of tea/coffee

**COURSE E2 (Please allow 15 -20 mins from event HQ to start ( 3.5 miles away)**

**START:** Near end of feeder road from West Wrating just before junction with A1304 (near 'Give Way' sign). Bear left onto A1304 then onto A11 (southbound). Continue A11 and take slip road A1307 (4.8miles) at Four Went Ways elevated roundabout take fourth exit onto A11 (northbound). Retrace to Six Mile Bottom where take A1304 slip road to FINISH.

# START 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@gmail.com](mailto:markfreeman70@gmail.com)

Time Keepers  
Mike Keen  
Frida Wezel

Assistant Time Keeper  
Ian Taylor

# AWARDS

## Fastest Riders

Male £50

Female £50

## Middle Markers

Men:

1<sup>st</sup> £40 2<sup>nd</sup> £30 3<sup>rd</sup> £20 4<sup>th</sup> £15 5<sup>th</sup> £10 6<sup>th</sup> £5

Women:

1<sup>st</sup> £40 2<sup>nd</sup> £30 3<sup>rd</sup> £20 4<sup>th</sup> £15

## Scratch Solos

Men:

1<sup>st</sup> £40 2<sup>nd</sup> £35 3<sup>rd</sup> £30 4<sup>th</sup> £25 5<sup>th</sup> £20 6<sup>th</sup> £15 7<sup>th</sup> £10 8<sup>th</sup> £5 9<sup>th</sup> £5  
10<sup>th</sup> £5

Women:

1<sup>st</sup> £40 2<sup>nd</sup> £35 3<sup>rd</sup> £30

## Tandems

1<sup>st</sup> £30

## Course Record

E2/10

Alex Dowsett 17:20 2014

Only one award per entrant

Bib No	Start Time	Name	Club	Gender
<b>Tandem</b>				
1	14:01:00	Mark Arnold	CC Desiragear	Male
1	14:01:00	Glenn Taylor	Shorter Rochford RT	Male
<b>Middle Markers</b>				
2	14:02:00	Colin Ross	Lea Valley CC	Male
3	14:03:00	Alison Holmes	Ely & District CC	Female
4	14:04:00	DAVID Mills	Shaftesbury CC	Male
5	14:05:00	Len Finch	CC Sudbury	Male
6	14:06:00	Peter Horsnell	Chelmer CC	Male
7	14:07:00	Rachel Jarvis	Colchester Rovers CC	Female
8	14:08:00	Nick Redfern	Ratae RC	Male
9	14:09:00	Alan Rowe	De Laune CC	Male
10	14:10:00	Denese Hallahan	Wisbech Whs	Female
11	14:11:00	John hassall	Bossard Whs	Male
12	14:12:00	Eric Marsh	Ciclos Uno	Male
13	14:13:00	Jennifer Smart	VC Norwich	Female
14	14:14:00	merv player	Hertfordshire Whs	Male
15	14:15:00	JAMES GREENWOOD	Triathlon Club	Male
16	14:16:00	Paul Fairman	Essex Roads CC	Male
17	14:17:00	Francesca Rust	Ely & District CC	Female
18	14:18:00	Daniel Homer	London Phoenix CC	Male
19	14:19:00	Patrick Charlton	Wolsey RC	Male
20	14:20:00	Steve Clarke	Fenland Clarion CC	Male
21	14:21:00	Graham Brant	Ciclos Uno	Male
22	14:22:00	Martin Attwood	Oxford University CC	Male
23	14:23:00	Andrew Porter	Welwyn Whs	Male
24	14:24:00	James Stow	Wolsey RC	Male
25	14:25:00	Roy Cuppelditch	Colchester Rovers CC	Male
26	14:26:00	James Johnson	Welwyn Whs	Male
27	14:27:00	Jeremy Saynor	PMR @ Toachim House	Male
28	14:28:00	Lindsay Clarke	Fenland Clarion CC	Female
29	14:29:00	Phil Nudds	Kettering CC	Male

