

SPOCO Supporters Club



www.spoco-se.org.uk

10 mile Time Trial

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

SPOCO South East Group 1 Counter

to be held on

Wednesday 16th August 2017

Course E91/10 — Start at 2.00 pm

Timekeepers:

Trevor Pedley and George Potter

Awards:

Scratch — 1st - £30; 2nd - £25; 3rd - £20

Fastest Lady — 1st - £25; 2nd - £20

Fastest in SPOCO Veteran Age Groups — SPOCO Medals

Veteran (40+), Senior Veteran (50+), Super Veteran (60+), King Veteran (70+)

Event headquarters:

Leaden Roding Village Hall, nr Chelmsford, Essex CM6 1RB

Headquarters opening at 1 pm, has limited parking, bearing this in mind there could well be a shortage of spaces! Please park sensibly, keeping the foot path clear, causing no distress to local residents. Thank you.

Event Secretary: Leonard Gordon: 7 Cambridge Close, Basildon, Essex, SS16 6UW Telephone: 07807 839204

COURSE DETAILS E91/10

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 through Aythorpe Roding to turn at roundabout (**M**) at junction with Clopton Hall Lane (5.5m). Retrace to **FINISH** opposite EP20, EP is behind hedge in field, which is 15 kerb joints north of speed restriction sign for Aythorpe Roding Village.

In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard.

All juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.

Cycling Time Trials and the Event Promoters recommend the use of a flashing rear light whilst competing.

LONDON EAST LOCAL REGULATIONS

1. Competitors are not allowed to warm up on the B184 between Aythorpe Roding village hall and Great Dunmow prior to or during the event, or any part of the designated course once the event has started.
2. No 'U' turns are allowed within sight of either the start or finish points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and to further disciplinary action by the London East CTT District Committee.
3. No parking at either the start or finish points, other than the time keeper's car.
4. Body numbers will be available at the event headquarters and may be exchanged for a drink afterwards.
5. All riders should return to the headquarters as drug testing may be in force at this event.
- 6.

RIDERS BRIEFING NOTICE

Competitors must clearly indicate their intention before entering the roundabout at Clopton Hall Lane and must give way to traffic from the right, also take care on exit from the roundabout.

Riders should take extra care through High Roding village, allowing for parked cars and domestic driveway exits.

Riders Start List

No	CTT no	Rider	Club	Spoco Status	Start Time
10	3092	Richard Price	London Phoenix CC	Senior	2:10
11	3360	Robin Johnson	Brighton Mitre CC	SupVet	2:11
12	544	Ian Braybrook	Basildon CC	Vet	2:12
13	6232	Gill Carter	Essex Roads CC	SenLadyVet	2:13
14	13622	Daniel McKenny	Direct Power Cycling Team	Senior	2:14
15	6403	Thomas Platts	Aspire Velo Racing Team	Senior	2:15
16	2508	Ann Shuttleworth	Chelmer CC	SenLadyVet	2:16
17	1093	David Fenn	CC Sudbury	SupVet	2:17
18	792	Kevin Orrin	Chelmer CC	SenVet	2:18
19	5505	Colin White	Colchester Rovers CC	KingVet	2:19
20	1240	Ian Short	API-Metrow	Vet	2:20
21	2988	John Bradbury	CC Sudbury	Vet	2:21
22	6212	Stephen Watson	Hertfordshire Whs	SenVet	2:22
23	15189	Brendan O'Brien	Eagle Road Club	Vet	2:23
24	9078	Vida Sutova	Redbridge CC	LadyVet	2:24
25	1191	Julia Freeman	Easterley Road Club	SenLadyVet	2:25
26	5217	Andrew Turnock	Finsbury Park CC	Vet	2:26
27	634	Gary Boyd	Hub Velo	Vet	2:27
28	1112	Bill Caton	Whitewebbs CC	KingVet	2:28
29	10741	Tony Howard	Colchester Rovers CC	KingVet	2:29
30	10089	Samuel Thienel	Shaftesbury CC	Senior	2:30
31	3875	Graeme Garner	Essex Roads CC	Senior	2:31
32	1465	Tony Capon	Becontree Wheelers CC	SenVet	2:32
33	11971	Nigel Fitzroy	Chelmer CC	SenVet	2:33
34	19409	Andrew Hutchinson	Walden Velo	SenVet	2:34
35	3199	Roger Porter	Verulam CC	KingVet	2:35
36	5218	Nick McCormick	Epsom CC	SenVet	2:36
37	5030	Colin Doe	Ford CC	SupVet	2:37
38	6271	Nicholas Knight	Basildon CC	Vet	2:38
39	7075	Jeanette Degiorgio	Crest CC	SupLadyVet	2:39
40	227	Iain Boardman	Dulwich Paragon CC	Vet	2:40
41	506	David Churchill	Bigfoot CC	SenVet	2:41
42	5811	Adam Bishop	Lea Valley CC	Vet	2:42
43	2095	James Bromley	Becontree Wheelers CC	SenVet	2:43
44	1030	Chris Worsfold	API-Metrow	SupVet	2:44
45	814	Richard Parrotte	Shaftesbury CC	SenVet	2:45
46	10585	Adam Young	Walden Velo	Vet	2:46
47	6938	Stewart Fung	Redbridge CC	Vet	2:47
48	3983	Peter Horsnell	Chelmer CC	KingVet	2:48
49	5602	Colin Edmond	Maldon & District CC	SupVet	2:49
50	4224	Terry Garlinge	East London Velo	Vet	2:50

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