

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.

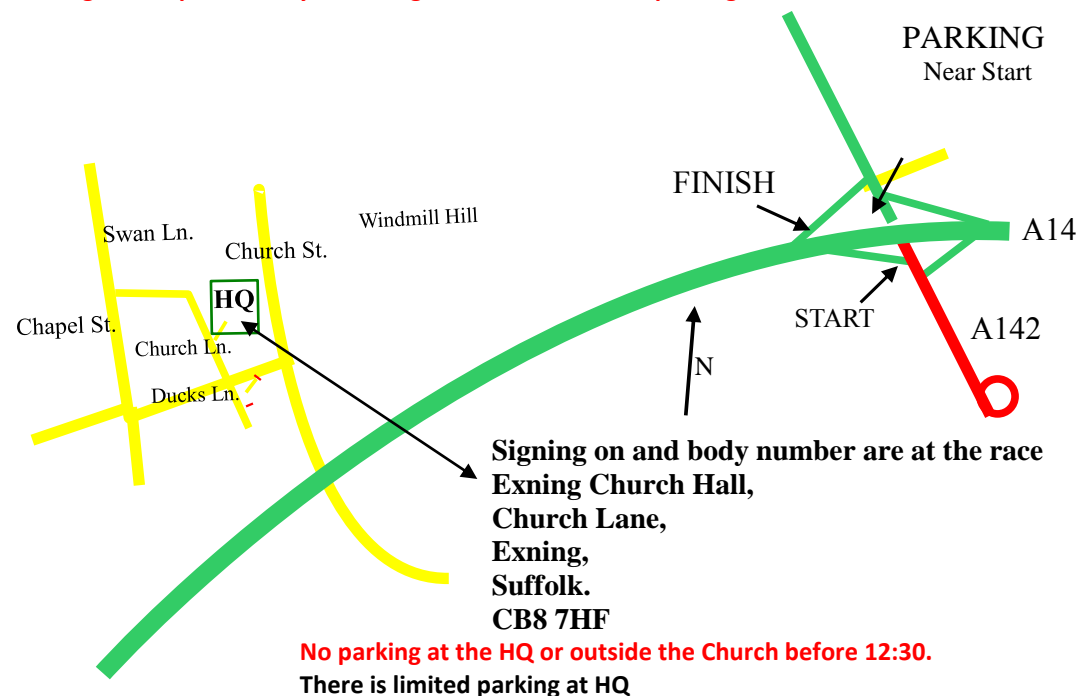
No warming up on the course once the event has started.

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.

Parking is NOT provided by event organisers. All entrants parking is at own risk.



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 re-join 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

3)

Course E2/25 8th April 2017 Start Time 14:00

Event Secretary
Mark Freeman

Time Keepers
Mike Keen
Freda Wezel
Asst Time Keeper
Ian Taylor

Startsheet

lea valley cc

Start Number	Start Time	Rider	Club	Gender	Category
10	14:10:00	Trudy Sharam	Lea Valley CC	Female	Vet
11	14:11:00	Russ danckert	Army Cycling Union	Male	Senior
12	14:12:00	tony may	TMG Horizon Cycling Team	Male	Vet
13	14:13:00	Alex Bailey	CC Breckland	Male	Senior
14	14:14:00	Cheryl Smith	Finsbury Park CC	Female	Vet
15	14:15:00	Phillip Gosling	Ely & District CC/B&T Motor Repairs	Male	Vet
16	14:16:00	Andrew Horner	VC Revolution	Male	Vet
17	14:17:00	shaun williams	Abellio - SFA Racing Team	Male	Vet
18	14:18:00	Nick Morgan	Hitchin Nomads CC	Male	Senior
19	14:19:00	Jennifer Millmore	Islington Cycling Club	Female	Senior
20	14:20:00	Rob Sharland	Paceline RT	Male	Senior
21	14:21:00	Henrik Persson	Kingston Wheelers CC	Male	Senior
22	14:22:00	Max Sahota	Team Bottrill / HSS Hire	Male	Espoir
23	14:23:00	Andy Robinson	Ashford Whs	Male	Vet
24	14:24:00	Claire Clementson	Wigan Whs CC	Female	Vet
25	14:25:00	robert watson	Team Bottrill / HSS Hire	Male	Vet
26	14:26:00	B Xavier Disley	AeroCoach	Male	Senior
27	14:27:00	John Dupen	Anglia Velo	Male	Vet
28	14:28:00	malcolm davies	VC Elan - Harry Perry Cycles	Male	Vet
29	14:29:00	Jacintha Hamilton-Love	Dulwich Paragon CC	Female	Senior
30	14:30:00	Lee Turner	Sigma Sport.co.uk	Male	Vet
31	14:31:00	Chris Nicholls	Regents Park Rouleurs	Male	Senior
32	14:32:00	Hugo Hocknell	Team Salesengine.co.uk	Male	Vet
33	14:33:00	Sam Wightman	Chelmer CC	Male	Senior
34	14:34:00	eva nyirenda	...a3crg	Female	Senior
35	14:35:00	nigel clementson	Wigan Whs CC	Male	Vet
36	14:36:00	Mark Steers	Team Vision Racing - Silverhook	Male	Vet
37	14:37:00	Roger Porter	Verulam CC	Male	Vet
38	14:38:00	Robert Royston	Sydenham Whs	Male	Vet
39	14:39:00	Ellen Dyverfeldt	Lea Valley CC	Female	Senior