30	14:30:00	David	Ross	LFGSS CC	Male	65	15:05:00	Peter	Cutler	Regents Park Rouleurs	Male
31	14:31:00	Alan	Harvey	Finsbury Park CC	Male	66	15:06:00	Zoe	Whiteside	Team Bottrill	Female
32	14:32:00	Mark	Smart	VC Norwich	Male	67	15:07:00	Michael	Fry	Glendene CC	Male
33	14:33:00	David	Veitch	Lea Valley CC	Male	68	15:08:00	William	Broadfield	Chelmer CC	Male
34	14:34:00	james	davis	CC Ashwell	Male	69	15:09:00	Helen	Bailey	Lyme Racing Club	Female
35	14:35:00	Nick	Dunkley	Anglia Velo	Male	70	15:10:00	Daniel	Sibley	Bedfordshire Road RT	Male
36	14:36:00	Allan	Renyard	Guernsey Velo Club	Male	71	15:11:00	paul	looke	Romford Cycle Club	Male
37	14:37:00	Bob	Quarton	Wolsey RC	Male	<b>Scratch Solos</b>					
38	14:38:00	james	senter	Kings Lynn CC	Male	72	15:12:00	Anthony	Collier	Hoddesdon Tri Club	Male
39	14:39:00	Andy	Sewell	Aspire Velo Racing Team	Male	73	15:13:00	Michael	Martin	CC Ashwell	Male
40	14:40:00	Nick	ESSER	VC Baracchi	Male	74	15:14:00	Neil	Allonby	Icknield RC	Male
41	14:41:00	Dan	Jenkins	Southend Wheelers	Male	75	15:15:00	Gerrard	Rafferty	Bonito Squadra Corse	Male
42	14:42:00	john	royle	Fenland Clarion CC	Male	76	15:16:00	Paul	Sexton	CC Breckland	Male
43	14:43:00	Martin	Holmes	Ely & District CC	Male	77	15:17:00	Len	Benton	Colchester Rovers CC	Male
44	14:44:00	david	welling	Farnham RC	Male	78	15:18:00	Stuart	Auckland	Team Bottrill	Male
45	14:45:00	Paul	Hayward	VC Baracchi	Male	79	15:19:00	Colin	Lizieri	Cambridge CC	Male
46	14:46:00	JOHN	MURPHY	Gloucester City Cycling Club	Male	80	15:20:00	mark	ready	Diss & District CC	Male
				VC Elan - Harry Perry Cycles	Female	81	15:21:00	matthew	saunders	Gateway Cycling	Male
47	14:47:00	Deborah	Coyle	Ely & District CC	Male	82	15:22:00	chris	womack	VC Baracchi	Male
48	14:48:00	Derek	Ricketts	Bedfordshire Road RT	Male	83	15:23:00	Mary	Bower	Chelmer CC	Female
49	14:49:00	Patrick	Smith	North Devon Wheelers	Male	84	15:24:00	Susan	Triplow	Essex Roads CC	Female
50	14:50:00	ray	retter	Team Swift	Female					Newmarket Cycling & Triathlon Club	Male
51	14:51:00	Sally	Withey	Ratae RC	Male	85	15:25:00	steve	peck	Diss & District CC	Male
52	14:52:00	Chris	Whitmore	Chronos RT	Male	86	15:26:00	paul	shelley	Anglia Velo	Male
53	14:53:00	Andrew	Bright	VC Baracchi	Male	87	15:27:00	Chris	Roberts	North Norfolk Whs	Male
54	14:54:00	James	Moore	CC Breckland	Male	88	15:28:00	Karl	Read	St Ives CC	Male
55	14:55:00	Michael	Wood	Colchester Rovers CC	Male	89	15:29:00	Lee	Desborough	West Suffolk Whs & Triathlon Club	Male
56	14:56:00	EDMUND	SPURGEON	Bigfoot CC	Male	90	15:30:00	Dan	Baxter	Iceni Velo	Male
57	14:57:00	Barry	Stewart	CC London	Male	91	15:31:00	Richard	Reade	CC Breckland	Male
58	14:58:00	Ian	Watson	Ciclos Uno	Male	92	15:32:00	Alex	Bailey	CC London	Male
59	14:59:00	brian	martin	West Suffolk Whs & Triathlon Club	Female	93	15:33:00	steve	coxshall	London Phoenix CC	Male
60	15:00:00	Tricia	Goulden	Chelmer CC	Male	94	15:34:00	Steffen	Verbist	VC Norwich	Male
61	15:01:00	George	Boden	Hitchin Nomads CC	Male	95	15:35:00	Tom	Sharpe	Chelmer CC	Male
62	15:02:00	James	Cornell	PMR @ Toachim House	Female	96	15:36:00	Sam	Wightman	Cambridge University CC	Male
63	15:03:00	CLAIRE	LEE	Team Bottrill	Male	97	15:37:00	Felix	Barker	Ratae RC	Male
64	15:04:00	Andrew	Knight			98	15:38:00	Alex	Whitmore		

