



# EASTERN COUNTIES CYCLING ASSOCIATION

## 25 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

### START SHEET

Sunday 10<sup>th</sup> September 2017

Course E9/25

Starting at 8:00 a.m.

**Timekeeper - John Cottee**

### Awards (Fastest and Handicap)

1<sup>st</sup> – ECCA Boxed Medal, 2<sup>nd</sup> – ECCA Gilt Medal, 1<sup>st</sup> Team – ECCA Medals

### Event Headquarters

Chelmer Club Hut, Meteor Way, off Waterhouse Lane, Chelmsford CM1 2RL

Headquarters opens 7.00 am. Car parking is available in the Council Car Park in Meteor Way.

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

**This event has been handicapped by the Event Secretary using the CTT Standardised Handicapping System  
All improvements must be notified to the Event Secretary**

#### COURSE DETAILS E9/25

START on A1060 at western edge of drain adjacent to TP260 which is 210 yards west of Lordship Road (approximately 2.5 mile west of Chelmsford). Proceed along A1060 through Margaret Roding to Leaden Roding (M) (6.85m). Turn right, WITH GREAT CARE, onto B184 and continue through High Roding to turn around island at Clopton Hall Lane (M) (12.6m). Retrace through High Roding and Leaden Roding (M) (18.35m), turn along A1060 through Margaret Roding to FINISH at a drain which is opposite the entrance to 'Valley Way' bungalow.

**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

4.6.1 Any rider passing to the right of the painted circle at Leaden Roding mini roundabout will be disqualified from the event and reported to the District Secretary for consideration of disciplinary action.

4.8.2 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.

4.8.4 Static trainers, since we are using this particular headquarters CTT London East District Committee have kindly sanctioned the use of static trainers, e.g. turbo trainers.

#### RIDERS BRIEFING NOTICE

Body numbers will be available at the event headquarters and may be exchanged for a drink afterwards. All riders should return the numbers after the event and sign in the signing off box of the start sheet.

**Failure to sign-off will mean your result will be shown as DNF.**

IT IS ABOUT 2.5 MILES FROM THE HEADQUARTERS TO THE START SO ALLOW PLENTY OF TIME TO GET THERE.

For those new to the course simply turn right out of Meteor Way into Waterhouse Lane, continue to traffic lights at junction with Parkway. Turn left into Rainsford Road (A1060) continue on through all traffic lights and straight on past roundabout at Lordship Road to the start.

Whilst waiting to start you must stand on the grass verge. Competitors are not allowed to warm up on any part of the designated course once the event has started. No parking at either the start or finish points, other than the timekeepers cars.

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. Be advised that the TURN at Clopton Hall Lane is a very tight roundabout and can be treacherous if wet. You are reminded that to infringe local regulation 4.6.1 will result in disqualification.

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 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.

## Riders Start List

No	Name	Club	Cat	Handicap	Time
<b>Tandems</b>					
01	John Iszatt	Team Vision Racing - Silverhook	Veteran		08:01
02	Dean Lubin	Team Vision Racing - Silverhook	Veteran		08:01
<b>Solos</b>					
03	Geoff Fletcher	Shaftesbury CC	Veteran	16:56	08:03
04	Nigel Fitzroy	Chelmer CC	Veteran	18:27	08:04
05	Neil Hornett	PMR @ Toachim House	Senior	08:13	08:05
06	Rehman Haroon	Chelmer CC	Senior	10:37	08:06
07	Adam Hardy	Crest CC	Senior	14:17	08:07
08	Barry Holderness	Essex Roads CC	Veteran	17:44	08:08
09	Alison Wood	Redbridge CC	Veteran	23:47	08:09
<b>10</b>	<b>Terry Garlinge</b>	<b>East London Velo</b>	<b>Veteran</b>	<b>06:11</b>	<b>08:10</b>
11	Julia Freeman	Easterley Road Club	Veteran	09:53	08:11
12	Stuart Weatherley	Colchester Rovers CC	Senior	11:30	08:12
13	Sarah Croucher	Momentum Cycles RC	Senior	15:55	08:13
14	Antonio Paolino	Essex Roads CC	Veteran	21:42	08:14
15	Sam Wightman	Chelmer CC	Veteran	08:00	08:15
16	Stephen Murphy	Shaftesbury CC	Veteran	10:45	08:16
17	Timothy Chilvers	Maldon & District CC	Senior	12:22	08:17
18	Trudy Sharam	Lea Valley CC	Veteran	17:35	08:18
19	Jeanette Degiorgio	Crest CC	Veteran	30:38	08:19
<b>20</b>	<b>David McGaw</b>	<b>Cambridge CC</b>	<b>Veteran</b>	<b>03:45</b>	<b>08:20</b>
21	David Warlow	Essex Roads CC	Veteran	08:38	08:21
22	Adam Bishop	Lea Valley CC	Veteran	10:58	08:22
23	Richard Brierley	London Phoenix CC	Senior	15:44	08:23
24	Laura Brooks	Momentum Cycles RC	Senior	20:22	08:24
25	Matthew Saunders	Team Vision Racing - Silverhook	Senior	07:39	08:25
26	Jack Steven	East London Velo	Senior	10:44	08:26
27	David Carey	Maldon & District CC	Veteran	11:36	08:27
28	Brian Martin	Ciclos Uno	Veteran	17:02	08:28
29	John Witchell	Hainault RC	Veteran	21:47	08:29
<b>30</b>	<b>Rob Young</b>	<b>Team Vision Racing - Silverhook</b>	<b>Veteran</b>	<b>03:15</b>	<b>08:30</b>

### BOLTON FUND

This Fund exists to help riders, especially younger ones, who would like some financial assistance towards the cost of a particular cycling based project. Recent examples have been help with travel costs to the European Cyclos Cross Championships in Italy and the set-up costs of the Lee Valley Youth Road Team.

Applications with an outline of the project and expected costs to Terry Anderson (terry@bigtel.me.uk) at least six weeks beforehand to allow the Committee time to consider.