

Event handicapped by the Event Secretary  
using the Standard CTT Handicapping Tables.

All improvements in Personal Best must be notified to the Event Secretary

**NOTES TO RIDERS AND HELPERS**  
**and LOCAL REGULATIONS**

No Warming Up by competitors on the course once the event has started.

**No U-Turns are allowed within sight of either the start or finishing areas.** Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

Note: it is strongly recommended by both the police and London East D.C. that marshals wear a fluorescent jacket or bib.

There is to be no parking in the vicinity of either the start or finishing points, except for the Timekeepers' cars.

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.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you wear a HARD SHELL 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 that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst competing.**

**PARKING**

**Parking is available at and near the Event H.Q**

Numbers will be available at Race HQ and must be personally signed for.  
They can be exchanged for a drink when returned.

**Catering by Nettare 01376 552985 07782 111318**  
**netta25@tiscali.co.uk**

**ATTENTION ALL COMPETITORS: Please note that all competitors are now required to personally sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.**

Keep up to date with all the news at [www.EasternCounties.org.uk](http://www.EasternCounties.org.uk)

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

**START SHEET**  
**EASTERN COUNTIES CYCLING ASSOCIATION**  
**SOLO HANDICAP, 2-UP & TANDEM**  
**10 MILES TIME TRIALS**

**On Monday 7th May 2018**

**Course E91/10 - Start at 14.30**

**EVENT SECRETARY**

**Graham Brant.**

**43 Seymer Road, Romford, Essex, RM1 4LA**  
[gbrant77@gmail.com](mailto:gbrant77@gmail.com) 07717 582522

**TIMEKEEPERS: John Cottee & Tony Brown**  
**Event HQ: High Easter Village Hall, CM1 4QS**

**E91/10**

**Start GR: 593136 Finish GR: 593152**

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.

**AWARDS**

**SCRATCH AND HANDICAP EVENT**

1st: 2" Boxed Medal. 2nd: Gilt Medal. 3rd: ECCA Medal.

1st Lady: ECCA Medal.

1st Team of Three: ECCA Medals.

**TEAM TIME TRIAL**

1st 2-up Team: Gilt Medals.

**TANDEM**

1st Pair: Gilt Medals.

*Riders winning four or more ECCA medals in a season will be awarded a plaque rather than individual medals*