

Event promoted for and on behalf of Cycling Time Trials under its rules and regulations



# 10 miles Time Trial

for Solos and Tandems

to be held on

**Saturday 16th March 2024**

**Course E2/10 ~ Start at 2.00 pm**

Timekeepers

**Tim and Wally Groves**

## Awards

SCRATCH:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 4th: ECCA Medal.
FEMALES:	1st: ECCA Gilt Medal.
JUNIORS:	1st: ECCA Gilt Medal.
TEAM:	1st Team of Three: ECCA Gilt Medals.
HANDICAP:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd to 4th: ECCA Medal.
<b>Only members of ECCA affiliated clubs are eligible for awards</b>	

Event Headquarters

Westley Waterless Village Hall, CB8 0RG

**Event Secretary:** Darran Bennett, 37 Mill Corner, Soham, Ely, Cambridgeshire, CB7 5HT

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For full details of future ECCA events and results of past events and the season long competitions, go to [www.easterncounties.org.uk](http://www.easterncounties.org.uk) where you will find this information plus lists of officials and member clubs. The website will always be up to date and should be your "go to" site for the latest information. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

If your club is not affiliated and is within one of our relevant districts why not affiliate. Not only do we promote a comprehensive time trials programme but we also have road races, circuit races and a grass track meeting. Full details are on the website. For those worried about the marshalling requirements note that the duties reflect rider participation and that we now pay each marshal £20 towards their expenses.

## COURSE DETAILS E2/10

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: [https://www.questronics.co.uk/maps.html?E2\\_10](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 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")

### Your Safety

At the roundabout turn you should get to the middle of the roundabout as soon as it is safe to do so. If you ride on the outside of the roundabout you are at risk from vehicles leaving at each exit. You should NOT enter the roundabout if the way is not clear; you MUST give way to any vehicle from the right and give a clear signal as to your intended route.

### RIDERS' NOTES

No parking at either the start or finish, other than timekeepers.

Parking is available at and near the Event H.Q. Please park outside the HQ grounds and only to the east of Village Hall. Park sensibly and avoid blocking the 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.**

Parking is also available in the road to West Wrattling.

**There must be NO parking on the grass verges either side of the entrance to the Veterinary Clinic and this area may 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.

Free drink will be available in exchange for your number.

## NATIONAL REGULATIONS

### Regulation 15

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.

### Regulation 14 (j) and (k)

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**

### Regulations 13 (a) & 27(d)

Riders are reminded that you MUST notify of any improvement in your PBs. Failure to do so will disqualify you from the handicap awards. The event has been handicapped using the ECCA Handicapping System.

## LONDON EAST REGULATIONS

**4.5.1** A competitor must not warm up on any part of the course after the event has started.

**4.5.2** A competitor must not move out of the first (inside) lane of any multi-lane carriageway to complete the course.

**4.5.3** A competitor must not cross the central reservation of a dual carriageway, either on foot or astride a cycle.

Any competitor doing any of the above shall be disqualified from the event and may face further disciplinary action.

**4.6.1** 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.

**4.6.2** 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.

**4.6.5** 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.

Tandem						
<b>** = Club not affiliated to ECCA. Rider(s) not eligible for awards</b>						
No	Start	Name	Club	Cat	Bike	PB
3	14:03	John Swanbury Allistair Banks	**VC Baracchi	V V	TT	21:31

