

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

START SHEET



**CHELMER CYCLING CLUB
GP DES GENTLEMEN (AND WOMEN) 15 MILE TT**

**SUNDAY 15th OCTOBER 2023 // COURSE E91/15 // START TIME
10:00AM**

**HQ – Leaden Roding Village Hall, Stortford Rd, Leaden Roding,
Dunmow CM6 1QX**

Timekeepers - John Cottee & Peter Smith

PLEASE NOTE:

- CYCLING SHOES ARE NOT PERMITTED IN THE HQ. PLEASE BRING ALTERNATIVE FOOTWEAR WITH YOU OR BE PREPARED TO WEAR SOCKS!
- THE CHELMSFORD MARATHON IS BEING HELD ON THE SAME DAY AND LORDSHIP ROAD, WRITTLE (ONE OF THE ROADS LEADING TO THE WRITTLE ROUNDABOUT) IS LIKELY TO HAVE A PARTIAL CLOSURE. PLEASE KEEP THIS IN MIND WHEN PLANNING YOUR JOURNEY TO THE HQ.

Course Details: E91/15

START on B184 by Leaden Roding 30 mph sign opposite E91/10 start in school lay by. Proceed to roundabout and join A1060 (TAKE CARE - you may need to give way to traffic here). Continue to roundabout at Lordship Road, Writtle (TAKE CARE - this can be a busy mini-roundabout and you may need to give way here) where turn and retrace to Leaden Roding where keep left at roundabout (TAKE CARE - you may need to give way here) and continue to FINISH 55 yards short of left turn sign at Rectory Corner 15 miles.

*****PLEASE READ – EVENT RULES*****

The designated lead rider must lead until the last mile. At the 1 mile to go marker, the accompanied/protected rider can be let loose to complete the course solo or ahead of their teammate. Their time will be the counting time for the pair. Based on the details provided when you entered, we have assigned lead riders an odd number and protected riders an even number. Please let us know if you have any queries about this.

Prizes will be awarded to the top finishers in each of the categories TT bike and Road bike for:

- Team scratch (men's/women's/mixed)
- Vets on standard

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIMETRIALS AND THE EVENT ORGANISERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL SAFETY HELMET THAT MEETS INTERNATIONALLY ACCEPTED SAFETY STANDARDS AND INSIST THAT YOU MUST HAVE A FORWARD FACING AND REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

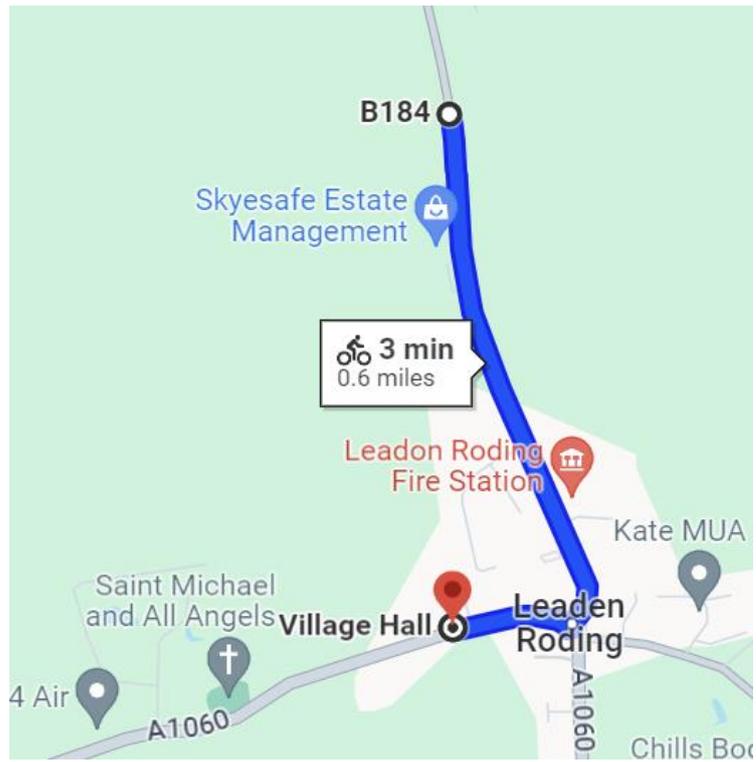
NOTES TO RIDERS - The following local regulations must be adhered to:

- No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride.
- NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
- Numbers will be situated in the HQ; these can be exchanged for a hot or cold drink after the event. NO cars to stop or park at the start or finish areas, the finish is a clearway.
- No warming-up by competitors is allowed along any part of the designated course, after the event has started. NOTE: NO Riders allowed in the start area more than 5 minutes before starting.
- 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.
- Riders are required to both sign on and off. Failure to do so will result in a rider being disqualified from the results

ADDITIONAL NOTES TO RIDERS:

- No parking at either the start or finish, other than timekeepers.
- There should be ample parking at the village hall itself which is approximately 0.5 miles from the start. The route to the start will not necessarily be signposted - please refer to the map below.
- As per the local regulations above, please refrain from warming up on the course after the event has started. We would advise warming up northbound on Dunmow Road directly before making your way to the start. Where this is not possible, please ensure you are not on Stortford Road westbound (from Leaden Roding mini RAB to finish line) for warming up after 10:20am.

Route to the start from the HQ:



START LIST

	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Vets Stand.</u>	<u>Start Time</u>
1	Richard Barker	Lea Valley CC	48		10:02
2	Alexis Turcas	Lea Valley CC	39	-	10:02
3	Graham Hurrell	Basildon CC	64		10:04
4	Martin Hurrell	Basildon CC	61	42:08	10:04
5	Lewis Duffield	Athlon CC	28		10:06
6	Paul Gibbons	Athlon CC	52	40:42	10:06
7	James Ambrose-Parish	TAAP Endura	25		10:08
8	Alexander Speirs	TAAP Endura	26	-	10:08
9	Jon Lyons	Athlon CC	58		10:10
10	Christine Lyons	Athlon CC	56	45:13	10:10
11	Andrew William Reid	Chelmer CC	56		10:12
12	Sandra Collins	Chelmer CC	45	43:36	10:12
13	Rachel Halamandres	Basildon CC	43		10:14
14	Marc Brant	Southend Wheelers	51	40:34	10:14
15	Antony Stapleton	North Essex Velo	57		10:16
16	Claire Hall	North Essex Velo	49	44:07	10:16
17	Andrew Merchant	Southend Wheelers	58		10:18
18	Cheryl Perry	Southend Wheelers	52	44:34	10:18
19	Fred Carlton	Cambridge CC	27		10:20
20	Marion Denby	Newmarket Cycling & Triathlon Club	25	-	10:20
21	Paul Turton	Team Vision Racing - Silverhook	51		10:22
22	Louise Robinson	Essex Roads CC	47	43:51	10:22
23	Chris Cummings	Fenland Clarion CC	36		10:24
24	Philip Merritt	Fenland Clarion CC	62	42:20	10:24
25	Adam Mell	Basildon CC	55		10:26
26	Phillip Brant	Southend Wheelers	70	44:12	10:26
27	Peter Harding	Chelmer CC	42		10:28
28	Ian Cardy	Chelmer CC	59	41:46	10:28
29	Nicholas Knight	Hart Performance Coaching	48		10:30
30	Dan Jenkins	Hart Performance Coaching	56	41:17	10:30

31	Nick Partridge	Sole Bay Cycle Sport	45		10:32
32	Stuart Supple	Sole Bay Cycle Sport	48	40:11	10:32