



EASTERN COUNTIES

CYCLING ASSOCIATION

15 miles Time Trial

to be held on

Saturday 17th July 2021

Course E91/15 ~ Start at 8.00 am

Timekeepers

John Cottee and Ian Taylor

Awards

SCRATCH: 1st: *Boxed Medal*. 2nd: *Gilt Medal*.

HANDICAP: 1st: *Boxed Medal*. 2nd: *Gilt Medal*.

LADIES: 1st: *ECCA Medal*.

Event Headquarters

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

Event Secretary: Leonard Gordon, 7 Cambridge Close, Langdon Hills, Basildon, Essex. SS16 6UW
Mobile: 07807 839204 Email: lengordon55@gmail.com

COURSE DETAILS E91/15

START on B184 by Leaden Roding 30 mph sign opposite E91/10 start in school lay by. Proceed to roundabout and join A1060. Continue to roundabout at Lordship Road, Writtle where turn and retrace to Leaden Roding where keep left at roundabout and continue to FINISH 55 yards short of left turn sign at Rectory Corner 15 miles

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.

For full details of future ECCA events and results of past events and the season long competitions, go to www.easterncounties.org.uk where you will find this information plus lists of officials and member clubs.

LONDON EAST LOCAL REGULATIONS

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

4.8.5 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' NOTES

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

No parking at either the start or finish except for timekeepers.

Headquarters opens 7.15 am. Body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.

All competitors are reminded to personally sign the signing-out sheet when returning their number, otherwise they may be recorded as DNF.

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road. Static warm-ups are prohibited.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- 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 organiser. Please telephone the organiser if you have failed to finish the event.
- There will be no “Pusher Off” for this event. A competitor MUST start with one foot on the ground.

HQ: Leaden Roding Village Hall

- There will be no changing facilities at the HQ
- Toilets will be available on a “one in, one out” basis
- Signing on/out will be outside – please bring your own pen
- There will not be a results board on the day. Results will be sent out by email
- Please avoid socialising in the car park

No	Time	Name	Club	Gender	Cat	Handicap
3	08:03	Martin Harris	Southend Wheelers	Male	Veteran	00:21:55
4	08:04	James Wicks	Essex Roads CC	Male	Juvenile	00:19:04
5	08:05	Thomas Platts	Aspire Velo Racing Team	Male	Senior	00:12:14
6	08:06	Rob Chaplin	East London Velo	Male	Veteran	00:12:37
7	08:07	Geoff Bores	Ford CC	Male	Veteran	00:15:00
8	08:08	Brian Martin	Ciclos Uno	Male	Veteran	00:16:56
9	08:09	Graeme Garner	Essex Roads CC	Male	Veteran	00:08:10
10	08:10	Murat Ozdenya	Team Vision Racing - Silverhook	Male	Veteran	00:09:01
11	08:11	Hugh Williams	Spartan	Male	Veteran	00:12:22
12	08:12	Chris Worsfold	API-Metrow	Male	Veteran	00:13:30
13	08:13	Simon McCartney	CC London	Male	Veteran	00:15:40
14	08:14	Colin Doe	Ford CC	Male	Veteran	00:18:10
15	08:15	Steve Smith	Redbridge CC	Male	Veteran	00:11:34
16	08:16	Julia Freeman	Easterley Road Club	Female	Veteran	00:12:24
17	08:17	Katie-Ann Elliston	Southend Wheelers	Female	Espoir	00:13:41
18	08:18	Robert Hagger	Chelmer CC	Male	Veteran	00:15:49
19	08:19	Donna Hayman	Newmarket Cycling & Triathlon Club	Female	Veteran	00:19:37
20	08:20	Colin Ward	Essex Roads CC	Male	Veteran	00:09:04
21	08:21	Peter Tibbitts	Ford CC	Male	Veteran	00:12:20
22	08:22	Karen Ayles	Maldon & District CC	Female	Veteran	00:12:38
23	08:23	Jonathan Whitwam	Shaftesbury CC	Male	Veteran	00:15:13
24	08:24	Stewart Fung	Redbridge CC	Male	Veteran	00:17:32
25	08:25	Terry Garlinge	Easterley Road Club	Male	Veteran	00:09:05
26	08:26	Dan Foster	Colchester Rovers CC	Male	Veteran	00:12:30
27	08:27	Graham Lawrenson	Hainault RC	Male	Veteran	00:13:35
28	08:28	Mark Careless	Newmarket Cycling & Triathlon Club	Male	Veteran	00:15:42
29	08:29	Mark Connelly	Essex Roads CC	Male	Senior	00:20:13
30	08:30	Paul Turton	Team Vision Racing - Silverhook	Male	Veteran	00:08:59