

EASTERN COUNTIES CYCLING ASSOCIATION



25 Mile Time Trial for Solo's and Tandems Sunday 6th September 2020

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

E9/25 Start 08.00

Timekeeper: Tony Brown

Assistant Timekeeper: Laura Carter

Awards:

SCRATCH: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 4th: ECCA Medal.

LADIES: 1st: ECCA Medal.

JUNIOR: 1st: ECCA Medal.

TEAM: 1st Team of Three: ECCA Medals.

HANDICAP: 1st: Boxed Medal. 2nd: Gilt Medal. 3rd to 4th: ECCA Medal.

EVENT HEADQUARTERS:

Chelmer Club Hut, Meteor Way, Chelmsford CM1 2RL

(Open from 06.30)

EVENT SECRETARY: Rob Young – 3 Ridgeway Hutton CM13 2LS - Phone 07802 839714

Course details: E9/25

Start GR: TL677076 **Finish GR:** TL675076

Interactive map: https://www.easterncounties.org.uk/maps2.html?E9_25

START on A1060 at western edge of drain adjacent to TP260 which is 210 yards west of Lordship Road (approximately 2.5 miles 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 small roundabout at Clapton 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.

Note: Parking must not be on A1060 but in old road opposite and 0.5 mile before finish.

LONDON EAST LOCAL REGULATIONS

4.6 Competitors are not allowed to warm up on the course prior to or during the event.

4.6.1 **NB: 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: 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

The event has been handicapped using the Standardized Handicapping System modified for ECCA events. Please notify Organizer of any improvement in PB.

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.

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

Riders are reminded that dropping litter is a criminal offence and offenders will be liable to disciplinary action by the District Committee.

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.

Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REMEMBER: NO LIGHT – NO RIDE

- ❖ CTT has issued two PDF documents, a Covid-19 Risk Assessment and "Putting on a Cycling Time Trials Event during COVID19". If you haven't already read them please download them from the CTT website and read them carefully. However the following points are of importance so are repeated here.
- ❖ **Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms.**
- ❖ **AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.**
- ❖ **NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ. Separate Toilet facilities are available for men and women but only one person at a time is allowed in the respective room. Access is via the lobby next to the main door.**
- ❖ No more than **THREE** riders are allowed to queue at the start, so time your arrival accordingly. There will no Pusher-off. Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HQ.
- ❖ On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.
- ❖ There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed. **DO NOT APPROACH THE TIMEKEEPERS.**
- ❖ No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- ❖ It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organizer. Please telephone the organizer if you have failed to finish the event

Tandems				
No	Start	Name	Club	Cat
5	08:05	Richard May David Shannon	Islington Cycling Club	V V

