



HAINAULT ROADS CLUB

START SHEET

OPEN 25 MILE 2 UP TIME TRIAL

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

SUNDAY 14th OCTOBER 2018 at 09.00 hrs.

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

Headquarters opens 8.00am. If car park is full there is more space about 100 yards further up on the other side of the road. NO parking at either the start or finish points, other than the timekeepers/pushers cars. Please park sensibly and be mindful of local residents - i.e. keep any noise to a minimum!

Event Secretary:

John Witchell, 100 Brentwood Road, Ingrave, Essex CM13 3NX

Mob. 07455 888929 Email: johnwitch100@gmail.com

Timekeeper: John Cottee.

Assistant Timekeeper: Ian Taylor

Prizes

1st Club Team.....	£50.00
2nd Club Team.....	£30.00
3rd Club Team.....	£20.00
1st Composite Team.....	£20.00
2nd Composite Team.....	£10.00
Fastest Mixed Sex Team.....	£20.00
Fastest Ladies Team.....	£20.00
Fastest Oldies Team (Combined ages over 85).....	£20.00
Fastest Really Oldies Team (Combined ages over 100).....	£20.00

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

Number	Name	Club		Start
1	John Witchell	Hainault Roads Club		09:02
2	Gary Lane			
3	Mark Day	Braintree Velo CRC		09:04
4	Matt Rudkin			
5	Graham Lawrenson	Hainault Roads Club		09:06
6	Graham Brown			
7	Stuart Hope	Born2Tri		09:08
8	Colin Lewin	Velo Schils Interbike RT		
9	Thomas Platts	Aspire Velo Racing Team		09:10
10	Andy Sewell			
11	Daniel Homer	London Phoenix CC		09:12
12	Wolfgang Emmerich			
13	Michael Edmunds	Verulam Really Moving		09:14
14	Stan Nwaka	Verulam CC		
15	Trevor Whittock	Lea Valley CC		09:16
16	Derek Trangmar	Hub Velo		
17	Alistair Shed	45 RC		09:18
18	Kev Hardwick			
19	Jon Surtees	NOPINZ		09:20
20	Jonathan Wears			
21	James Sale	Pro Cycle Hire UK RT		09:22
22	Damien Foy	Eagle Road Club		
23	Katie-Ann Elliston	Southend Wheelers		09:24
24	Barry Simpson			
25	Andrew Merchant	Southend Wheelers		09:26
26	Cheryl Perry			
27	Kevin Creese	Chronos RT		09:28
28	David Creese			
29	Ian Short	Team Salesengine.co.uk		09:30
30	Hugo Hocknell			
31	Terry Garling	Team Vision Racing - Silverhook		09:32
32	Julia Freeman	Easterley Road Club		
33	Ian Dougal	Braintree Velo CRC		09:34
34	Joanna Butcher			
35	Peter Tibbitts	Ford CC		09:36
36	Chris Hartley			

37	Ian Markham	Chronos RT		09:38
38	Alan Crane			
39	David Harding	Chelmer CC		09:40
40	Peter Harding			
41	Simon Daw	Velo Schils Interbike RT CC Sudbury		09:42
42	James Newton			
43	Anna Muir	Chelmer CC VTTA (East Anglia Group)		09:44
44	Ann Shuttleworth			
45	Ralph Mullan	Shaftesbury CC		09:46
46	Kevin Baumber/ Martin Baumber			
47	Ben Richardson	Team Milton Keynes GBCycles.co.uk		09:48
48	Garfield Hall			

PRIZE GIVING:

It is our intention to hold prize giving soon after the last team finishes.

IMPORTANT EVENT NOTES:-

- 1. NUMBERS – will be available from the event headquarters (Aythorpe Roding Village Hall) which will be open from approx 08:00. These have to be signed for by each rider *personally*; these are worth a drink at the finish. On returning their number every rider must *personally* sign out.**
- 2. REFRESHMENTS – Will be provided by the Hainault RC who are extremely grateful to the Aythorpe Roding Village Hall for the use of their facilities for this event. Please ensure that their HQ is left neat and tidy and kindly take any litter home with you.**

EXTRACTS FROM “CTT” TEAM TIME TRIAL REGULATIONS.

- 1. No teams or members of teams shall take shelter from other teams or vehicles.**
- 2. The normal formation shall be single file with the minimum amount of echelon to allow a view ahead for each rider.**
- 3. No racing will take place between teams and/or individual riders. If one team overtakes another the onus shall be on the overtaken team to avoid such racing by dropping back if necessary.**
- 4. Both riders in every team shall be separately responsible for keeping a continuous look out ahead, following the course and obeying all laws, road signs and Police instructions.**
- 5. Teams containing riders from more than one Club can only compete for composite awards (CTT regulation 32b)**

London East DC has requested the additional following rules and regulations for your adherence.

1. **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, or any part of the designated course once the event has started.
2. **“U” TURNS** – are not allowed within sight of either the start or finish points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the London East District.
3. **STATIC TRAINERS** - In respect of consideration for local residents, the use of static trainers is prohibited for morning events held in the London East District
4. **HELMETS** – The Hainault Roads Club has been recommended to advise as follows:-
“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.” All competitors under the age of 19 are required to wear a suitably approved helmet.
5. **Cycling Time Trials** and the Event Promoters recommend the use of a flashing rear light whilst competing.

RIDERS BRIEFING NOTICE

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 travelling through High Roding village.

Be advised that the TURN at Clopton Hall Lane is a very tight roundabout and can be slippery if wet. In the interests of safety, riders should, after finishing, continue to ride unaccompanied and in a safe manner to the event headquarters.

Please show consideration to local residents at the start and the 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.