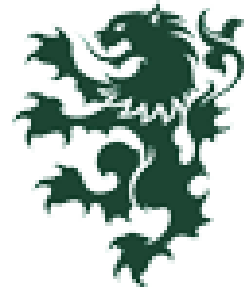


Promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

START SHEET



CHELMER CYCLING CLUB **Open scratch 25m TT**

SUNDAY 30th July 2023 - START 08:01am on COURSE E9/25

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

Timekeeper: Mr. John Cottee

Event Secretary: Paul Donegan – Paul_donegan30@hotmail.com 07789 774 990

**Event Counting towards
SPOCO SE**

Awards

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

Female - 1st £30, 2nd £20, 3rd £10

Road Bikes: Overall - £20, Female - £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.

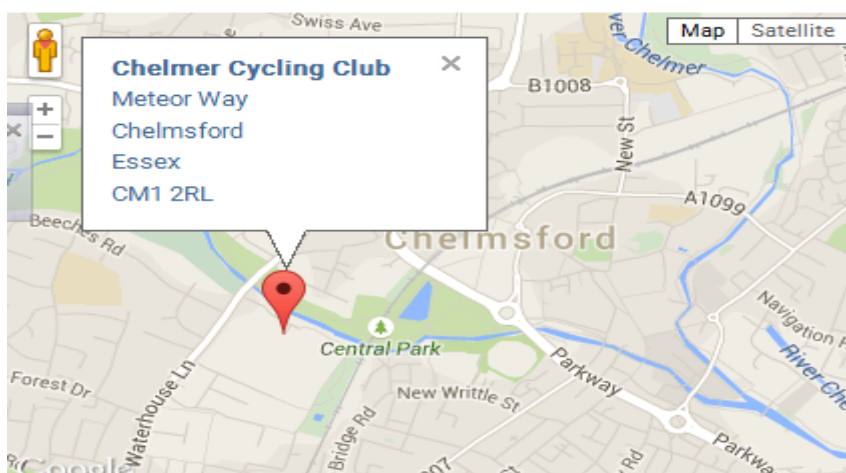
Lights and helmets: Working (White) front and (Red) rear lights are now **compulsory**, as is wearing a suitable cycling helmet. Without complying with these requirements, riders cannot start.

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

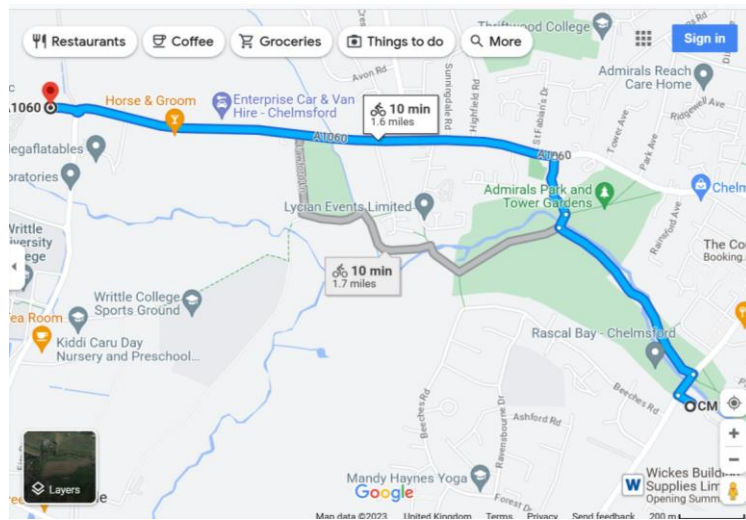
HQ Location: There is paid parking in the Council car park at the entrance to Meteor Way on right as you enter Meteor Way.

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.



Route between the HQ and start line:



To get the Start : Exit Meteor Way and turn right up the main road. Through first main lights keeping in the left hand lane, and proceed to the next set of traffic lights, and turn left along A1060 (posted Leaden Roding, Sawbridgeworth). Keep following A1060, to pass over Writtle Roundabout. The start area is just ahead. See map above.

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.

After the event : Please return to HQ for results and post-event cakes and nibbles.

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 - maximum rim depth of 90mm including full disc wheels

BUT:

Skinsuits and overshoes **are** permitted.

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

Start Numbers and Start Times:

TT Bikes:

Number	Name	Gender	Cat	Club	Start Time
1	Colin White	Male	Veteran	Colchester Rovers	8.01
2	Phillip Brant	Male	Veteran	Southend Wheelers	8.02
3	Mark Brant	Male	Veteran	Southend Wheelers	8.03
4	Victor Spain	Male	Veteran	Chelmer	8.04
5	James Bromley	Male	Veteran	Hart Performance Coaching	8.05
6	Mark Tredgett	Male	Veteran	Tri Sport Essex	8.06
7	Andrew Merchant	Male	Veteran	Southend Wheelers	8.07
8	Colin Doe	Male	Veteran	Ford	8.08
9	Ian Damant	Male	Veteran	Becontree Wheelers	8.09
10	Graham Hurrell	Male	Veteran	Basildon	8.10
11	Brian Martin	Male	Veteran	Ciclos Uno	8.11
12	Simon Lashmar	Male	Veteran	Tri Sport Essex	8.12
13	Geoff Bores	Male	Veteran	Ford	8.13
14	Simon Theobald	Male	Veteran	Tri Sport Essex	8.14
15	Toni Saunders	Female	Veteran	Hainault RC	8.15
16	Harry Moore	Male	Veteran	Cycling Club Hackney	8.16
17	Rachel Halamandres	Female	Veteran	Basildon	8.17
18	Graham Lawrenson	Male	Veteran	Hainault RC	8.18
19	Karen Ayles	Female	Veteran	Maldon & District	8.19
20	Ben Newman	Male	Veteran	North Essex Velo	8.20
21	Ann Shuttleworth	Female	Veteran	Cambridge	8.21
22	Andrew Whelan	Male	Veteran	Velo Schils Interbike RT	8.22
23	Phillip Hodey	Male	Veteran	Shaftesbury	8.23
24	Nat Orpen-Palmer	Male	Senior	Dulwich Paragon	8.24
25	Peter Tibbits	Male	Veteran	Ford	8.25
26	Neal Marrin	Male	Veteran	Finsbury Park	8.26
27	Dean Lubin	Male	Veteran	Team Vision Racing Silverhook	8.27
28	Ian Short	Male	Veteran	Team Salesengine.co.uk	8.28
29	Richard Mellor	Male	Veteran	Team Bottrill	8.29
30	Robin Johnson	Male	Veteran	Brighton Mitre	8.30
31	Wolfgang Emmerich	Male	Veteran	Team Bottrill	8.31
32	Andrew Turnock	Male	Veteran	Finsbury Park	8.32
33	Paul Turton	Male	Veteran	Team Vision Racing Silverhook	8.33
34	Peter Harding	Male	Veteran	Chelmer	8.34
35	Matthew Saunders	Male	Veteran	Team Vision Racing Silverhook	8.35
36	David Harding	Male	Veteran	Chelmer	8.36

Road bikes

Number	Name	Gender	Cat	Club	Start Time
37	Caroline Wyke	Female	Veteran	CC Sudbury	8.37
38	John Paduano	Male	Veteran	Southend Wheelers	8.38
39	John Blight	Male	Senior	Rapha	8.39
40	Andrew Davanzo	Male	Veteran	Chelmer	8.40
41	Nick Boyle	Male	Veteran	Chelmer	8.41

