

Promoted for and on behalf of Cycling Time Trials  
under their Rules and Regulations

## START SHEET



### CHELMER CYCLING CLUB

#### Open scratch 25m TT

**SUNDAY 8th August 2021 - START 08:01am on COURSE E9/25**

**HQ: Chelmer Club Hut, Meteor Way, off Waterhouse Lane, Chelmsford, CM1 2RL.**

**Timekeepers: Mr. John Cottee & Mr. Peter Smith**

**Event Secretary: Andy Grant – [Andrew.grant411@gmail.com](mailto:Andrew.grant411@gmail.com) – 07711 318205**

**Event Counting towards  
SPOCO SE**

**AeroCoach National Road Bike TT Series  
Chelmer CC & Southend Wheelers Interclub (Bob Haworth Trophy)**

#### Awards

**TT Bikes: Overall - 1st £50, 2nd £30, 3rd £15**

**Women- 1st £50, 2nd £30, 3rd £15**

**Road Bikes: Fastest Man and Fastest Woman - AeroCoach vouchers**

#### COURSE DETAILS E9/25

**START (GR 677076) on A1060 at western edge of drain adjacent to T.P.260 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 island at Clopton Hall Lane (M)(12.6m). Retrace through High Roding and Leaden Roding (M)(18.35m), turn along A1060 through Margaret Roding to FINISH (GR 675076) at a drain which is opposite the entrance to "Valley Way" bungalow. Parking must not be on A1060 but in old road opposite and 0.5 m before finish.**

#### **PLEASE NOTE : Regulation for Leaden Roding RAB**

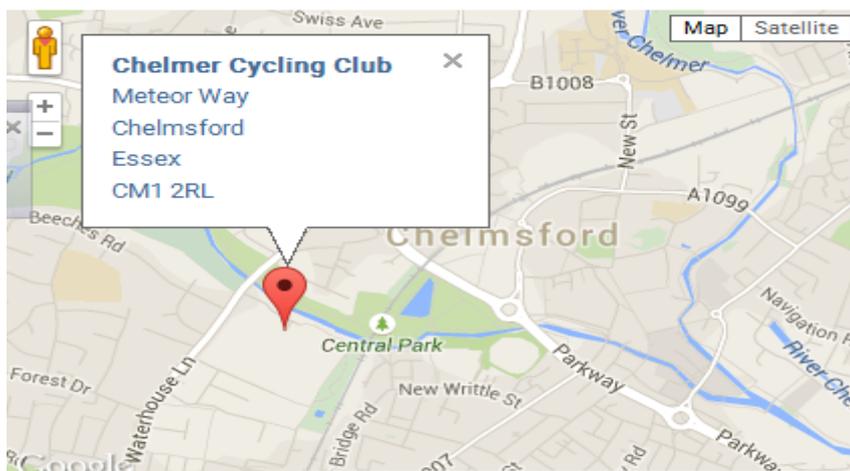
**Any rider passing to the right of the painted circle at Leaden Roding mini roundabout will be disqualified from the event and reported to the District Secretary for consideration of disciplinary action.**

**ADDITIONAL NOTES TO RIDERS** The following local regulations must be adhered to: -

- 1) No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride.
- 2) NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous maneuver are liable for disqualification from the event & further disciplinary action by the CTT District Committee.
- 3) Numbers and sign-on / sign-out will be situated in the HQ.
- 4) NO cars to stop or park at the start or finish areas. Warming-up by competitors is NOT allowed along any part of the designated course, after the event has started.
- 5) **Static trainers are banned from morning events in London East district. So please warm up on local roads.**
- 6) Riders waiting at start MUST stand on the grass verge.
- 7) Riders to take care through High Roding village, parked cars and domestic driveway exits.

**IN THE INTEREST OF YOUR SAFETY, CTT & THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD AND HAVE A REAR FACING (FLASHING) RED LIGHT FITTED TO YOUR MACHINE.**

**HQ Location:** There is parking in the Council car park at the entrance to Meteor Way on right as you enter Meteor Way.



**Please allow at least 10 mins to ride from HQ to the Start Area.**

**Please Avoid entering / warming up on the course!**

**There are ample roads to warm-up on the way to the start.**

**The HQ:**

**Toilet facilities are available in the Club Hut. Please use these, and all facilities respectfully of others. As with current Covid protocols, please be mindful of others personal space, and mask-wearing in the Club Hut is recommended, but optional and entirely down to personal choice.**

**To get the Start : Exit Meteor Way and turn right up the main road. Through first main lights and immediately bear left along A1060 (posted Leaden Roding, Sawbridgeworth). Keep following A1060, to pass over Writtle Roundabout. The start area is just ahead.**

**After the event : We have an independent caterer offering post-event cakes and nibbles. PLEASE support us as we start to get back to something like “normal” after Covid restrictions.**

## Road Bike Competition Regulations:

- No aerobars / clip-ons or extensions
- No Hands off the handlebars riding (with forearms resting in an aero position) – i.e. No "puppy paws" position.
- Wheels - min 12 spoke and maximum rim depth of 90mm
- No Visor integrated helmets
- Ears **MUST NOT** be covered by your helmet

**BUT :**

Skinsuits and overshoes are permitted.

So basically - If you look like you should in a Le Tour Road Stage, that should be fine!