Start Number	Start Time	Rider	Club	Gender	Category
40	14:40:00	Ken Platts	Cambridge CC	Male	Vet
41	14:41:00	Matthew Reader	Verulam CC	Male	Vet
42	14:42:00	Alice Lethbridge	DRAG2ZERO	Female	Senior
43	14:43:00	Samuel Robinson	Ashford Whs	Male	Senior
44	14:44:00	Janet Bassett	CC Ashwell	Female	Senior
45	14:45:00	Harley Matthews	D A P Cycling Club	Male	
46	14:46:00	Dave Stocker	Abellio - SFA Racing Team	Male	Vet
47	14:47:00	Simon Geraci	Team Swift	Male	Vet
48	14:48:00	Chris Roberts	Team PedalRevolution.co.uk	Male	Vet
49	14:49:00	Alison Hinds	Welwyn Whs	Female	Vet
50	14:50:00	Andy Whale	Verulam Really Moving	Male	Senior
51	14:51:00	Richard Tully	Elite Cycling	Male	Vet
52	14:52:00	Tim Childs	Westerley Cycling Club	Male	Vet
53	14:53:00	Geir Robinson	Regents Park Rouleurs	Male	Vet
54	14:54:00	Jessica Rhodes-Jones	Beacon Roads CC	Female	Senior
55	14:55:00	Dave Lazenby	Baines Racing Silverstone Cycle	Male	Vet
56	14:56:00	Thomas Pfeiffer	Dulwich Paragon CC	Male	Vet
57	14:57:00	Adam Bidwell	Kingston Wheelers CC	Male	Vet
58	14:58:00	Mary Bower	Momentum Cycles RC	Female	Senior
59	14:59:00	RACHEL HOLMAN	Tri- Anglia Triathlon Club	Female	Vet
60	15:00:00	David Veitch	Lea Valley CC	Male	Senior
61	15:01:00	Paul Coles	73Degrees CC	Male	Vet
62	15:02:00	Darren Davis	West Suffolk Whs & Triathlon Club	Male	Vet
63	15:03:00	matthew saunders	Team Vision Racing - Silverhook	Male	Senior
64	15:04:00	Zoe Whiteside	Team Bottrill / HSS Hire	Female	Vet
65	15:05:00	Russell Jelly	Team Bottrill / HSS Hire	Male	Senior
66	15:06:00	Simon Scott	Anglia Velo	Male	Vet
67	15:07:00	James Richardson	North Bucks RC	Male	Senior
68	15:08:00	James Moore	VC Baracchi	Male	Senior
69	15:09:00	Katharine Hibbert	Islington Cycling Club	Female	Senior
70	15:10:00	Scott Leverington	Chorley Cycling Club	Male	Vet
71	15:11:00	John Dowling	Hemel Hempstead CC	Male	Vet
72	15:12:00	Neil Hughes	Velo Schils Interbike RT	Male	Senior
73	15:13:00	Thomas Whatley	Paceline RT	Male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
74	15:14:00	Kathryn Morris	Dulwich Paragon CC	Female	Senior
75	15:15:00	antony bee	Wigmore CC	Male	Vet
76	15:16:00	Mike Naulls	Velo Club Venta	Male	Vet
77	15:17:00	liam gentry	VC Baracchi	Male	Senior
78	15:18:00	Robert Saunders	North Bucks RC	Male	Vet
79	15:19:00	Helen Gravatt	Twickenham CC	Female	Vet
80	15:20:00	Ian Greenstreet	Newbury RC	Male	Vet
81	15:21:00	Matt Kuwertz	Southborough & Dist. Whs	Male	Vet
82	15:22:00	Steve Clarke	TMG Horizon Cycling Team	Male	Vet
83	15:23:00	Nick Hickman	Hitchin Nomads CC	Male	Vet
84	15:24:00	Susan Triplow	Essex Roads CC	Female	Vet
