

A BIG thank you to all those who made it happen....

Frida Wezel Head timekeeper
Mike Keen Assistant timekeeper
Ian Taylor Assistant timekeeper

Stan Broom Turn check marshal
Mark Freeman Turn check marshal
Tim Hodges Finish number checker

Kay Oliver Signer on
Emma Ferguson Results board

Les Methven Medium gear checker and traffic counter

Adam Luck Pusher off
Ian Bailey Medium gear checker and pusher off

Marshals
Alan Hedges, John Summerhayes and Edward Ward

Thanks also to Les Methven for his help in placing the road signs and to all the marshals who brought them back in again

And an extra special THANK YOU to Don and Gloria for the catering

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

*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

RESULTS 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

9th April 2016

Start Time 14:00

Congratulations to the winners:

TANDEM: Ruth Freestone King & Graeme Freestone King

MEDIUM GEAR: Gray Turnock

MEN'S SOLO: Matthew Smith

WOMEN'S SOLO: Rachael Elliott

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University Cycling Club



FOUNDED 1969

Promoted for and on behalf of
Cycling Time Trials
under their rules and regulations

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NEXT OPEN EVENT

LVCC OPEN 10 Solo, Middle Markers and Tandems 25 mile TT

**Saturday May 7th 2016
14:00 Course E2/10**

Event Secretary: Mark Freeman
61 Lonsdale Avenue, London, E6 3JZ
markfreeman70@ymail.com
020 8548 1311



FOUNDED 1903



FOUNDED 1904



FOUNDED 1890



FOUNDED 1903



FOUNDED 1904



FOUNDED 1890

VeloPark Tuesday 10s

10 x 10 Mile Time Trial Series

**To be held at Lee Valley VeloPark
Queen Elizabeth Olympic Park, London E20 3EL**

May 10th to July 19th 2016

The 11th week will be for fun, a two-up, tandems and solos and prize presentation. Set a new lap record. CTT timekeepers

**Tuesday Evenings 19:00
HELMETS ARE COMPULSORY. NO HELMET, NO RIDE!!**

Fun for all and a great midweek training session for the more serious tester.

Event Secretary: Joe Mumford
17 Callis Road, London E17 8PN
joseph.mumford@virginmedia.com
020 8509 3768

Position	No	Name	Club	Time	Position	No	Name	Club	Time
		TANDEMS			24	138	Mark Richards	VC Baracchi	00:52:11
1	2	Ruth Freestone King	45 Road Club	0:57:37	25	145	Paul Jay	Team Velovelocity.co.uk	00:52:16
	2	Graeme Freestone King	45 Road Club		26	85	Andy Whale	CC Ashwell	00:52:17
2	1	Sian Edwards	Kettering CC	01:01:03	27	111	Chris Ward	Team Swift	00:52:25
	1	Marcus Buksh	Kettering CC		28	73	Tim Beaven	Bicester Millennium CC	00:52:26
	3	Glenn Taylor	Shorter Rochford RT	DNF	29	120	Richard Gifford	In-Gear Quickvit Trainsharp RT	00:52:35
	3	Mark Arnold	CC Desiragear		30	134	Richard Tully	Elite Cycling	00:52:39
		MEDIUM GEAR			31	84	Stuart Auckland	Team Bottrill	00:52:41
1	9	Gray Turnock	Finsbury Park CC	00:56:04	32	92	Andrew Wright	High Wycombe CC	00:53:07
2	6	Richard Hutt	Harp RC	00:58:11	33	116	Andrew Grant	Cambridge CC	00:53:27
3	4	Boyd Nicholas	West Suffolk Whs & Tri Club	01:02:43	34	100	Andre Dyason	Cambridge CC	00:53:34
	7	Roy Cuppelditch **	Colchester Rovers CC	00:57:39**	35	135	Andrew Halliday	Westerley Cycling Club	00:53:43
	5	Finbarr O'Keefe	Wrekinsport CC	DNF	36	21	Simon Henderson	Thanet RC	00:53:46
	8	Gunther Zechmann	London Phoenix CC	DNS*	37	122	Mark Steers	Team Vision Racing	00:53:50
		SOLOS			38=	93	Daniel Edwards	Sotonia CC	00:53:56
1	160	Matthew Smith	Team Velovelocity.co.uk	00:47:57	38=	101	Terry Garlinge	East London Velo	00:53:56
2	90	Douglas Coleman	CC Luton	00:48:45	40	119	Grant Orsborn	Icknield RC	00:53:57
3	156	Jonathan Wears	SSL Racing Team	00:48:59	41	108	Jack Sears	Team Velovelocity.co.uk	00:54:00
4	155	Kevin Tye	VeloRefined Aerosmiths	00:49:14	42	74	Neil Hughes	Veloschils Interbike RT	00:54:06
5	124	Stuart Birnie	Willesden CC	00:50:02	43	25	Jobe Usher	North Road CC	00:54:08
6	96	Marc Townsend	Neon Velo	00:50:09	44	86	Robert Watson	Team Velovelocity.co.uk	00:54:09
7	153	Rob Young	Team Vision Racing	00:50:10	45	83	Alex Eason	Chelmer CC	00:54:10
8	107	Paul Hart	Southend Whs	00:50:19	46	144	Alice Lethbridge	Starley Racing	00:54:11
9	157	Robert West	AeroCoach	00:50:22	47	91	Martin Dossett	Welwyn Whs	00:54:12
10	152	Mark Jones	Drag2Zero	00:50:27	48	88	Geoff Reynolds	Hemel Hempstead CC	00:54:14
11	128	Scott Leverington	Chorley Cycling Club	00:50:35	49=	20	Steve Wood	Peterborough CC	00:54:15
12=	131	Benjamin Allen	Westerley Cycling Club	00:50:40	49=	87	Antony Brown	Kettering CC	00:54:15
12=	154	Dave Green	Team Velovelocity.co.uk	00:50:40	51=	63	Colin Lewin	Veloschils Interbike RT	00:54:19
14=	150	Ian Greenstreet	Newbury RC	00:50:51	51=	103	Keith Dorling	Team Bottrill	00:54:19
14=	158	Richard Harrison	Didcot Phoenix CC	00:50:51	53	123	Tim Childs	Westerley Cycling Club	00:54:23
16	47	David Veitch	Lea Valley CC	00:50:55	54	62	Neil Dowie	Shorter Rochford RT	00:54:24
17	140	Chris Herbert	Redhill CC	00:51:19	55	71	Darren Bigmore	Glendene CC	00:54:25
18	95	Julian Elliott	Finsbury Park CC	00:51:22	56	113	Tony May	TMG Horizon Cycling Team	00:54:26
19	82	Robert Willcocks	Royal Air Force Cycling Assoc	00:51:24	57	112	Greg Lewis	VC 10	00:54:29
20	125	Jason Turner	Norwich A B C	00:51:26	58	31	Chris Tye	Plomesgate CC	00:54:31
21	146	Luke Danckert	Army Cycling Union	00:51:43	59=	133	Martin Dickinson	Deal Tri	00:54:34
22	105	Sean Taylor	Royal Air Force Cycling Assoc	00:51:52	59=	148	Michael Martin	CC Ashwell	00:54:34
23	137	Rachael Elliott	Newbury RC	00:51:55	61	72	Peter Hooper	Eastbourne Rovers CC	00:54:38

