



## **EASTERN COUNTIES CYCLING ASSOCIATION**

### **25 Miles Time Trial**

**Solos & 2-up TTT**

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

**Friday 30<sup>th</sup> March 2018**

**Course E91/25 ~ Start at 8.00 am**

**Timekeepers: Wendy Dorling and John Cottee**

### **AWARDS**

#### **SCRATCH AND HANDICAP EVENT**

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

1st Team of Three: ECCA Medals.

#### **TEAM TIME TRIAL**

1st 2-up Team: Gilt Medals.

*Riders winning four or more ECCA medals in a season will be awarded a plaque rather than individual medals*

### **Event Headquarters:**

Aythorpe Roding Village Hall, Dunmow Road, Aythorpe Roding, CM6 1PT

Headquarters opens 7.00 am. If car park is full then there is more space about 100 yards further up on the other side of the road.

Please park sensibly and be mindful of local residents - i.e. keep any noise to a minimum!

**Event Secretary:** Trevor Pedley, 10 St. Mary's Lane, North Ockendon, Upminster, Essex. RM14 3PA

Telephone: 01708 228677 Mobile: 07851 399521 Email: [mailto:trevorpedley@me.com](mailto:mailto:trevorpedley@me.com)

### **Course Details E91/25**

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 (GR TL59371367). Proceed north through Aythorpe Roding to circle roundabout at junction with Clopton Hall Lane (M) (5.5m). Retrace to Leaden Roding sign opposite start (11m), CARE when joining A1060 (M) at roundabout, pass through Margaret Roding, to circle roundabout at junction A1060 / Lordship Road, Writtle (M) (18.2m). Retrace to Leaden Roding to FINISH, 370 yards before, south of, A1060/B184 junction, opposite a field entrance 20 yards north of sign 'Beware Deer, Bends for 1 mile'. (GR TL59531300)

**POSSIBLE COURSE CHANGE.** If there are roadworks at Aythorpe Roding which will make the 25 course unusable we will switch to a 15 miles event using the following course:

**E91/15** START on B184 by Leaden Roding sign opposite E91/10 start in school lay-by. (GR 59371367) Proceed south to roundabout and join A1060. Continue to roundabout at Lordship Road, Writtle where turn and retrace to Leaden Roding where keep left at roundabout and continue to FINISH 55 yards short of left turn sign at Rectory Corner (GR TL58301282). 15 miles.

**NOTE:** 15 miles is now recognized formally by CTT with its own set of Competition Records so you should be in a good position to claim a Club Record!!

### **IN THE INTERESTS OF YOUR OWN SAFETY**

Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard. In accordance with Regulation 15 **ALL JUNIOR COMPETITORS MUST WEAR** Protective Hard Shell Helmets.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

### **Event catering by Nettareise**

For all your Catering needs contact Lynette Plumb 01376 552985 07782 111318 [netta25@tiscali.co.uk](mailto:netta25@tiscali.co.uk)

## LONDON EAST LOCAL REGULATIONS

**4.6 Warming up.** Competitors are not allowed to warm up along the B184 between the Aythorpe Roding Village Hall and Great Dunmow prior to or during an event.

**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 for 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, eg: turbo trainers, is banned from all morning events held in the London East District.

## RIDERS BRIEFING NOTES

- Riders' body numbers will be available at the Event HQ and must be **personally signed for** after reading any special course instructions.
- No parking at either the Start or Finish points, other than by Timekeepers
- During the event you must clearly indicate your intended route at all roundabouts and give way to traffic from your right.
- You should take extreme care when passing through High Roding village.
- 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. You may exchange your number for a drink.
- **25 mile event:**  
**Be advised that the FIRST TURN at Clopton Hall Lane is a very tight roundabout and can be treacherous if wet.**
- **15 mile event:**  
**After finishing riders MUST STOP & EXERCISE EXTREME CARE before turning in the road to return to the HQ**
- In the interests of safety, riders should, after finishing, continue to ride unaccompanied and in a safe manner to the HQ.
- Please show consideration to local residents at the Start and Finish.
- 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.

**BOLTON FUND** This Fund exists to help riders, especially younger ones, who would like some financial assistance towards the cost of a particular cycling based project. Recent examples have been help with travel costs to the European Cyclo Cross Championships in Italy and the set-up costs of the Lee Valley Youth Road Team.  
Applications with an outline of the project and expected costs to John Cottee ([twelvejc@hotmail.co.uk](mailto:twelvejc@hotmail.co.uk)) at least six weeks beforehand to allow the Committee time to consider.