85	15:25:00	david emery	Dulwich Paragon CC	Male	Vet
86	15:26:00	Martin Winter	Twickenham CC	Male	Vet
87	15:27:00	Lee Buckman	Ashford Whs	Male	Vet
88	15:28:00	paul shelley	Diss & District CC	Male	Vet
89	15:29:00	Christine Rowley	Poole Whs	Female	Vet
90	15:30:00	Alan Spurden	Army Cycling Union	Male	Vet
91	15:31:00	andre dyason	Cambridge CC	Male	Vet
92	15:32:00	Grant Orsborn	Bedfordshire Road CC	Male	Vet
93	15:33:00	Mark Ellis	Team Milton Keynes	Male	Vet
94	15:34:00	Chris Nudds	CC Breckland	Male	Vet
95	15:35:00	richard hancock	Team SS	Male	Vet
96	15:36:00	Andrew Grant	Cambridge CC	Male	Vet
97	15:37:00	Colin Lizieri	Cambridge CC	Male	Vet
98	15:38:00	David Crisp	Velo Schils Interbike RT	Male	Vet
99	15:39:00	Joanna Wells	Hounslow & District Whs	Female	Vet
100	15:40:00	Ollie Jones	Team Onform	Male	Espoir
101	15:41:00	Gavin Lewis	Cambridge CC	Male	Vet
102	15:42:00	Richard Sheldrake	Lincoln Wheelers CC	Male	Vet
103	15:43:00	Darran Bennett	Ely & District CC/B&T Motor Repairs	Male	Vet
104	15:44:00	shay giles	VC Elan - Harry Perry Cycles	Male	Vet
105	15:45:00	Mark Richards	VC Baracchi	Male	Senior
106	15:46:00	Karl Read	North Norfolk Whs	Male	Vet
107	15:47:00	Chris Tye	Team Skipper	Male	Vet
108	15:48:00	Mike O'Gorman	Worthing Excelsior CC	Male	Vet
109	15:49:00	Elsbeth Knott	Colchester Rovers CC	Female	Vet
110	15:50:00	Richard Gifford	In-Gear Quickvit Trainsharp RT	Male	Vet
111	15:51:00	Michael Martin	CC Ashwell	Male	Vet
112	15:52:00	William Wallace	CC London	Male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
113	15:53:00	David Churchill	Bigfoot CC	Male	Vet
114	15:54:00	Abid Hussain	Icknield RC	Male	Vet
115	15:55:00	Jason Green	Bedfordshire Road RT	Male	Vet
116	15:56:00	Alastair Luxford	Endeavour	Male	Senior
117	15:57:00	Paul French	Bedfordshire Road RT	Male	Vet
118	15:58:00	Thomas Dean	Eagle Road Club	Male	Vet
119	15:59:00	Sally Withey	Team Swift	Female	Vet
120	16:00:00	Dave Green	Team Velovelocity	Male	Vet
121	16:01:00	Terry Garlinge	East London Velo	Male	Vet
122	16:02:00	Martin Reynolds	Cambridge CC	Male	Vet
123	16:03:00	Philip Watkins	34 Nomads CC	Male	Vet
124	16:04:00	Julia Freeman	Easterley Road Club	Female	Vet
125	16:05:00	Simon Barbour	AS Test Team	Male	Senior
126	16:06:00	Andy Stuart	Velo Club St Raphael	Male	Vet
127	16:07:00	Ian Bibby	Finsbury Park CC	Male	Vet
128	16:08:00	Laura Bartlett	...a3crg	Female	Senior
129	16:09:00	Leanne Cutler	Hitchin Nomads CC	Female	Vet
130	16:10:00	Howard Shaw	Eastbourne Rovers CC	Male	Senior
131	16:11:00	paul vickers	West Suffolk Whs & Triathlon Club	Male	Vet
