



HAINAULT ROADS CLUB

OPEN 25 MILE 2 UP TIME TRIAL
(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

SUNDAY 16th OCTOBER 2022 at 09.00 hrs.

Leaden Roding Village Hall, Stortford Rd, Leaden Roding, Dunmow CM6 1QX

Headquarters opens 08.00am. If car park is full there is more space about 200 yards further up on the High Easter Road. NO parking at either the start or finish points, other than the timekeepers cars. Please park sensibly, do NOT park on adjacent verges and be mindful of local residents - i.e. keep any noise to a minimum!

Event Secretary:

John Witchell, 100 Brentwood Road, Ingrave, Essex CM13 3NX

Mob. 07455 888929 Email: johnwitch100@gmail.com

Timekeeper: John Cottee.

Prizes

1st Club Team.....	£20.00
1st Composite Team.....	£20.00
Fastest Mixed Sex Team.....	£20.00
Fastest Ladies Team.....	£20.00

E91/25

START on B184, Leaden Roding, at paint mark by 3rd kerb joint before surface drain at northern end of lay-by at entrance to school. Proceed north through Aythorpe Roding to circle roundabout at junction with Clopton Hall Lane (**CARE**) (5.5m). Retrace to Leaden Roding sign opposite start (11m), **CARE** when joining A1060 at roundabout, pass through Margaret Roding, to circle roundabout at junction A1060/Lordship Road, Writtle (**CARE**) (18.2m). Retrace to Leaden Roding to **FINISH**, 370 yards before, south of, A1060/B184 junction, opposite a field entrance 20 yds N of sign 'Beware Deer, Bends for 1 mile.

1	09:02:00	Graham	Lawrenson	Hainault RC	M
2	09:02:00	Steve	Britz	Hainault RC	
3	09:04:00	Elsbeth	Knott	Colchester CC	L
4	09:04:00	Jodi	Thomas	Colchester CC	
5	09:06:00	James	Bromley	Hart Performance Coaching	M
6	09:06:00	Paul	Hart	Hart Performance Coaching	
7	09:08:00	Richard	Barker	Lea Valley CC	M, C
8	09:08:00	Matthew	Hardcastle	6AM Cycling	
9	09:10:00	Jamie	Dicks	Metropolitan Police CC	M
10	09:10:00	Adam	Lowe	Metropolitan Police CC	
11	09:12:00	Barry	Neal	Ciclos Uno	M
12	09:12:00	Martin	Meades	Ciclos Uno	
13	09:14:00	Adrian	Tovey	Maldon & District CC	M
14	09:14:00	Mark	McGee	Maldon & District CC	
15	09:16:00	Terry	Garlinge	Easterley Roads Club	Mixed
16	09:16:00	Julia	Freeman	Easterley Roads Club	
17	09:18:00	Alex	Carley	Harworth & District	M
18	09:18:00	Alexander	Speirs	Harworth & District	
19	09:20:00	Stewart	Hourigan	VeloRefine	M
20	09:20:00	Kevin	Tye	VeloRefine	
21	09:22:00	David	Rosa Casada	GFTL	M
22	09:22:00	Lincon	Rodrigues	GFTL	
23	09:24:00	Karen	Aylen	Maldon & District CC	Mixed, C
24	09:24:00	Stephen	Murphy	Shaftesbury	
25	09:26:00	Thomas	Shanney	Redbridge CC	M
26	09:26:00	Daniel	Shanney	Redbridge CC	
27	09:28:00	Timothy	Torrie	trainSharp Development Team	M, C
28	09:28:00	Ian	Short	Team Salesengine.co.uk	
29	09:30:00	Alex	Pearson	Woolwich CC	M
30	09:30:00	Nick	Elson	Woolwich CC	

PRIZE GIVING:

It is our intention to hold prize giving soon after the last team finishes.

IMPORTANT EVENT NOTES:-

NUMBERS – will be available from the event headquarters (Leaden Roding Village Hall) which will be open from approx 08:00. These have to be signed for by each rider *personally*; these are worth a drink at the finish. On returning their number every rider must *personally* sign out. Failure to sign-off and return your number will mean your result will be shown as DNF and any prize due will not be awarded.

REFRESHMENTS – Will be provided by the Hainault RC who are extremely grateful to the Leaden Roding Village Hall for the use of their facilities for this event. Please ensure that the HQ is left neat and tidy and kindly take any litter home with you.

EXTRACTS FROM “CTT” TEAM TIME TRIAL REGULATIONS.

1. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.
2. No competitor shall be permitted to start unless they have affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
3. No competitor shall be permitted to start unless they have affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
4. No teams or members of teams shall take shelter from other teams or vehicles.
5. The normal formation shall be single file with the minimum amount of echelon to allow a view ahead for each rider.
6. No racing will take place between teams and/or individual riders. If one team overtakes another the onus shall be on the overtaken team to avoid such racing by dropping back if necessary.
7. Both riders in every team shall be separately responsible for keeping a continuous look out ahead, following the course and obeying all laws, road signs and Police instructions.
8. Teams containing riders from more than one Club can only compete for composite awards (CTT regulation 32b)

London East DC has requested the additional following rules and regulations for your adherence.

1. **WARMING UP** – Competitors are not allowed to warm up along the B184 between the Leaden Roding Village Hall and Great Dunmow, beyond the Start Line, prior to or during an event, or any part of the designated course once the event has started; the High Easter Road or A1060 Westbound provide a nearby warming up opportunity.
2. **“U” TURNS** – are not allowed within sight of either the start or finish points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the London East District.
3. **STATIC TRAINERS** - In respect of consideration for local residents, the use of static trainers is prohibited for morning events held in the London East District

RIDERS BRIEFING NOTICE

During the event you must clearly indicate your intended route at all roundabouts and give way to traffic from your right.

You should take extreme care when travelling through High Roding village because of parked vehicles.

Be advised that the TURN at Clopton Hall Lane is a very tight roundabout and can be slippery if wet. In the interests of safety, riders should, after finishing, continue to ride unaccompanied and in a safe manner to the event headquarters.

Please show consideration to local residents at the start and the finish.

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.

And remember.....NO LIGHTS...NO HELMET.....NO RIDE