## TERRY ANDERSON

**I AM EXTREMELY SAD TO HAVE TO SAY THAT TERRY, A HIGHLY RESPECTED AND VITAL MEMBER OF BOTH THE EASTERN COUNTIES AND LONDON EAST COMMITTEES FOR SO MANY YEARS, SUFFERED A MASSIVE STROKE ON TUESDAY 13 MARCH AND SUBSEQUENTLY DIED FROM A HEART ATTACK ON MONDAY 19 MARCH.**

**IT IS SAID "NO ONE IS INDISPENSABLE" BUT HIS WILL BE A VERY DIFFICULT ACT TO FOLLOW!**

**DETAILS OF ANY SERVICE ARE UNKNOWN AT PRESENT BUT KEEP AN EYE ON THE COUNTIES WEBSITE.**

**REST IN PEACE TERRY**

*Trevor Pedley, Event Secretary*

Keep up to date with all the news at [www.EasternCounties.org.uk](http://www.EasternCounties.org.uk)

## 2-up

No	Name	Club	Start
1	Louise DOUGLASS (W)	Essex Roads CC	08:01
2	Antonio PAOLINO		
3	Dawn ADAMS (W)	Victoria Cycling Club	08:03
4	Sean GRAY		
5	Gregory SMITH	Finsbury Park CC	08:05
6	Hugh VIVIAN		
7	Julia FREEMAN (W)	Easterley Road Club	08:07
8	Terry GARLINGE	Team Vision Racing - Silverhook	
9	Rachel JARVIS (W)	Colchester Rovers CC	08:09
10	Jim REED		
11	Andrew BEAMAN	Victoria Cycling Club	08:11
12	James CONWAY		
13	Steve KAYE	Fenland Clarion CC	08:13
14	Paul LILLEY		

## Solos

No	Name	Club	Cat	H'cap	Start
15	Hugh WILLIAMS	Redbridge CC	V		08:15
16	Jeremy GREENWOOD	Finsbury Park CC	V	10:58	08:16
17	Ruth STAPLETON	St Neots CC	W	21:10	08:17
18	Gary LANE	Hainault RC	V	26:35	08:18
19	Jennie PAGE	Southend Wheelers	W		08:19
<b>20</b>	<b>David VEITCH</b>	<b>Lea Valley CC</b>	<b>S</b>	<b>3:51</b>	<b>08:20</b>
21	Sam WIGHTMAN	Chelmer CC	V	8:00	08:21
22	Claire LEE	Momentum Cycles RC	WV	11:55	08:22
23	Denise KEMP	Southend Wheelers	WV	17:02	08:23
24	Dan FOSTER	3T-Racing	V		08:24
<b>25</b>	<b>Michael MARTIN</b>	<b>CC Ashwell</b>	<b>V</b>	<b>6:46</b>	<b>08:25</b>
26	Adam BISHOP	Lea Valley CC	V	10:58	08:26
27	Anton BLACKIE	Rapha Cycling Club	S	13:29	08:27
28	Elanor CADZOW	Welwyn Whs	W	21:17	08:28
29	Ben LOVE	Essex Roads CC	S		08:29
<b>30</b>	<b>David McGAW</b>	<b>Cambridge CC</b>	<b>V</b>	<b>3:45</b>	<b>08:30</b>
31	Matthew SAUNDERS	Team Vision Racing - Silverhook	S	7:39	08:31
32	Christopher SMITH	Southend Wheelers	S	11:02	08:32
33	David MARTIN	Becontree Wheelers CC	V	18:50	08:33
34	Scott CADZOW	Bishop's Stortford CC	V		08:34
<b>35</b>	<b>Gray TURNOCK</b>	<b>Finsbury Park CC</b>	<b>V</b>	<b>5:15</b>	<b>08:35</b>
36	Peter TIBBITTS	Ford CC	V	10:02	08:36
37	Brian MARTIN	Ciclos Uno	V	17:41	08:37
38	Lauren KIRCHEL	Chelmer CC	W	18:23	08:38
39	Jamie BISHOP	Crescent Wheelers CC	V		08:39
<b>40</b>	<b>Rob YOUNG</b>	<b>Team Vision Racing - Silverhook</b>	<b>V</b>	<b>3:15</b>	<b>08:40</b>
41	David PENNINGTON	Southend Wheelers	S	7:01	08:41
42	Paul DONEGAN	Chelmer CC	V	11:50	08:42
43	Peter STIFF	Southend Wheelers	V	16:34	08:43
44	John WITCHELL	Hainault RC	V	21:47	08:44
<b>45</b>	<b>David HARDING</b>	<b>Chelmer CC</b>	<b>S</b>	<b>4:58</b>	<b>08:45</b>
46	David WARLOW	Essex Roads CC	V	8:38	08:46
47	Steve SHORE	Southend Wheelers	V	12:38	08:47
48	Tom HAINES	East London Velo	V	13:13	08:48
49	Daniel McKENNY	Basildon CC	S	14:32	08:49
<b>50</b>	<b>James HAYDEN</b>	<b>Rapha Cycling Club</b>	<b>S</b>	<b>1:49</b>	<b>08:50</b>