Position	No	Name	Club	Time	Position	No	Name	Club	Time
62=	75	Shaun Williams	Abellio - SFA Racing Team	00:54:40	100	76	Barrie Whittaker	Lyme Racing Club	00:57:54
62=	106	Anthony Collier	Hoddesdon Tri Club	00:54:40	101	40	Danuta Tinn	Maidenhead & District CC	00:57:57
64	70	Darran Bennett	Ely & District CC	00:54:52	102=	13	Sue Triplow	Essex Roads CC	00:58:29
65	97	Lee Turner	Sigma Sport.co.uk	00:54:56	102=	61	Mark Ready	Diss & District CC	00:58:29
66	104	Darren Davis	West Suffolk Whs & Tri Club	00:55:09	104	175	Alex Elferink	Serpentine Running Club	00:58:37
67	117	Russell Lee	VC Elan	00:55:16	105	164	Adam Challis	CC Ashwell	00:58:47
68	45	Stuart Hewlins	Hounslow & District Whs	00:55:17	106	14	Richard Moule	Bossard Whs	00:58:58
69	162	Angus Fisk	Oxford University CC	00:55:21	107	11	Graham Pepperdine	Verulam CC	00:59:03
70	22	Keith Stockwell	Welwyn Whs	00:55:30	108	165	Alex Galloway	Velo Park Tuesday Ten Club	00:59:19
71	109	Mike O'Gorman	Worthing Excelsior CC	00:55:34	109	42	Andrew Gibson	Gravesend CC	00:59:22
72	139	Paul Shelley	Diss & District CC	00:55:36	110	57	Clare Campbell-Smith	Born to Bike - Bridgtown Cycles	00:59:41
73	60	David Crisp	CC Sudbury	00:55:43	111	54	Colin Ross	Lea Valley CC	00:59:55
74	142	Karl Read	North Norfolk Whs	00:55:49	112	32	Michael Draper	Charlotteville Cycling Club	00:59:57
75=	78	David Pennington	Southend Whs	00:55:50	113	169	Darren Cope	Kettering Amateur CC	01:00:00
75=	127	Geoff Bunyan	Bossard Whs	00:55:50	114	12	John Parkes	Stowmarket & District CC	01:00:24
77	26	John Mitcalf	Bedfordshire Road RT	00:55:51	115	136	Kevin Gill	Ciclos Uno	01:00:26
78	38	David Robinson	Kettering CC	00:55:58	116	167	Nick Sexton	Islington CC	01:00:51
79	149	Colin Lizieri	Cambridge CC	00:55:59	117	44	Sue Rust	Kettering CC	01:01:04
80	66	Peter Tibbitts	Ford CC	00:56:02	118	27	Ashley Thompson	Diss & District CC	01:01:13
81	64	David Ross	Velo Club Motel - SCU	00:56:03	119	37	Bob Quarton	Wolsey RC	01:01:54
82	59	Matthew Saunders	Gateway Cycling	00:56:09	120	114	David Phillips	Old Portlians CC	01:01:55
83	41	Nick Esser	VC Baracchi	00:56:18	121	18	Charlie Dennison	Southborough & Dist. Whs	01:02:01
84	118	Roger Porter	Verulam CC	00:56:22	122	69	Leanne Cutler	Hitchin Nomads CC	01:02:04
85	56	Nicholas Coe	Verulam CC	00:56:31	123	43	Mark Alsop	Maldon & District CC	01:04:26
86	115	John Dowling	Hemel Hempstead CC	00:56:37	124	49	Joanna Butcher	Chelmer CC	01:05:21
87	65	Thomas Pfeiffer	Dulwich Paragon CC	00:56:41	125	170	Tony Capon	Becontree Wheelers CC	01:06:42
88	51	Paul Sexton	VC Norwich	00:56:44	126	24	Joanna Spragg	Bossard Whs	01:06:50
89	55	Chris Nudds	CC Breckland	00:56:50	127	29	Susan Davys	Kettering CC	01:10:46
90	35	David Warlow	Essex Roads CC	00:56:55	33	Daniel Pink	Bigfoot CC	DNF	
91=	23	Andy Yeoman	Bishop's Stortford CC	00:56:58	79	Zoe Whiteside	Team Bottrill	DNF	
91=	98	Jim Reed	Colchester Rovers CC	00:56:58	80	Richard May	Islington CC	DNF	
93	58	Dan Baxter	St Neots CC	00:57:03	143	William Smith	CC Ashwell	DNF	
94	77	Steffen Verbist	London Phoenix CC	00:57:11	159	Dave Lazenby	Baines Racing Silverstone Cycle	DNF	
95	94	Adrian Taverna	VTTA (East Anglia)	00:57:17	10	Alastair Luxford	Endeavour RT	DNS*	
96	34	Alex Smith	Maldon & District CC	00:57:23	15	Pete Dyson	East London Velo	DNS	
97	67	Paul Donegan	Chelmer CC	00:57:27	16	Matthew Whitaker	Paceline RT	DNS*	
98	161	Andrew Skeen	CC Ashwell	00:57:35	17	Chris Womack	VC Baracchi	DNS*	
99	121	Richard Kemp	Redbridge CC	00:57:53	19	Cheryl Smith	Finsbury Park CC	DNS*	

