



10 mile Time Trial

for Solos and Tandems

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

to be held on

Sunday 15th July 2018

Course E91/10 ~ Start at 8.00 am

Timekeepers:

Tony Brown and Peter Smith

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.

Event headquarters:

Aythorpe Roding Village Hall, Dunmow Road, Aythorpe Roding CM6 1RZ

Headquarters opens 7.00 am. If car park is full then there is more space about 100 yards further up on the other side of the road.
Please park sensibly and be mindful of local residents - i.e. keep any noise to a minimum!

Event secretary: Trevor Pedley, 10 St. Mary's Lane, North Ockendon, Upminster, Essex RM14 3PA
Telephone: 01708 228677 Mobile: 07851 399521

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 Clapton 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

4.6 Competitors are not allowed to warm up on the B184 between Aythorpe Roding village hall and Great Dunmow prior to or during the event.

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: In respect of consideration for local residents, the use of static trainers, e.g. turbo trainers, is banned from all morning events held in the London East District.

RIDERS BRIEFING NOTICE

Body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.

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. You may exchange your number for a drink.

No parking at either the start or finish points, other than timekeepers.

Competitors must clearly indicate their intention before entering the roundabout at Clapton 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 are reminded that dropping litter is a criminal offence and offenders will be liable to disciplinary action by the District Committee.

No	Name	Club	Cat	H'cap	Start
3	Steven BRETT	Redbridge CC	V	12.24	8.03
4	Francine HILL	CC London	W	9.40	8.04
5	Richard PARROTTE	Shaftesbury CC	V	3.44	8.05
6	Ben LOVE	Essex Roads CC	S	5.34	8.06
7	Paul WILLIS	CC London	V	6.39	8.07
8	Alison WOOD	Redbridge CC	WV	7.34	8.08
9	Christopher John STEVENS	Finsbury Park CC	V	10.14	8.09
10	Peter TIBBITTS	Ford CC	V	4.39	8.10
11	David CAREY	Southend Wheelers	V	5.48	8.11
12	Philip HODEY	Shaftesbury CC	V	7.11	8.12
13	Keith DALTON	Ford CC	V	7.55	8.13
14	Eva CARRINGTON	Redbridge CC	W	10.55	8.14
15	Rehman HAROON	Chelmer CC	V	3.26	8.15
16	Wayne GREVE	Shaftesbury CC	V	5.27	8.16
17	Brian FARROW	Maldon & District CC	V	6.33	8.17
18	Phil HARPER	Essex Roads CC	S	7.28	8.18
19	David CARRINGTON	Redbridge CC	V	12.02	8.19
20	Christopher SMITH	Southend Wheelers	S	3.58	8.20
21	David MARTIN	Becontree Wheelers CC	V	5.47	8.21
22	Julius REEVES	CC London	V	7.08	8.22
23	Colin DOE	Ford CC	V	7.48	8.23
24	Colin RECORD	West Kent RC	V	8.30	8.24
25	Sam WIGHTMAN	Chelmer CC	V	2.48	8.25
26	Scott COUSINS	Maldon & District CC	S	5.27	8.26
27	Hamish BROWN	GS Avanti	V	6.25	8.27
28	Joanna BUTCHER	Braintree Velo CRC	WV	7.24	8.28
29	Christopher HUDSON	Essex Roads CC	S	7.56	8.29
30	Julia FREEMAN	Easterley Road Club	WV	3.52	8.30
31	Claire LEE	Momentum Cycles RC	WV	5.44	8.31
32	Stewart FUNG	Redbridge CC	V	7.02	8.32
33	Stephen WATSON	Hertfordshire Whs	V	7.46	8.33
34	Kevin ORRIN	Chelmer CC	V	8.30	8.34
35	Terry GARLINGE	Team Vision Racing - Silverhook	V	3.03	8.35
36	Anna MUIR	Chelmer CC	WV	4.54	8.36
37	Scott BEARD	Shaftesbury CC	V	6.24	8.37
38	Stuart PAYNE	Ford CC	V	7.16	8.38
39	Phil BAILEY	Basildon CC	V	7.56	8.39
40	Gary RECORD	West Kent RC	S	3.29	8.40
41	Nigel FITZROY	Chelmer CC	V	5.36	8.41
42	Gary RICKS	Woolwich CC	V	7.00	8.42
43	Brian MARTIN	Ciclos Uno	V	7.38	8.43
44	Graham LAWRENSON	Hainault RC	V	8.20	8.44
45	Rob YOUNG	Team Vision Racing - Silverhook	V	2.07	8.45
Tandem					
46	Adam & Jacob Hardy	Crest CC			8.46

NETTAPRISE

for all your event catering

Contact:

Lynnette Plumb

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e-mail: netta25@tiscalli.co.uk

BOLTON FUND This fund exists to help riders of all ages but especially the younger generation who would like some financial assistance towards the expenses of a particular project. Some examples are donations to Maldon & District CC Youth Team competing in the Certini 2-day stage race in Devon in 2007 and at the other end of the scale Kevin Gill's more recent attempt on the Master's Hour Track Record at Newport.

So if you would like some help just drop a line to the ECCA General Secretary or Chairman — see our website for address — outlining the cause and likely expenses involved for our consideration at least six weeks beforehand.