



# 10 mile Time Trial

## for Solos

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

*to be held on*

## Sunday 24th June 2018

### Course E91/10 — Start at 8.00 am

*Timekeepers:*

### Trevor Pedley and Eric Angell

*Awards:*

SCRATCH AND HANDICAP EVENTS: 1st: 2" Boxed Medal, 2nd: Gilt Medal

1st Lady: ECCA Medal — 1st Team of Three: ECCA Medals

*Event headquarters:*

### Leaden Roding Village Hall, Stortford Road, Leaden Roding CM6 1QX

*Limited parking available at headquarters, which will be open from 7.00 am*

*Please park sensibly and be mindful of local residents – i.e. keep any noise to a minimum.*

**Event secretary: Stewart Fung: 1 The Copse, Bannister Green, Essex, CM6 3NP**

**Telephone: 01371 823043**

**Mobile: 07971 785251**

#### **COURSE DETAILS E34/10**

**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 Clapton Hall Lane (5.5m). Retrace to FINISH opposite E.P.20 (EP is behind hedge in field) which is 15 Kerb joints north of speed restriction sign North of 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 along the B184 between the Aythorpe Roding village hall and Great Dunmow prior to or during an event.

**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 timekeeper's car.

**4** Body numbers will be available at the event headquarters and may be exchanged for a drink afterwards.

#### **RIDERS BRIEFING NOTICE**

Competitors must clearly indicate their intention before entering the roundabout at Clapton Hall Lane and must give way to traffic from the right. Take care on exiting the roundabout.

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

No	Name	Club	Status	H'Cap	Start
8	Ian Mackenzie	Southend Wheelers (trike)	V	12.24	8.08
9	David Carrington	Redbridge CC	V	12.50	8.09
<b>10</b>	<b>David Warlow</b>	<b>Essex Roads CC</b>	<b>V</b>	<b>3.16</b>	<b>8.10</b>
11	Steve Smith	Redbridge CC	V	4.05	8.11
12	Claire Lee	Momentum Cycles RC	LV	5.44	8.12
13	Dan Carter	Essex Roads CC	V	7.20	8.13
14	Colin Clarke	Wolsey RC	V	9.19	8.14
<b>15</b>	<b>Christopher Smith</b>	<b>Southend Wheelers</b>	<b>S</b>	<b>3.58</b>	<b>8.15</b>
16	Daniel McKenny	Basildon CC	S	4.42	8.16
17	Keith Clarke	Colchester Rovers CC	V	6.27	8.17
18	Keith Dalton	Ford CC	V	7.55	8.18
19	John Witchell	Hainault RC	V	7.56	8.19
<b>20</b>	<b>Anton Blackie</b>	<b>Rapha Cycling Club</b>	<b>S</b>	<b>3.02</b>	<b>8.20</b>
21	Barry Holderness	Essex Roads CC	V	3.59	8.21
22	Hugh Williams	Redbridge CC	V	5.45	8.22
23	Nicholas Knight	Basildon CC	V	7.14	8.23
24	Alison Fox	Ely & District CC/B&T Motor Repairs	LV	8.28	8.24
<b>25</b>	<b>Carl Stephens</b>	<b>Basildon CC</b>	<b>V</b>	<b>3.50</b>	<b>8.25</b>
26	Peter Tibbitts	Ford CC	V	4.39	8.26
27	David Carey	Southend Wheelers	V	5.48	8.27
28	Antonio Paolino	Essex Roads CC	V	7.54	8.28
29	Eva Carrington	Redbridge CC	L	10.59	8.29
<b>30</b>	<b>Sam Wightman</b>	<b>Chelmer CC</b>	<b>V</b>	<b>2.48</b>	<b>8.30</b>
31	Julia Freeman	Easterly Road Club	LV	3.52	8.31
32	Susan Triplow	Essex Roads CC	LV	4.49	8.32
33	Stephen Watson	Hertfordshire Wheelers	V	6.36	8.33
34	Vida Sutova	Redbridge CC	LV	8.05	8.34
<b>35</b>	<b>Terry Garlinge</b>	<b>Team Vision Racing – Silverhook</b>	<b>V</b>	<b>3.03</b>	<b>8.35</b>
36	Adam Hardy	Crest CC	S	4.22	8.36
37	David Martin	Becontree Wheelers CC	V	5.47	8.37
38	Brian Martin	Ciclos Uno	V	7.38	8.38
39	Ben Love	Essex Roads CC	S	10.16	8.39
<b>40</b>	<b>Russell Kober</b>	<b>Hainault RC</b>	<b>V</b>	<b>2.32</b>	<b>8.40</b>
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After competing please remember to sign your number back in – thank you.