

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



**EASTERN COUNTIES**

**CYCLING ASSOCIATION**

# 25 miles Time Trial

## for Solos, Tandems and 2 Up

*to be held on*

### Friday 7<sup>th</sup> April 2023

### Course E6/25 ~ Start at 8.00 am

*Timekeeper*

Leonard Gordon

#### Awards

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

WOMEN: 1st: Boxed Medal. 2nd: ECCA Gilt Medal

TEAM: 1st Team of Three: ECCA Gilt Medals

ROAD BIKES 1st: Boxed Medal. 2nd: ECCA Gilt Medal

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

2UP TT: 1st Team: ECCA Gilt Medals

**Only members of ECCA affiliated clubs are eligible for awards**

*Event Headquarters*

Hatfield Heath Village Hall, Stortford Rd, Hatfield Heath, CM22 7DU

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

#### COURSE DETAILS E91/25

START at paint mark in Sawbridgeworth road Adjacent to (East of) motorway bridge, one mile from Hatfield Heath village hall. Proceed towards and through Hatfield Heath and continue on A1060 through White Roding to Leaden Roding(6.2m), right at Mini Roundabout (Keep to the left of marked circle) and follow A1060 to roundabout at Lordship Road where TURN (Care) (13.2m) and retrace outward route to Hatfield Heath and FINISH (525149) past Church and 3yards after corner of Green (25.0m).

**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.**

**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 LIGHT - NO RIDE**

For full details of future ECCA events and results of past events and the season long competitions, go to [www.easterncounties.org.uk](http://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.

#### LONDON EAST LOCAL REGULATIONS

4.7 No Warming Up by competitors on the course once the event has started.

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, other than timekeepers. Parking is available at Event H.Q.

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.

To get to the start from the hall turn right out of the hall carpark and stay on Sawbridgeworth Road for about one mile where the road goes under the M11. Cross the road with care as the start is on the other side of the road just outside of the motorway bridge on the side nearest the village hall.

Solos						
No	Start	Name	Club/Team	Cat	Hcap	PB
1	08:01	Adrian Lauchlan	**Southgate CC	V	*	1:20:50
2	08:02	Matthew Cole	**Stortford Tri	V	*	
3	08:03	Steve Smith	Redbridge CC	V	17:45	*0:59:01
4	08:04	Philip Elms	Bishop's Stortford CC	V	25:59	*1:07:50
5	08:05	William Bell	**Stortford Tri	S	*	1:09:00
6	08:06	Colin Doe	Ford CC	V	26:18	1:08:10
7	08:07	Chris Smith	Essex Roads CC	V	22:16	*1:03:51
8	08:08	Brian Martin	Ciclos Uno	V	23:48	1:05:29
9	08:09	Charlie Gaimster	**Dulwich Paragon CC	S	*	0:56:16
10	08:10	Alice Connor	**Velociposse CC	W	*	*1:04:46
11	08:11	Matthew Clements	Lee Valley Youth CC	S	14:45	0:55:48
12	08:12	Edward Perry	Southend Wheelers	S	*	
13	08:13	Noah Knock	**Victoria Cycling Club	V	*	0:55:20
14	08:14	Hilary Briggs	**Serpentine Running Club	WV	*	1:04:50
15	08:15	Louise Robinson	Essex Roads CC	WV	14:14	0:55:15
16	08:16	Jan Harvey	Southend Wheelers	WV	23:15	1:04:54
17	08:17	Richard O'Rourke	Team Vision Racing - Silverhook	V	13:20	0:54:17
18	08:18	Robert Jones	**Cardiff 100 Miles RCC	V	*	1:03:49
19	08:19	Sebastian Harrison	**Islington Cycling Club	V	*	0:53:25
20	08:20	Geoff Bores	Ford CC	V	20:49	1:02:18
21	08:21	Murat Ozdenya	Team Vision Racing - Silverhook	V	12:36	0:53:30
22	08:22	Adrian Tovey	Maldon & District CC	V	18:57	1:00:18
23	08:23	Terry Garlinge	Easterley Road Club	V	11:23	0:52:11
24	08:24	Thomas Shanney	Redbridge CC	S	17:46	*0:59:02
25	08:25	Paul Turton	Team Vision Racing - Silverhook	V	10:54	0:51:40
26	08:26	Claire Lee	Shaftesbury CC	WV	29:23	*1:11:28
27	08:27	Alfie Salmon	Hart Performance Coaching	E	10:49	0:51:35
28	08:28	Daniel Shanney	Redbridge CC	S	17:26	0:58:40
29	08:29	Rob Young	Shaftesbury CC	V	9:24	0:50:04
30	08:30	James Wood	West Suffolk Wheelers	V	17:45	0:59:01
31	08:31	Nicholas Knight	Hart Performance Coaching	V	10:35	0:51:20
32	08:32	Peter Tibbitts	Ford CC	V	18:07	0:59:24
33	08:33	Keke Orth	Maldon & District CC	S	*	*0:51:55
34	8:34	Henry Okill	Southend Wheelers	S	16:00	0:57:08
35	08:35	Sam Brown	**6AM Cycling	S	*	0:49:17

\*\* = Club not affiliated to ECCA. Rider(s) not eligible for awards.  
\* = PB calculated from other distances.

### Solo Road Bikes

No	Start	Name	Club/Team	Cat	Hcap	PB
36	08:36	Malcolm Strickland	**CC Bexley	V	*	1:19:20
37	08:37	Julian Boulter	Eagle Road Club	V	24:46	1:06:32
38	08:38	Ruth Stapleton	Harlow CC	WV	23:03	1:04:41
39	08:39	Nick Boyle	Chelmer CC	V	18:57	1:00:18
40	08:40	Bob Cliff	Redbridge CC	V	18:55	1:00:16
41	08:41	Rob Chaplin	East London Velo	V	15:37	0:56:43
** = Club not affiliated to ECCA. Rider(s) not eligible for awards. * = PB calculated from other distances.						

### 2 Up TT

No	Start	Name	Club/Team	Cat
42	08:42	Tim Simpkins	Harlow CC	V
43		Jamie Bishop	Harlow CC	V
44	08:44	Sam Swaysland	Athlon CC	S
45		Matthew Currie	Athlon CC	S
46	08:46	Ian Short	Team Salesengine.co.uk	V
47		Ann Shuttleworth	Cambridge CC	WV
48	08:48	Kevin Wood	**Sherwood CC	V
49		Benjamin Wood	**Sherwood CC	S