**There will be both Marshals and Observers out on the course checking – please ride safely!**

<u>Tandems</u>								
Start No.	CTT No.	Name		Club	Gender	Cat	Age	Start Time
1	14488	David	Shannon	Islington Cycling Club	Male	Veteran	57	8.01
1	2770	Richard	May	Islington Cycling Club	Male	Veteran	50	8.01

<u>Road Bikes</u>								
Start No.	CTT No.	Name		Club	Gender	Cat	Age	Start Time
3	23176	Caroline	Wyke	CC Sudbury	Female	Veteran	65	8.03
4	39783	Leah	Brook	Lea Valley CC	Female	Veteran	43	8.04
5	28584	Anthony	Whale	Harlow CC	Male	Veteran	62	8.05
6	38401	Paulina	Mozal	Chelmer CC	Female	Senior	36	8.06
7	39549	Billy	Hockley	Southend Wheelers	Male	Senior	31	8.07
8	24159	Miriam	Bullock	East London Velo	Female	Senior	37	8.08
9	38561	Tom	Womack	Southend Wheelers	Male	Junior	16	8.09
10	9138	George	Skinner	Royal Albert Cycling Club	Male	Veteran	75	8.10
11	38528	David	Hodsman	Dulwich Paragon CC	Male	Senior	35	8.11
12	14181	James	Loneragan	Southend Wheelers	Male	Senior	36	8.12
13	38620	Henry	Okill	Southend Wheelers	Male	Senior	34	8.13
14	15259	Rob	Chaplin	East London Velo	Male	Veteran	47	8.14
15	223	Nick	Boyle	Chelmer CC	Male	Veteran	46	8.15
16	7413	Paul	Turton	Team Vision Racing - Silverhook	Male	Veteran	49	8.16

<b>TT Bikes</b>								
<b>Start No.</b>	<b>CTT No.</b>	<b>Name</b>		<b>Club</b>	<b>Gender</b>	<b>Cat</b>	<b>Age</b>	<b>Start Time</b>
18	32390	Cavan	Burrows	Southend Wheelers	Male	Juvenile	15	8.18
19	39013	Antoine	Rouyer- Brown	Southend Wheelers	Male	Juvenile	15	8.19
20	40578	Daniel	Nelson	Southend Wheelers	Male	Senior	28	8.20
21	32537	James	Wicks	Essex Roads CC	Male	Juvenile	15	8.21
22	2095	James	Bromley	Becontree Wheelers CC	Male	Veteran	62	8.22
23	7744	Phil	Bailey	Loose Cannon's Conditioning	Male	Veteran	59	8.23
24	7608	Jan	Harvey	Southend Wheelers	Female	Veteran	52	8.24
25	29801	Paul	Gribbon	Southend Wheelers	Male	Veteran	50	8.25
26	5030	Colin	Doe	Ford CC	Male	Veteran	65	8.26
27	4450	Ian	Damant	Becontree Wheelers CC	Male	Veteran	61	8.27
28	20595	Graham	Lawrenson	Hainault RC	Male	Veteran	67	8.28
29	35	Harry	Moore	Cycling Club Hackney	Male	Veteran	59	8.29
30	18581	David	Martin	Becontree Wheelers CC	Male	Veteran	60	8.30
31	22365	Kieran	Watts	Chelmer CC	Male	Senior	26	8.31
32	9302	Phil	Harper	Essex Roads CC	Male	Senior	34	8.32
33	17479	Barry	Simpson	Southend Wheelers	Male	Veteran	63	8.33
34	18764	Martin	Kober	Abellio - SFA Racing Team	Male	Senior	39	8.34
35	7258	Paul	Donegan	Chelmer CC	Male	Veteran	49	8.35
36	1465	Tony	Capon	Becontree Wheelers CC	Male	Veteran	59	8.36
37	271	Geoff	Bores	Ford CC	Male	Veteran	66	8.37
38	18548	Andrew	Merchant	Southend Wheelers	Male	Veteran	56	8.38
39	19430	Philip	Hodey	Shaftesbury CC	Male	Veteran	48	8.39
40	23548	Daniel	Shanney	Redbridge CC	Male	Senior	29	8.40
41	23544	Thomas	Shanney	Redbridge CC	Male	Senior	29	8.41
42	31430	Barry	Neal	Ciclos Uno	Male	Veteran	56	8.42
43	34919	Andrew	Wenham	Shaftesbury CC	Male	Veteran	46	8.43
44	3652	Donald	Parker	Brighton Mitre CC	Male	Veteran	72	8.44
45	331	Stephen	Murphy	Shaftesbury CC	Male	Veteran	65	8.45
46	4531	Richard	Mellor	Team Bottrill	Male	Veteran	52	8.46
47	4147	Tony	Summers	Athlon CC	Male	Veteran	60	8.47
48	1070	Peter	Tibbitts	Ford CC	Male	Veteran	69	8.48
49	160	John	Golder	Chelmer CC	Male	Veteran	68	8.49
50	2819	Dan	Jenkins	Southend Wheelers	Male	Veteran	54	8.50
51	27264	Louise	Robinson	Essex Roads CC	Female	Veteran	45	8.51
52	544	Ian	Braybrook	Basildon CC	Male	Veteran	46	8.52
53	16047	Ian	Cardy	Chelmer CC	Male	Veteran	57	8.53
54	3875	Graeme	Garner	Essex Roads CC	Male	Veteran	42	8.54
55	29029	Alex	Purcell	CC Sudbury	Male	Senior	36	8.55
56	5795	Daniel	Ryan	North Road CC	Male	Senior	37	8.56
57	6271	Nicholas	Knight	Hart Performance Coaching	Male	Veteran	46	8.57
58	3984	Peter	Harding	Chelmer CC	Male	Veteran	40	8.58
59	3914	David	Harding	Chelmer CC	Male	Veteran	40	8.59
60	505	Colin	Ward	Essex Roads CC	Male	Veteran	43	9.00

