

## 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.

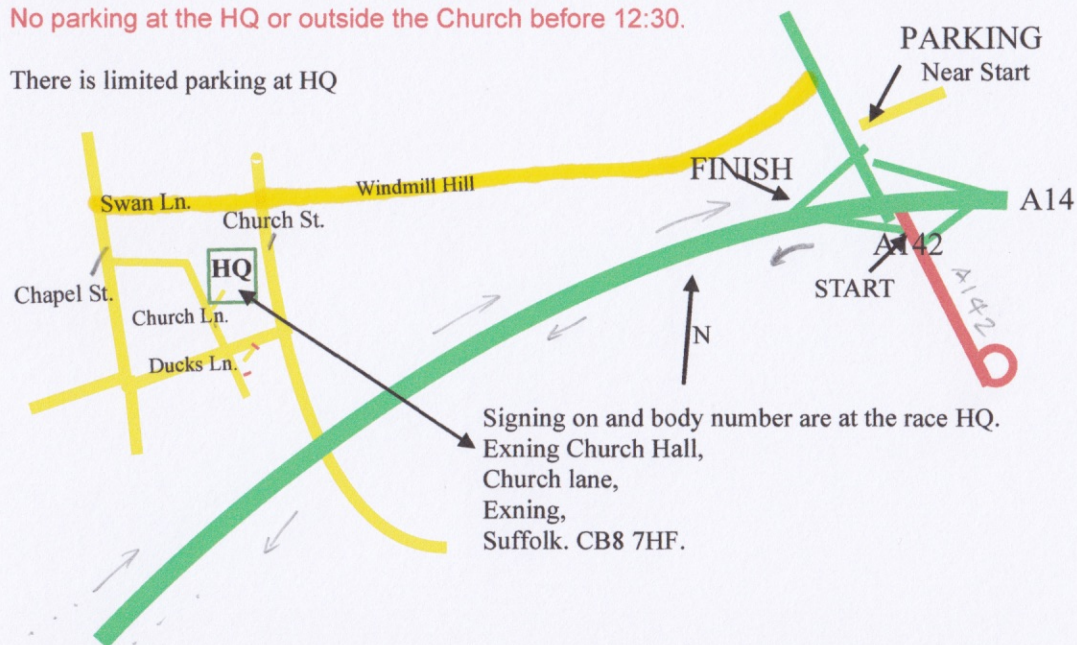
Riders **MUST NOT** wait on the carriageway when waiting to start.

No vehicles to park or stop on slip road or verges at Start or Finish, the road is a Clearway and stopping is an offence.

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.

No parking at the HQ or outside the Church before 12:30.

There is limited parking at HQ



In the interest of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. ALL junior and/or riders under the age of 19 years are required to wear a suitably approved helmet.

We strongly advise the use of a rear lamp, whether flashing or constant.

**START** (OS: TL 635,659) at paint mark on A142 just before slip road to A14 westbound. Proceed onto slip road to join A14. Continue on A14 westbound and after approximately 5 miles KEEP IN LEFT LANE to join A11 where the A14 diverges. NOTE: You must NOT stay in the middle lane, if you do you will stay on the A14, go off course and BE AT HIGH RISK FROM PASSING VEHICLES. Continue to Four Went Ways where take slip road (M) for A1307 to elevated roundabout (12.54 mls). Circle roundabout taking 4th exit (M) to rejoin A11 northbound. Retrace via A11 and A14 to **FINISH** (OS: TL 632,659) at 4th drain cover on slip road to A142.