Position	No	Name	Club	Time
	28	James Dynes	Cambridge CC	DNS*
	30	Lee Wingate	Glendene CC	DNS*
	36	Tricia Goulden	West Suffolk Whs & Tri Club	DNS*
	39	James Hodges	Lea Valley CC	DNS*
	46	Kieron Lewis	Bedfordshire Road RT	DNS
	48	John Watson	Hitchin Nomads CC	DNS
	50	Simon Boyle	Orwell Velo	DNS*
	52	Neal Marrin	Finsbury Park CC	DNS*
	53	Keith Clarke	Colchester Rovers CC	DNS*
	68	Len Benton	Colchester Rovers CC	DNS*
	81	Tristan Davenne	Newbury RC	DNS
	89	Julia Freeman	Easterley Road Club	DNS*
	99	John Golder	Chelmer CC	DNS*
	102	Mike Appleyard	Lancashire RC	DNS*
	110	Neil Palmer	Velo-One Cycling Team	DNS*
	126	Liam Gentry	VC Baracchi	DNS
	129	Mary Bower	Chelmer CC	DNS*
	130	Gavin Hinxman	Kettering CC	DNS*
	132	Jeff Roberts	High Wycombe CC	DNS*
	141	Chris Nicholls	Regents Park Rouleurs	DNS*
	147	Craig Chappell	Team Vision Racing	DNS*
	151	Rhys Howells	Richardsons - Trek RT	DNS
	163	Merv Player	Hertfordshire Wheelers	DNS*
	166	Nic Stevenson	Westerley Cycling Club	DNS*
	168	Peter Horsnell	Chelmer CC	DNS*
	171	James Richens	Serpentine Running Club	DNS
	172	Joe Simons	Brixton Cycles Club	DNS
	173	Antonio Paolino	Essex Roads CC	DNS
	174	Thomas Mead-Herbert	Watford Velo Sport	DNS

* DNS with apologies

** not medium gear

LEA VALLEY CYCLING CLUB AWARDS

TANDEM

1st and winners of the Gordon Attwell Tandem 25 shield

Ruth Freestone King 45 Road Club

Graeme Freestone King 45 Road Club

MEDIUM GEAR

1st Gray Turnock Finsbury Park CC

2nd Richard Hutt Harp RC

MEN'S SOLO

1st Matthew Smith Team Velovelocity.co.uk

2nd Douglas Coleman CC Luton

3rd Jonathan Wears SSL Racing Team

4th Kevin Tye VeloRefined Aerosmiths

5th Stuart Birnie Willesden CC

WOMEN'S SOLO

1st Rachael Elliott Newbury RC

2nd Alice Lethbridge Starley Racing

3rd Danuta Tinn Maidenhead & District CC