99	15:39:00	Alice	Lethbridge	Starley Racing	Female	135	16:15:00	Grant	Orsborn	Icknield RC	Male
100	15:40:00	Phil	Clark	Rugby Velo	Male					Newmarket Cycling &	
101	15:41:00	Darren	Bigmore	Glendene CC	Male	136	16:16:00	Jon	Wilson	Triathlon Club	Male
102	15:42:00	Anton	Blackie	Rapha Cycling Club	Male					Banjo	
103	15:43:00	David	Crisp	CC Sudbury	Male	137	16:17:00	Mark	Shepherd	Cycles.com/Raceware	Male
104	15:44:00	Carmelo	Luggeri	CC Ashwell	Male	138	16:18:00	Andy	Whale	CC Ashwell	Male
105	15:45:00	Jim	Reed	Colchester Rovers CC	Male	139	16:19:00	Martin	Reynolds	Cambridge CC	Male
				Team Vision Racing -		140	16:20:00	Andrew	Grant	Cambridge CC	Male
106	15:46:00	CRAIG	CHAPPELL	Silverhook	Male	141	16:21:00	Rory	Havis	St Ives CC	Male
107	15:47:00	Jeff	Wharton	Veloschils Interbike RT	Male	142	16:22:00	Matthew	Green	Bourne Whs CC	Male
108	15:48:00	Clarice	Chung	SSLL Racing Team	Female	143	16:23:00	Dean	Chiddention	Abellio - SFA Racing Team	Male
109	15:49:00	David	Lindsay	Team Bottrill	Male	144	16:24:00	Martin	Dossett	Welwyn Whs	Male
110	15:50:00	Mark	Richards	VC Baracchi	Male					Royal Air Force Cycling	
111	15:51:00	reg	smith	Gravesend CC	Male	145	16:25:00	Sean	Taylor	Association	Male
				Lutterworth Cycle Centre						Team Vision Racing -	
112	15:52:00	ian	wroblewski	Racing Team	Male	146	16:26:00	John	Iszatt	Silverhook	Male
113	15:53:00	ian	short	API-Metrow	Male	147	16:27:00	jeffrey	regler	Alford Whs	Male
114	15:54:00	Philip	Watkins	34 Nomads CC	Male	148	16:28:00	Mike	Piper	Abellio - SFA Racing Team	Male
115	15:55:00	Steven	Jennings	CC Ashwell	Male					Team Vision Racing -	
116	15:56:00	Lee	Turner	Sigma Sport.co.uk	Male	149	16:29:00	Mark	Steers	Silverhook	Male
117	15:57:00	Roger	Porter	Verulam CC	Male	150	16:30:00	NEIL	DOWIE	Shorter Rochford RT	Male
118	15:58:00	Robert	Golding	Ely & District CC	Male	151	16:31:00	mathew	Eley	Ely & District CC	Male
119	15:59:00	Abid	Hussain	Icknield RC	Male	152	16:32:00	Matt	Peel	Redhill CC	Male
120	16:00:00	Tom	Sykes	Ely & District CC	Male	153	16:33:00	Andrew	Wright	High Wycombe CC	Male
121	16:01:00	Julian	King	Welwyn Whs	Male	154	16:34:00	James	Jenkins	Southend Wheelers	Male
122	16:02:00	Gavin	Lewis	North Road CC	Male					Royal Air Force Cycling	
123	16:03:00	Alex	Eason	Chelmer CC	Male	155	16:35:00	Robert	Willcocks	Association	Male
124	16:04:00	Keith	Dorling	Team Bottrill	Male	156	16:36:00	William	Wallace	CC London	Male
125	16:05:00	David	Clarke	Team Velovelocit	Male					In-Gear Quickvit	
126	16:06:00	Philip	Murrell	Finsbury Park CC	Male	157	16:37:00	Richard	Gifford	Trainsharp RT	Male
127	16:07:00	Kevin	Grimshaw	Bigfoot CC	Male	158	16:38:00	Alan	Spurden	Chelmer CC	Male
128	16:08:00	Christopher	Bailey	Lyme Racing Club	Male	159	16:39:00	Chris	Ward	Team Swift	Male
129	16:09:00	Matthew	Senter	Peterborough CC	Male	160	16:40:00	Daniel	Young	Pro Cycle Hire UK RT	Male
130	16:10:00	Jack	Sears	Team Velovelocit	Male	161	16:41:00	Rhys	Howells	Richardsons-Trek RT	Male
131	16:11:00	Andrew	Horner	Stowmarket & District CC	Male	162	16:42:00	Scott	Leverington	Chorley Cycling Club	Male
132	16:12:00	Stuart	Birnie	Willesden CC	Male	163	16:43:00	Julia	Freeman	Easterley Road Club	Female
133	16:13:00	robert	watson	Team Velovelocit	Male	164	16:44:00	Julian	Elliott	Finsbury Park CC	Male
134	16:14:00	Richard	Tully	Elite Cycling	Male	165	16:45:00	Chris	Nicholls	Regents Park Rouleurs	Male

