

EASTERN COUNTIES



CYCLING ASSOCIATION

10 miles Time Trial

for Solos and Tandems

to be held on

Sunday 6th June 2021

Course E91/10 ~ Start at 8.00 am

Timekeepers

Becki Groves & Tim Groves

Awards

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

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

LADIES: 1st: ECCA Medal.

TEAM: 1st Team of Three: ECCA Medals.

Event Headquarters

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

Event Secretary: Stewart Fung, 1 The Copse, Bannister Green, Felsted, Essex. CM6 3NP

Phone: 01371 823043

Mobile: 07971 785251

Email: stewartfung@hotmail.com

COURSE DETAILS E91/10

Grid References Start: TL59371367 Finish: TL59221513

Interactive map: https://www.easterncounties.org.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.

Because of possible roadworks and traffic lights near Clapton Hall Lane we may need to use the alternative E91/10b course.

COURSE DETAILS E91/10b

Grid References Start: TL60761147 Finish: TL61861097

Interactive map: https://www.easterncounties.org.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 A1060/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.**

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.

NO LIGHT – NO RIDE

LONDON EAST LOCAL REGULATIONS

Competitors are not allowed to warm up along the B184 between Aythorpe Roding VH and Great Dunmow prior to or during the event.

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 District Committee.

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 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, other than timekeepers.

Headquarters opens 7.00 am. 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 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.

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. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

Please read these Covid-19 related guidelines:

- 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

Please be aware there may be road works on the E91/10 course so we may be using the E91/10b course. The start point on the E91/10b course is around 2 miles from the HQ. Please allow sufficient time to get to the start.

No	Start	Name	Club	Cat	Hcap	PB
5	08:05	Craig Chappell	Team Vision Racing - Silverhook	V	6:17	20:43
6	08:06	Philip Hodey	Shaftesbury CC	V	7:28	21:59
7	08:07	Ann Shuttleworth	Cambridge CC	WV	8:31	23:07
8	08:08	Paul Donegan	Chelmer CC	V	10:06	24:49
9	08:09	Kimmae Payn	Woolwich CC	W	15:54	31:02
10	08:10	Dean Lubin	Team Vision Racing - Silverhook	V	5:36	20:00
11	08:11	Ian Short	Team Salesengine.co.uk	V	6:33	21:01
12	08:12	Nick McAuliffe	Shaftesbury CC	V	7:53	22:26
13	08:13	Karen Aylen	Maldon & District CC	WV	9:42	24:23
14	08:14	Chris Worsfold	API-Metrow	V	11:40	26:30
15	08:15	David Warlow	Essex Roads CC	V	5:48	20:12
16	08:16	Hugh Williams	Spartan	V	7:42	22:15
17	08:17	Daniel Shanney	Redbridge CC	S	8:31	23:07
18	08:18	Jonathan Whitwam	Shaftesbury CC	V	10:27	25:11
19	08:19	Marie Cait Browning	Crest CC	W	*	*
20	08:20	Matthew Saunders	Team Vision Racing - Silverhook	V	5:33	19:56
21	08:21	Gary Record	West Kent RC	S	6:24	20:51
22	08:22	Julia Freeman	Easterley Road Club	WV	7:43	22:16
23	08:23	Stephen Watson	Hertfordshire Whs	V	9:34	24:14
24	08:24	John Harrison	Shaftesbury CC	V	12:11	27:03
25	08:25	Terry Garlinge	Easterley Road Club	V	5:40	20:04
26	08:26	Sean O'Sullivan	Eagle Road Club	S	6:45	21:13
27	08:27	Wayne Greve	Shaftesbury CC	V	8:15	22:50
28	08:28	Brian Martin	Ciclos Uno	V	10:33	25:18
29	08:29	Robert Hagger	Chelmer CC	V	11:59	26:50
30	08:30	Samuel Thienel	Shaftesbury CC	S	5:03	19:24
31	08:31	Paul Turton	Team Vision Racing - Silverhook	V	6:22	20:49
32	08:32	Lauren Kirchel	Chelmer CC	W	6:42	21:10
33	08:33	John Iszatt	Team Vision Racing - Silverhook	V	8:10	22:45
34	08:34	Ryan Jackson	Essex Roads CC	B	10:47	25:33
35	08:35	Murat Ozdenya	Team Vision Racing - Silverhook	V	5:37	20:01
36	08:36	Steve Smith	Redbridge CC	V	7:13	21:43
37	08:37	Nick Howick	Shaftesbury CC	S	8:57	23:35
38	08:38	Joanna Butcher	Braintree Velo CRC	WV	10:15	24:58
39	08:39	Nick Watt	Essex Roads CC	V	11:10	25:57
40	08:40	David Harding	Chelmer CC	V	4:55	19:16