Solos						
No	Start	Name	Club	Cat	Hcap	PB
6	08:06	Will Hedden	Crest CC	S	*	
7	08:07	Sean O'Sullivan	Eagle Road Club	S	17:36	58:51
8	08:08	Craig Chappell	Team Vision Racing - Silverhook	V	21:38	1:03:10
9	08:09	James Bromley	Becontree Wheelers CC	V	30:07	1:12:16
10	08:10	Richard O'Rourke	Team Vision Racing - Silverhook	V	10:21	51:05
11	08:11	Rob Chaplin	East London Velo	V	13:26	54:23
12	08:12	Nick Elson	Woolwich CC	S	15:40	56:47
13	08:13	Karina Kaufmann	CC London	W	20:21	1:01:48
14	08:14	Brady Ramsay	Team Vision Racing - Silverhook	WV	26:49	
15	08:15	David Pennington	Southend Wheelers	S	11:41	52:31
16	08:16	John Golder	Chelmer CC	V	14:31	55:33
17	08:17	Patrick Miles	Verulam CC	V	21:29	
18	08:18	Colin Doe	Ford CC	V	25:20	1:07:08
19	08:19	Sean McDougall	Finsbury Park CC	V	30:03	
20	08:20	Chris Potter	CC Ashwell	S	9:58	50:40
21	08:21	James Sale	Eagle Road Club	S	13:26	54:23
22	08:22	Nicholas Coe	Verulam CC	V	15:17	56:22
23	08:23	Daniel Price	North Essex Velo	S	20:09	
24	08:24	Emma Flin	Shaftesbury CC	WV	26:44	
25	08:25	Matthew Saunders	Team Vision Racing - Silverhook	V	11:40	52:29
26	08:26	Daryl Maffey	CC London	V	14:17	55:18
27	08:27	Jack Mills	Maldon & District CC	S	16:51	58:03
28	08:28	Paul Donegan	Chelmer CC	V	21:15	1:02:46
29	08:29	Alexander Flin	Shaftesbury CC	J	29:26	1:11:32
30	08:30	Matthew Reader	Verulam CC	V	10:30	51:15
31	08:31	Alistair Campbell	Eagle Road Club	V	12:42	53:36
32	08:32	Adam Bishop	Lea Valley CC	V	15:16	56:21
33	08:33	Jonty Robinson	Essex Roads CC	V	20:08	1:01:34
34	08:34	Steven Flin	Shaftesbury CC	V	27:35	1:09:33
35	08:35	Daniel Homer	London Phoenix CC	V	11:37	52:26
36	08:36	Alex Pearson	Woolwich CC	V	14:10	55:10
37	08:37	John Iszatt	Team Vision Racing - Silverhook	V	16:41	57:52
38	08:38	Geoff Bores	Ford CC	V	20:49	1:02:18
39	08:39	Jennie Page	Southend Wheelers	WV	28:43	1:10:46
40	08:40	Terry Garlinge	Easterley Road Club	V	10:27	51:11

Solos						
No	Start	Name	Club	Cat	Hcap	PB
41	08:41	David Warlow	Essex Roads CC	V	12:38	53:32
42	08:42	Robert Pisolkar	Shaftesbury CC	V	15:06	56:10
43	08:43	Richard Davis	Verulam CC	V	19:42	1:01:06
44	08:44	Simon Marks	CC London	V	27:05	1:09:01
45	08:45	Trevor Phillips	Essex Roads CC	V	11:01	
46	08:46	Ian Cardy	Chelmer CC	V	14:02	55:02
47	08:47	Simon Higgs	Essex Roads CC	V	16:20	
48	08:48	Adrian McHale	Peterborough CC	V	20:44	1:02:12
49	08:49	Jonah Marks	CC London	B	27:51	1:09:50
50	08:50	Paul Hart	Southend Wheelers	V	7:44	48:17
51	08:51	Nick Boyle	Chelmer CC	V	12:21	53:13
52	08:52	Gary Record	West Kent RC	S	14:42	55:45
53	08:53	Andrew Wenham	Shaftesbury CC	V	19:08	
54	08:54	James Chalklen	Eagle Road Club	J	25:17	
55	08:55	Rob Young	Team Vision Racing - Silverhook	V	7:55	48:28
56	08:56	Nicholas Knight	Hart Performance Coaching	V	13:41	54:39
57	08:57	Paul Looke	Shaftesbury CC	V	16:12	57:21
58	08:58	James Boardley	Peterborough CC	V	20:40	1:02:08
59	08:59	Alan Harvey	Finsbury Park CC	V	26:15	1:08:07
60	09:00	David Harding	Chelmer CC	S	7:57	48:31
61	09:01	Adam Hardy	Crest CC	V	11:43	52:33
62	09:02	Julia Freeman	Easterley Road Club	WV	14:33	55:35
63	09:03	Hugh Williams	Redbridge CC	V	17:53	59:09
64	09:04	Philip Hodey	Shaftesbury CC	V	22:00	1:03:34
65	09:05	Peter Harding	Chelmer CC	S	9:57	50:39
66	09:06	Graham Rudd	API-Metrow	V	13:35	54:33
67	09:07	Louise Robinson	Essex Roads CC	WV	15:57	57:05
68	09:08	Michael Edmunds	Verulam CC	V	17:20	58:34
69	09:09	Alfie Salmon	Lee Valley Youth CC	J	20:24	1:01:51
70	09:10	Jason Buttell	Team Vision Racing - Silverhook	S	6:54	47:23