## Solos

**\*\* = Club not affiliated to ECCA. Rider(s) not eligible for awards**

**\* H'cap indicates rider with no times in current and past 3 seasons with a predicted PB**

No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
4	14:04	Daniel Northover	**Southborough & Dist. Whs	V	TT		21:00
5	14:05	Antonio Paolino	Essex Roads CC	V	TT	12:29	27:22
6	14:06	Mark Thurlow	Shaftesbury CC	V	RB	11:57	26:48
7	14:07	Andrew Porter	**Welwyn Whs	V	TT		26:13
8	14:08	Helena Sherwood	**Cambridge University CC	F	TT		26:07
9	14:09	Peter Walton	**Hertfordshire Whs	V	TT		26:04
10	14:10	Alex Carrannante	Redbridge CC	J	RB	11:12	26:00
11	14:11	Mattis Prince	**Cambridge University CC	E	TT		25:40
12	14:12	Shay Giles	**Thanet RC	V	TT		25:29
13	14:13	Brian Martin	Ciclos Uno	V	TT	10:13	24:56
14	14:14	Adrian Lauchlan	**Southgate CC	V	TT		24:51
15	14:15	Alice Connor	**London Academy Racing	F	TT		24:47
16	14:16	Sarah Kelman	**St Ives CC	FV	TT		24:24
17	14:17	Cameron Leslie	**Royal Air Force Cycling Association	S	TT		24:05
18	14:18	Claire Hall	Parenesis-ToughHuman Cycling	FV	TT	9:20	24:00
19	14:19	David Carey	Southend Wheelers	V	TT	*	24:00
20	14:20	Paul Breeze	Peterborough CC	V	TT	9:10	23:49
21	14:21	Graham Brant	Ciclos Uno	V	TT	*	23:48
22	14:22	Paul Wright	**Army Cycling	V	TT		23:46
23	14:23	Nick Hickman	**Bedfordshire Road CC	V	TT		23:45
24	14:24	Paul Williamson	St Neots CC	V	TT	8:52	23:29
25	14:25	Stewart Harrison	**Team Bottrill	V	TT		23:17
26	14:26	Dominic Whitehead	Cambridge CC	V	TT	8:38	23:15
27	14:27	Francis Schofield	**Cambridge University CC	E	RB		23:04
28	14:28	Lucas Beghein	**Cambridge University CC	E	TT		22:58
29	14:29	Andrew Bright	**Chronos RT	V	TT		22:54
30	14:30	Rob Moore	Shaftesbury CC	V	TT	8:14	22:49
31	14:31	Andrew Wenham	Shaftesbury CC	V	TT	8:07	22:41
32	14:32	Mick Stevens	**Melton Olympic CC	V	TT		22:29
33	14:33	Deborah Coyle	Shaftesbury CC	FV	TT	*	22:27
34	14:34	Paul Looke	Shaftesbury CC	V	TT	7:49	22:22
35	14:35	Charles Langford	Southend Wheelers	Y	TT	7:46	22:19
36	14:36	Roger Porter	Verulam CC	V	TT	7:23	21:54
37	14:37	Paul Wyatt	Shaftesbury CC	V	TT	7:14	21:45
38	14:38	Tim Baggs	**Sherwood CC	V	TT		21:33
39	14:39	Ian Braybrook	Basildon CC	V	TT	6:44	21:12
40	14:40	Patrick Ellerbeck	St Neots CC	V	TT	6:42	21:10
41	14:41	Adrian Gower	Hitchin Nomads CC	V	TT	6:33	21:01
42	14:42	Michael Martin	CC Ashwell	V	TT	6:29	20:56
43	14:43	Issy Zimmerman	**Regents Park Rouleurs	V	TT		20:52
44	14:44	Jez Willows	**Sherwood CC	V	TT		20:43
45	14:45	Thomas Mead	Lee Valley Youth CC	J	TT	6:07	20:33
46	14:46	Kevin Wood	**Sherwood CC	V	TT		20:31
47	14:47	Danny Metherell	**VéloElite RC	V	TT		20:29
48	14:48	Wolfgang Emmerich	**Team Bottrill	V	TT		20:23
49	14:49	Matt Rizzo-Naudi	**Cambridge University CC	S	TT		20:17
50	14:50	Alfie Salmon	Hart Performance Coaching	E	TT	5:50	20:15
51	14:51	Joe Adlam-Cook	**Cambridge University CC	E	TT		20:08
52	14:52	Terry Garlinge	Easterley Road Club	V	TT	5:42	20:06
53	14:53	Alex Pickering	Elysium Kalas Race Team	E	TT	5:39	20:03

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No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
54	14:54	Adrian Ford	**Brighton Mitre CC	S	TT		19:59
55	14:55	Judah Rand	**Kingston Wheelers CC	S	TT		19:53
56	14:56	Simon Butteriss	Ely & District CC/B&T Motor Repairs	V	RB	5:29	19:52
57	14:57	Tom Wade	**Cambridge University CC	S	TT		19:50
58	14:58	Jack Patmore	**George Fox Cycling Solutions	S	TT		19:45
59	14:59	Will Deely	**Southampton University Road CC	E	TT		19:43
60	15:00	Paul Turton	Team Vision Racing - Silverhook	V	TT	5:20	19:42
61	15:01	Rob Young	Shaftesbury CC	V	TT	5:18	19:40
62	15:02	Richard Harrison	**DRAG2ZERO	V	TT		19:32
63	15:03	Nic Pillinger	St Neots CC	V	TT	5:00	19:21
64	15:04	Sean O'Sullivan	Hart Performance Coaching	S	TT	4:58	19:19
65	15:05	Samuel Thienel	Elysium Kalas Race Team	S	TT	4:43	19:03
66	15:06	Mark Jones	**DRAG2ZERO	V	TT		18:59
67	15:07	Liam Maybank	**Twickenham CC	V	TT		18:58
68	15:08	Nick Morgan	Hitchin Nomads CC	V	RB	4:35	18:54
69	15:09	Jonny Allen	Elysium Kalas Race Team	S	TT	4:28	18:47
70	15:10	George Fox	**George Fox Cycling Solutions	S	RB		18:00