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

START SHEET

# LEA VALLEY CYCLING CLUB

## Gordon Attwell Memorial

### TANDEM & SOLO 25 mile TT

(BBAR Qualifying Event)

Incorporating  
**MEDIUM GEAR (72") 25 mile TT**

(Medium Gear League Qualifying Event 5)

Course E2/25

9<sup>th</sup> April 2016

Start Time 14:00

Event Secretary  
Carolyn Upson  
22 Colworth Road  
London E11 1HY  
07899 788012  
ilponderoda@ntlworld.com

Time Keepers  
Mike Keen  
Frida Wezel

Assistant Time Keeper  
Ian Taylor



No	Name	Club	Start time
	TANDEMS		
1	Sian Edwards	Kettering CC	WS
1	Marcus Buksh	Kettering CC	V 14:01
2	Ruth Freestone King	45 Road Club	WV
2	Graeme Freestone King	45 Road Club	V 14:02
3	Glenn Taylor	Shorter Rochford RT	V
3	Mark Arnold	CC Desiragear	V 14:03

#### MEDIUM GEAR

Please allow time for the gear check at the start

4	Boyd Nicholas	West Suffolk Whs & Tri Club	V 14:04
5	Finbarr O'Keeffe	Wrekinsport CC	V 14:05
6	Richard Hutt	Harp RC	V 14:06
7	Roy Cuppelditch	Colchester Rovers CC	V 14:07
8	Gunther Zechmann	London Phoenix CC	S 14:08
9	Gray Turnock	Finsbury Park CC	V 14:09

#### SOLOS

10	Alastair Luxford	Endeavour RT	S 14:10
11	Graham Pepperdine	Verulam CC	V 14:11
12	John Parkes	Stowmarket & District CC	V 14:12
13	Sue Triplow	Essex Roads CC	WV 14:13
14	Richard Moule	Bossard Whs	V 14:14
15	Pete Dyson	East London Velo	S 14:15
16	Matthew Whitaker	Paceline RT	V 14:16
17	Chris Womack	VC Baracchi	V 14:17
18	Charlie Dennison	Southborough & Dist. Whs	V 14:18
19	Cheryl Smith	Finsbury Park CC	WV 14:19
20	Steve Wood	Peterborough CC	V 14:20
21	Simon Henderson	Thanet RC	V 14:21
22	Keith Stockwell	Welwyn Whs	V 14:22
23	Andy Yeoman	Bishop's Stortford CC	V 14:23
24	Joanna Spragg	Bossard Whs	WV 14:24
25	Jobe Usher	North Road CC	S 14:25
26	John Mitcalf	Bedfordshire Road RT	V 14:26
27	Ashley Thompson	Diss & District CC	S 14:27
28	James Dynes	Cambridge CC	S 14:28
29	Susan Davys	Kettering CC	WV 14:29
30	Lee Wingate	Glendene CC	S 14:30
31	Chris Tye	Plomesgate CC	V 14:31
32	Michael Draper	Charlotteville Cycling Club	V 14:32
33	Daniel Pink	Bigfoot CC	S 14:33
34	Alex Smith	Maldon & District CC	S 14:34

No	Name	Club	Start time
35	David Warlow	Essex Roads CC	V 14:35
36	Tricia Goulden	West Suffolk Whs & Tri Club	WV 14:36
37	Bob Quarton	Wolsey RC	V 14:37
38	David Robinson	Kettering CC	V 14:38
39	James Hodges	Lea Valley CC	S 14:39
40	Danuta Tinn	Maidenhead & District CC	WV 14:40
41	Nick Esser	VC Baracchi	V 14:41
42	Andrew Gibson	Gravesend CC	V 14:42
43	Mark Alsop	Maldon & District CC	V 14:43
44	Sue Rust	Kettering CC	WV 14:44
45	Stuart Hewlins	Hounslow & District Whs	V 14:45
46	Kieron Lewis	Bedfordshire Road RT	V 14:46
47	David Veitch	Lea Valley CC	S 14:47
48	John Watson	Hitchin Nomads CC	V 14:48
49	Joanna Butcher	Chelmer CC	WV 14:49
50	Simon Boyle	Orwell Velo	V 14:50
51	Paul Sexton	VC Norwich	S 14:51
52	Neal Marrin	Finsbury Park CC	V 14:52
53	Keith Clarke	Colchester Rovers CC	V 14:53
54	Colin Ross	Lea Valley CC	S 14:54
55	Chris Nudds	CC Breckland	V 14:55
56	Nicholas Coe	Verulam CC	V 14:56
57	Clare Campbell-Smith	Born to Bike - Bridgtown Cycles	WV 14:57
58	Dan Baxter	St Neots CC	V 14:58
59	Matthew Saunders	Gateway Cycling	S 14:59
60	David Crisp	CC Sudbury	S 15:00
61	Mark Ready	Diss & District CC	V 15:01
62	Neil Dowie	Shorter Rochford RT	V 15:02
63	Colin Lewin	Veloschils Interbike RT	V 15:03
64	David Ross	Velo Club Motel - SCU	S 15:04
65	Thomas Pfeiffer	Dulwich Paragon CC	V 15:05
66	Peter Tibbitts	Ford CC	V 15:06
67	Paul Donegan	Chelmer CC	V 15:07
68	Len Benton	Colchester Rovers CC	V 15:08
69	Leanne Cutler	Hitchin Nomads CC	WV 15:09
70	Darran Bennett	Ely & District CC	V 15:10
71	Darren Bigmore	Glendene CC	V 15:11
72	Peter Hooper	Eastbourne Rovers CC	S 15:12
73	Tim Beaven	Bicester Millennium CC	V 15:13
74	Neil Hughes	Veloschils Interbike RT	S 15:14
75	SHAUN WILLIAMS	Abellio - SFA Racing Team	V 15:15
76	Barrie Whittaker	Lyme Racing Club	V 15:16
77	Steffen Verbist	London Phoenix CC	S 15:17