						<b>Reserve Scratch Solo Riders</b>					
166	16:46:00	steve	gorbutt	Diss & District CC	Male	187	n/a	John	Golder	Chelmer CC	Male
167	16:47:00	Ken	Platts	Cambridge CC	Male	188	n/a	Matthew	Stammers	Ashford Whs	Male
168	16:48:00	Terry	Garlinge	East London Velo	Male	189	n/a	Chris	Tye	Plomesgate CC	Male
169	16:49:00	Angus	MacInnes	Royal Air Force Cycling Association	Male	190	n/a	Joe	Simons	Brixton Cycles Club	Male
170	16:50:00	Dave	Green	Team Velovelocety	Male	191	n/a	rodney	smith	Wigmore CC	Male
171	16:51:00	Mick	Hodson	St Ives CC	Male	192	n/a	Phillip	Gosling	Ely & District CC	Male
172	16:52:00	Chris	Herbert	Redhill CC	Male	193	n/a	Adrian	Whiting	Performancecoaching.me	Male
173	16:53:00	Ryan	Morley	Royal Air Force Cycling Association	Male	194	n/a	Nick	Hickman	Hitchin Nomads CC	Male
174	16:54:00	Paul	Jay	Team Velovelocety	Male	195	n/a	Richard	Carrington	West Suffolk Whs & Triathlon Club	Male
175	16:55:00	Tom	Trimble	CC Ashwell	Male	196	n/a	John	Manlow	Ely & District CC	Male
176	16:56:00	Neil	Palmer	Velo-One Cycling		197	n/a	john	Parkes	Stowmarket & District CC	Male
177	16:57:00	Dael	Sidwell	Team(Staples		198	n/a	Chris	Nudds	CC Breckland	Male
178	16:58:00	Jason	Burrill	Vegetables/Neil Palmer							
179	16:59:00	James	Hayden	Electrical)	Male						
180	17:00:00	James	Trenchard	Hinckley Cycle Racing Club	Male						
181	17:01:00	Andy	Tyler	Peterborough CC	Male						
182	17:02:00	Rob	Young	Bishop's Stortford CC	Male						
183	17:03:00	David	Woodhouse	Godric CC	Male						
184	17:04:00	Carl	Whitwell	V C Cosmique	Male						
185	17:05:00	Brett	Harwood	Team Vision Racing -							
186	17:06:00	Justin	Layne	Silverhook	Male						
				G.S. Henley	Male						
				St Ives CC	Male						
				Terry Wright Cycles RC	Male						
				CC Ashwell	Male						