

EASTERN COUNTIES



CYCLING ASSOCIATION

Start Sheet for 10 miles Time Trial

to be held on

Sunday 9th June 2024

Course E91/10 ~ Start at 8.00 am

Timekeepers

John Cottee and Peter Smith

Awards

TT BIKE:	1st: Boxed Medal.
ROAD BIKE:	1st: Boxed Medal.
COMBINED	
HANDICAP:	1st: Boxed Medal. 2nd: ECCA Gilt Medal.
TEAM:	1st Team of Three: ECCA Gilt Medals
Only members of ECCA affiliated clubs are eligible for awards	

Event Headquarters

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

Event Secretary: Stewart Fung, 1 The Copse, Bannister Green, Felsted, Essex. CM6 3NP
Phone: 01371 823043 Mobile: 07971 785251 Email: stewartfung@hotmail.com

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. The website will always be up to date and should be your "go to" site for the latest information. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

If your club is not affiliated and is within one of our relevant districts why not affiliate? Not only do we promote a comprehensive time trials programme but we also have road races, circuit races and a grass track meeting and our collection of wonderful trophies is extensive. Full details are on the website.

For those worried about the marshalling requirements note that the duties reflect rider participation and that we now pay each marshal £20 towards their expenses. With many of the smaller clubs finding it difficult to promote races because of the lack of helpers, the ECCA offers a solution by promoting many races which only require a club to provide a small number of marshals throughout the year. It would be a shame to lose those races because clubs and their members are unwilling to help.

COURSE DETAILS E91/10

Grid References Start: TL59371367 Finish: TL59221513

Interactive map: https://www.questronics.co.uk/maps.html?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.

***** Please take Extreme care when riding through High Roding village due to parked vehicles and residential exits *****

In case of roadworks and traffic lights we may need to use the alternative E91/10b course.

COURSE DETAILS E91/10b

Grid References Start: TL60761147 Finish: TL61861097

Interactive map: https://www.questronics.co.uk/maps.html?E91_10b

START at Give Way sign in lane from High Easter just before the Four Wantz cross-roads at Margaret Roding. Turn left onto A1060 and continue to circle roundabout at junction of 1060/Lordship Lane, Writtle. Retrace to **FINISH** at a point 392 yards past 'Peppers Green' sign and 15 yards before signpost to 'The Easters'.

Note: the Start is 2 miles from the Race HQ.

ROAD BIKE CATEGORY

The road bike category has a consistent and simple set of rules nationwide:

The road bike can possess drop or straight handlebars

No tri-bars, clip-on bars or Spinaci bars are allowed

No disc wheels

Both front & rear wheels must have at least 12 spokes each

The maximum rim depth allowed is 90mm.

Helmets used in Road Bike category events must not cover the ears or have a tear drop/poiny style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

RIDERS' NOTES

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

Headquarters opens 7.00am. Please park sensibly and be mindful of local residents and keep any noise to a minimum!

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.

You may exchange your number for a hot drink.

Cake and pastries are available at the HQ after the event. Please bring cash if you would like to purchase these.

NATIONAL REGULATIONS

Regulation 15

Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a **HARD SHELL SAFETY HELMET** that meets an internationally accepted safety standard.

Regulation 14 (j) and (k)

Riders are also 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 and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

NO HELMET - NO LIGHTS – NO RIDE

Regulations 13 (a) & 27(d)

Riders are reminded that you **MUST** notify of any improvement in your PBs. Failure to do so will disqualify you from the handicap awards. The event has been handicapped using the ECCA Handicapping System.

LOCAL REGULATIONS

4.3.1 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.

4.3.2 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.

4.6.2 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.

4.6.4 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.

4.6.5 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.

Your Safety

At the roundabout turn you should get to the middle of the roundabout as soon as it is safe to do so. You **MUST** give way to any vehicle from the right and you should **NOT** enter the roundabout if the way is not clear and should give a clear signal as to your intended route.

ROAD BIKES							
** = Club not affiliated to ECCA. Rider not eligible for awards H'cap shown as * indicates rider with no previous Road Bike times							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
5	08:05	Patrick Claridge	Chelmer CC	V	RB	11:26	26:15
6	08:06	Phil Laing	Lea Valley CC	V	RB	8:30	23:06
7	08:07	Grace Mason	**Walden Tri	FJ	RB		00:00
8	08:08	Victoria Connelly	North Essex Velo	FV	RB	12:44	27:38
9	08:09	Sam Wightman	Chelmer CC	V	RB	*	00:00
SOLOS							
** = Club not affiliated to ECCA. Rider(s) not eligible for awards							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
10	08:10	Jamie Watson	**Schils - Doltcini RT	V	TT	6:48	21:17
11	08:11	Thomas Platts	Ford CC	S	TT	7:28	22:00
12	08:12	Karen Aylen	**Maldon & District CC	FV	TT	7:53	22:26
13	08:13	Philip Hodey	Shaftesbury CC	V	TT	8:38	23:14
14	08:14	Antonio Paolino	Essex Roads CC	V	TT	12:29	27:22
15	08:15	Stephen Murphy	Shaftesbury CC	V	TT	6:49	21:18
16	08:16	Noah Knock	**Victoria Cycling Club	V	TT	7:31	22:03
17	08:17	Peter Tibbitts	Ford CC	V	TT	7:55	22:28
18	08:18	Chris Connelly	North Essex Velo	V	TT	9:20	24:00
19	08:19	William Bell	**Stortford Tri	S	TT	10:51	25:37
20	08:20	Andrew Whelan	**Schils - Doltcini RT	V	TT	6:32	21:00
21	08:21	Daryl Maffey	**CC London	V	TT	5:49	20:13
22	08:22	Stu Wright	API/Anglia Sport	V	TT	5:45	20:09
23	08:23	Alfie Salmon	Hart Performance Coaching	E	TT	5:22	19:44
24	08:24	David Harding	Chelmer CC	V	TT	5:15	19:37
25	08:25	Samuel Thienel	Elysium Kalas Race Team	S	TT	4:43	19:03