No	Name	Club	Start time	No	Name	Club	Start time
78	David Pennington	Southend Whs	S 15:18	121	Richard Kemp	Redbridge CC	V 16:01
79	Zoe Whiteside	Team Bottrill	WV 15:19	122	Mark Steers	Team Vision Racing	V 16:02
80	Richard May	Islington CC	V 15:20	123	Tim Childs	Westerley Cycling Club	V 16:03
81	Tristan Davenne	Newbury RC	V 15:21	124	Stuart Birnie	Willesden CC	S 16:04
82	Robert Willcocks	Royal Air Force Cycling Assoc	S 15:22	125	Jason Turner	Norwich A B C	V 16:05
83	Alex Eason	Chelmer CC	V 15:23	126	Liam Gentry	VC Baracchi	S 16:06
84	Stuart Auckland	Team Bottrill	V 15:24	127	Geoff Bunyan	Bossard Whs	V 16:07
85	Andy Whale	CC Ashwell	S 15:25	128	Scott Leverington	Chorley Cycling Club	V 16:08
86	Robert Watson	Team Velovelocit.co.uk	V 15:26	129	Mary Bower	Chelmer CC	WS 16:09
87	Antony Brown	Kettering CC	V 15:27	130	Gavin Hinxman	Kettering CC	V 16:10
88	Geoff Reynolds	Hemel Hempstead CC	V 15:28	131	Benjamin Allen	Westerley Cycling Club	V 16:11
89	Julia Freeman	Easterley Road Club	WV 15:29	132	Jeff Roberts	High Wycombe CC	V 16:12
90	Douglas Coleman	CC Luton	S 15:30	133	Martin Dickinson	Deal Tri	V 16:13
91	Martin Dossett	Welwyn Whs	V 15:31	134	Richard Tully	Elite Cycling	S 16:14
92	Andrew Wright	High Wycombe CC	V 15:32	135	Andrew Halliday	Westerley Cycling Club	V 16:15
93	Daniel Edwards	Sotonia CC	S 15:33	136	Kevin Gill	Ciclos Uno	V 16:16
94	Adrian Taverna	VTTA (East Anglia)	V 15:34	137	Rachael Elliott	Newbury RC	WS 16:17
95	Julian Elliott	Finsbury Park CC	V 15:35	138	Mark Richards	VC Baracchi	S 16:18
96	Marc Townsend	Neon Velo	S 15:36	139	Paul Shelley	Diss & District CC	V 16:19
97	Lee Turner	Sigma Sport.co.uk	V 15:37	140	Chris Herbert	Redhill CC	S 16:20
98	Jim Reed	Colchester Rovers CC	V 15:38	141	Chris Nicholls	Regents Park Rouleurs	S 16:21
99	John Golder	Chelmer CC	V 15:39	142	Karl Read	North Norfolk Whs	V 16:22
100	Andre Dyason	Cambridge CC	V 15:40	143	William Smith	CC Ashwell	S 16:23
101	Terry Garlinge	East London Velo	V 15:41	144	Alice Lethbridge	Starley Racing	WS 16:24
102	Mike Appleyard	Lancashire RC	V 15:42	145	Paul Jay	Team Velovelocit.co.uk	S 16:25
103	Keith Dorling	Team Bottrill	V 15:43	146	Luke Danckert	Army Cycling Union	S 16:26
104	Darren Davis	West Suffolk Whs & Tri Club	V 15:44	147	Craig Chappell	Team Vision Racing	V 16:27
105	Sean Taylor	Royal Air Force Cycling Assoc	V 15:45	148	Michael Martin	CC Ashwell	V 16:28
106	Anthony Collier	Hoddesdon Tri Club	S 15:46	149	Colin Lizieri	Cambridge CC	V 16:29
107	Paul Hart	Southend Whs	S 15:47	150	Ian Greenstreet	Newbury RC	V 16:30
108	Jack Sears	Team Velovelocit.co.uk	S 15:48	151	Rhys Howells	Richardsons - Trek RT	S 16:31
109	Mike O'Gorman	Worthing Excelsior CC	V 15:49	152	Mark Jones	Drag2Zero	V 16:32
110	Neil Palmer	Velo-One Cycling Team	V 15:50	153	Rob Young	Team Vision Racing	V 16:33
111	Chris Ward	Team Swift	V 15:51	154	Dave Green	Team Velovelocit.co.uk	V 16:34
112	Greg Lewis	VC 10	V 15:52	155	Kevin Tye	VeloRefined Aerosmiths	V 16:35
113	Tony May	TMG Horizon Cycling Team	V 15:53	156	Jonathan Wears	SSLL Racing Team	S 16:36
114	David Phillips	Old Portlians CC	V 15:54	157	Robert West	AeroCoach	V 16:37
115	John Dowling	Hemel Hempstead CC	V 15:55	158	Richard Harrison	Didcot Phoenix CC	S 16:38
116	Andrew Grant	Cambridge CC	V 15:56	159	Dave Lazenby	Baines Racing Silverstone Cycle	V 16:39
117	Russell Lee	VC Elan	V 15:57	160	Matthew Smith	Team Velovelocit.co.uk	S 16:40
118	Roger Porter	Verulam CC	V 15:58				
119	Grant Orsborn	Icknield RC	V 15:59				
120	Richard Gifford	In-Gear Quickvit Trainsharp RT	V 16:00				



