

EASTERN COUNTIES



CYCLING ASSOCIATION

10 miles Time Trial

to be held on

Sunday 19th June 2022

Course E91/10 ~ Start at 8.00 am

Timekeepers

Tim Groves & Wally Groves

Awards

MEN: 1st: Boxed Medal. 2nd: Gilt Medal.

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

WOMEN: 1st: Boxed 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

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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.**

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 LIGHTS – 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.

ADDITIONAL CONSIDERATIONS FOR COVID-19
IT IS IMPORTANT THAT YOU READ THIS FOR YOURS AND OTHERS SAFETY

Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.

Competitors please note that an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case.

Solos						
No	Start	Name	Club/Team	Cat	Hcap	PB
2	08:02	Tony Summers	Chelmer CC	V	7:56	0:22:30
3	08:03	Andrew Wenham	Shaftesbury CC	V	8:31	0:23:07
4	08:04	Brian Martin	Ciclos Uno	V	10:33	0:25:18
5	08:05	Adrian Gower	Hitchin Nomads CC	V	6:33	0:21:01
6	08:06	Chris Symonds	**North Road CC	V	*	0:22:19
7	08:07	Graham Lawrenson	Hainault RC	V	8:28	0:23:04
8	08:08	Brian O'Connor	Redbridge CC	V	9:34	0:24:14
9	08:09	Michael Fry	Glendene CC	V	*	
10	08:10	Terry Garlinge	Easterley Road Club	V	5:40	0:20:04
11	08:11	Simon McCartney	CC London	V	7:27	0:21:58
12	08:12	Julia Freeman	Easterley Road Club	WV	8:06	0:22:40
13	08:13	Thomas Shanney	Redbridge CC	S	8:52	0:23:30
14	08:14	Anthony Whale	Harlow CC	V	10:21	0:25:05
15	08:15	Gary Record	West Kent RC	S	6:24	0:20:51
16	08:16	Karen Aylen	Maldon & District CC	WV	7:53	0:22:26
17	08:17	Daniel Shanney	Redbridge CC	S	8:15	0:22:50
18	08:18	James Wicks	Essex Roads CC	J	9:28	0:24:08
19	08:19	Damien Foy	6AM Cycling	V	11:01	0:25:48
20	08:20	Timothy Torrie	**trainSharp Development Team	S	*	0:19:43
21	08:21	Steve Smith	Redbridge CC	V	7:13	0:21:43
22	08:22	Nick McAuliffe	Shaftesbury CC	V	7:53	0:22:26
23	08:23	Phil Laing	Lea Valley CC	V	8:30	0:23:06
24	08:24	Simon Hewins	Eagle Road Club	V	9:43	0:24:24
25	08:25	Matthew Saunders	Team Vision Racing - Silverhook	V	5:45	0:20:09
26	08:26	Richard Knight	CC London	V	7:44	0:22:17
27	08:27	John Curtin	Hitchin Nomads CC	V	8:14	0:22:49
28	08:28	Nicholas Palmer	CC London	S	9:06	0:23:45
29	08:29	Morgan Saunders	Team Vision Racing - Silverhook	J	10:58	0:25:44
30	08:30	David Harding	Chelmer CC	V	4:55	0:19:16
** = Club not affiliated to ECCA. Rider(s) not eligible for awards.						