132	16:12:00	Clarice Chung	AS Test Team	Female	Senior
133	16:13:00	Robert Bullyment	Catford CC	Male	Vet
134	16:14:00	Darren Preston	Team SS	Male	Vet
135	16:15:00	Sean Taylor	Royal Air Force Cycling Association	Male	Vet
136	16:16:00	Peter Hooper	Eastbourne Rovers CC	Male	Senior
137	16:17:00	Paul Lilley	Fenland Clarion CC	Male	Vet
138	16:18:00	David Pennington	Southend Wheelers	Male	Senior
139	16:19:00	Therese Coen	London Phoenix CC	Female	Senior
140	16:20:00	Rob "The Mower" Stephenson	Southborough & Dist. Whs	Male	Vet
141	16:21:00	Paul Hart	Southend Wheelers	Male	Senior
142	16:22:00	Mick Hodson	Bedfordshire Road RT	Male	Vet
143	16:23:00	stephen williamson	...a3crg	Male	Vet
144	16:24:00	MARK JONES	DRAG2ZERO	Male	Vet
145	16:25:00	David Langlands	Team Bottrill / HSS Hire	Male	Vet
146	16:26:00	Stuart Travis	Team Bottrill / HSS Hire	Male	Senior
147	16:27:00	Ross Clarke	TMG Horizon Cycling Team	Male	Senior
148	16:28:00	James Rix	Crawley Wheelers	Male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
149	16:29:00	Rob Young	Team Vision Racing - Silverhook	Male	Vet
150	16:30:00	Marc Townsend	Eastbourne Rovers CC	Male	Senior
151	16:31:00	Lewis Keightley	Team Bottrill / HSS Hire	Male	Senior
152	16:32:00	Julian Elliott	Finsbury Park CC	Male	Vet
153	16:33:00	David Woodhouse	AS Test Team	Male	Senior
154	16:34:00	Kevin Tye	VeloRefined.com Aerosmiths	Male	Vet
155	16:35:00	Liam Maybank	Twickenham CC	Male	Vet
156	16:36:00	Matthew Smith	Team Bottrill / HSS Hire	Male	Senior
157	16:37:00	John Dewey	Team Bottrill / HSS Hire	Male	Senior
158	16:38:00	Brett Harwood	Team Bottrill / HSS Hire	Male	Vet
159	16:39:00	Glenn Taylor	Shorter Rochford RT	Male	Vet
160	16:40:00	Pat Wright	Paceline RT	Male	Senior
Reserve	--	Andy Kennedy	Ipswich BC	Male	Vet
Reserve	--	Andrew Gibson	Gravesend CC	Male	Vet
Reserve	--	John-Paul Brophy	Eastbourne Rovers CC	Male	Vet
Reserve	--	Derek Ricketts	Ely & District CC/B&T Motor Repairs	Male	Vet
Reserve	--	Ollie Hucks	High Wycombe CC	Male	Espoir
Reserve	--	Richard Moule	Bossard Whs	Male	Vet
Reserve	--	Richard Birtwhistle	Sydenham Whs	Male	Vet
Reserve	--	Jonny Allen	Rapha Cycling Club	Male	Senior
Reserve	--	chris womack	VC Baracchi	Male	Vet
Reserve	--	Andy Sewell	Aspire Velo Racing Team	Male	Senior
Reserve	--	David Warlow	Essex Roads CC	Male	Vet
Reserve	--	Jeremy Saynor	PMR @ Toachim House	Male	Vet
Reserve	--	Graham Pepperdine	Verulam CC	Male	Vet
Reserve	--	cliff voller	Newbury RC	Male	Vet
Reserve	--	Marcus Boret	San Fairy Ann CC	Male	Vet
Reserve	--	Andrew Bright	Chronos RT	Male	Vet