

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

START SHEET



CHELMER CYCLING CLUB

Open scratch 25m TT

SUNDAY 7th August 2022 - 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 – 07711 318205

**Event Counting towards
SPOCO SE**

Chelmer CC & Southend Wheelers Interclub (Bob Haworth Trophy)

Awards

TT Bikes: Overall - 1st £30, 2nd £20, 3rd £10

Women- 1st £30, 2nd £20, 3rd £10

Road Bikes: Fastest Man and Fastest Woman - £20

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 Leaden Roding and High Roding villages, beware parked cars **and** domestic driveway exits.

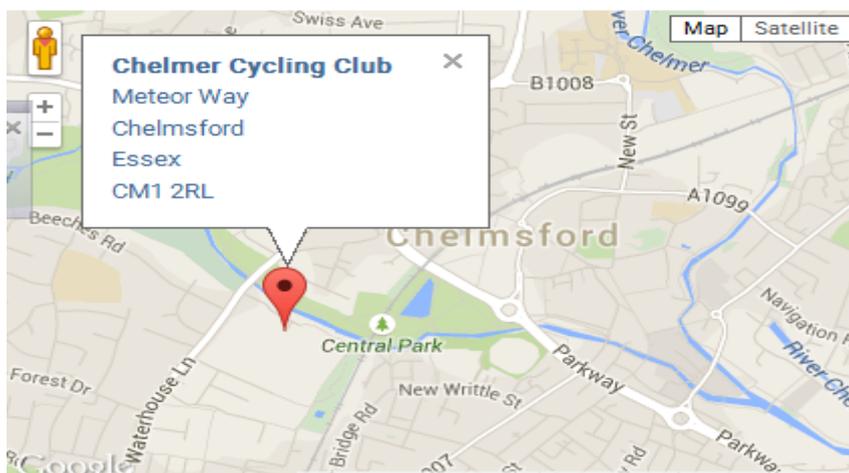
Lights and helmets: Working (White) front and (Red) rear lights are now **compulsory**, as is wearing a suitable cycling helmet. Without complying with these requirements, riders cannot start.

You and your bike WILL be checked at the start!!

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

Numbers, Signing in and signing out

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also need to sign out of the event otherwise you will be DISQUALIFIED.



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.

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!

Start Numbers and Start Times:

Road Bikes

Number	CTT No.	Name	Gender	Cat	Club	Start Time
1	23176	Caroline Wyke	Female	Veteran	CC Sudbury	8.01
2	28584	Anthony Whale	Male	Veteran	Harlow CC	8.02
3	42672	Matthew Stock	Male	Senior	Southend Wheelers	8.03
4	44440	Graham Bailes	Male	Veteran	Trisport Epping	8.04
5	42235	Alice Elwood	Female	Senior	CC London	8.05
6	44449	Mark Tredgett	Male	Senior	Trisport Epping	8.06
7	44437	Richard McKinney	Male	Veteran	Southend Wheelers	8.07
8	36585	Andrew Whelan	Male	Veteran	Velo Schils Interbike RT	8.08
9	20595	Graham Lawrenson	Male	Veteran	Hainault RC	8.09
10	38728	Mark Careless	Male	Veteran	Loose Cannon's Conditioning	8.10
11	34919	Andrew Wenham	Male	Veteran	Shaftesbury CC	8.11

TT Bikes

Number	CTT No.	Name	Gender	Cat	Club	Start Time
15	44481	Colin White	Male	Veteran	Colchester Rovers CC	8.15
16	759	Richard Pimlott	Male	Veteran	Finsbury Park CC	8.16
17	44442	Geraldine Howard	Female	Veteran	Shaftesbury CC	8.17
18	2095	James Bromley	Male	Veteran	Hart Performance Coaching	8.18
19	1093	David Fenn	Male	Veteran	CC Sudbury	8.19
20	29801	Paul Gribbon	Male	Veteran	Southend Wheelers	8.20
21	26222	Claire Hall	Female	Veteran	Dunmow Velo	8.21
22	4450	Ian Damant	Male	Veteran	Becontree Wheelers CC	8.22
23	26245	Martin Meades	Male	Veteran	Ciclos Uno	8.23
24	7608	Jan Harvey	Female	Veteran	Southend Wheelers	8.24
25	35	Harry Moore	Male	Veteran	Cycling Club Hackney	8.25
26	34872	Karen Aylen	Female	Veteran	Maldon & District CC	8.26
27	17479	Barry Simpson	Male	Veteran	Southend Wheelers	8.27
28	1465	Tony Capon	Male	Veteran	Becontree Wheelers CC	8.28
29	271	Geoff Bores	Male	Veteran	Ford CC	8.29
30	18548	Andrew Merchant	Male	Veteran	Southend Wheelers	8.30
31	1971	Giles Askham	Male	Veteran	Colchester Rovers CC	8.31
32	7882	Simon Theobald	Male	Veteran	Trisport Epping	8.32
33	1291	Susan Triplow	Female	Veteran	CC Sudbury	8.33
34	1230	Graham Hurrell	Male	Veteran	Basildon CC	8.34
35	331	Stephen Murphy	Male	Veteran	Shaftesbury CC	8.35
36	15259	Rob Chaplin	Male	Veteran	East London Velo	8.36
37	1070	Peter Tibbitts	Male	Veteran	Ford CC	8.37
38	4531	Richard Mellor	Male	Veteran	Team Bottrill	8.38
39	5447	Andy Nichols	Male	Senior	Team Lifting Gear Products	8.39
40	2819	Dan Jenkins	Male	Veteran	Southend Wheelers	8.40
41	7659	Murat Ozdenya	Male	Veteran	Team Vision Racing - Silverhook	8.41
42	7413	Paul Turton	Male	Veteran	Team Vision Racing - Silverhook	8.42
43	3549	Matthew Saunders	Male	Veteran	Team Vision Racing - Silverhook	8.43
44	5155	Sam Wightman	Male	Veteran	Team Bottrill	8.44
45	3914	David Harding	Male	Veteran	Chelmer CC	8.45