## RESERVES

Please check at the signing on desk for starting times and instructions

No	Name	Club	
161	Andrew Skeen	CC Ashwell	V
162	Angus Fisk	Oxford University CC	S
163	Merv Player	Hertfordshire Wheelers	V
164	Adam Challis	CC Ashwell	S
165	Alex Galloway	Velo Park Tuesday Ten Club	S
166	Nic Stevenson	Westerley Cycling Club	S
167	Nick Sexton	Islington CC	S
168	Peter Horsnell	Chelmer CC	V
169	Darren Cope	Kettering Amateur CC	S
170	Tony Capon	Becontree Wheelers CC	V
171	James Richens	Serpentine Running Club	V
172	Joe Simons	Brixton Cycles Club	S
173	Antonio Paolino	Essex Roads CC	V
174	Thomas Mead-Herbert	Watford Velo Sport	S
175	Alex Elferink	Serpentine Running Club	V

## GORDON ATTWELL MEMORIAL

### LEA VALLEY CYCLING CLUB

#### AWARDS

##### TANDEM

1st £30

##### MEDIUM GEAR

1st £30

2nd £20

##### MEN'S SOLO

1st £50

2nd £40

3rd £30

4th £20

5th £10

##### WOMEN'S SOLO

1st £30

2nd £20

3rd £10

Tea, coffee, sandwiches and cake will be available at the race HQ  
from 12:00 and throughout the day until the end of the race

Race HQ  
Exning Church Hall  
Church Lane  
Exning  
CB8 7HF