

EASTERN COUNTIES



CYCLING ASSOCIATION

25 miles Time Trial

for Solos and Tandems

to be held on

Sunday 3rd September 2023

Course E9/25 ~ Start at 8.00 am

Timekeepers

Trevor Pedley / Ian Taylor

Awards

Solos

1st: Boxed Medal

2nd: ECCA Gilt Medal

1st Woman: Boxed Medal

Road Bikes

1st: Boxed Medal

2nd: ECCA Gilt Medal

Overall

1st Team of Three: ECCA Gilt Medals

1st Handicap: Boxed Medal

2nd Handicap: ECCA Gilt Medal

Event Headquarters

Chelmer Club Hut, Meteor Way, Chelmsford, CM1 2RL

HQ Open from 7am

Please park in the Waterhouse Lane Car Park, there is no charge for parking on Sundays

Event Secretary: Phil Hodey & Andrew Wenham
14 Fryerning Lane, INGATESTONE, CM4 0DD
Mobile: 07506 011124 Email: phil@hodey.com

COURSE DETAILS E9/25 Revised

Grid References

Start: TL67700756

Finish: TL67470759

Interactivemap:

https://www.easterncounties.org.uk/maps.html?E9_25R

START on A1060 at western edge of drain adjacent to TP260 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 small roundabout at Clapton Hall Lane (M) (12.6m). Retrace through High Roding and Leaden Roding (M) (18.35m), turn along A1060 through Margaret Roding to FINISH opposite 7th diagonal white line after traffic island past 'Pet Clinic'.

Note: Start is about 2 miles from Race HQ – see [map](#) for details.

NB: See Regulation 4.6.1 alongside.

Because of parked cars you should take extreme care when passing through High Roding village. Be advised that the turn at Clapton Hall Lane is a very tight roundabout and can be treacherous if wet.

At all roundabouts riders must give a clear signal as to their intended route and give way to traffic from the right.

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 LIGHT – NO RIDE

LONDON EAST LOCAL REGULATIONS

4.6.1 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.

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 to 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, e.g. turbo trainers, is banned from all morning events held in London East District.

4.8.5 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 the organiser of any improvement in PB.

No parking at either the start or finish except for timekeepers. Parking must not be on A1060 but in old road opposite and 200 yards before finish.

Headquarters opens 6.30 am. Park in the Meteor Way Car Park which is free on Sundays.

Body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.

All competitors are reminded to personally sign the signing-out sheet when returning their number, otherwise they may be recorded as DNF.

Hopefully there will be results and also drinks and light refreshments available in exchange for your number.

There is a sportive event in the area on Sunday and its route crosses the 25 course in a few places. Be aware that you may meet groups of riders but last year's event did not affect the time trial.

There are no known roadworks that will affect the course but should emergency works prevent use of the E9/25 the E83/25 has been booked as an alternative. You will be given as much notice as possible should the course be changed.

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.

TT Bikes					
No	Start	Name	Club	Cat	Hcap
1	08:01	Philip Hodey	Shaftesbury CC	V	18:39
2	08:02	Dan Walsh	Southend Wheelers	V	17:53
3	08:03	Dean Aylott	**Stortford Tri	S	
4	08:04	Chris Smith	Essex Roads CC	V	26:38
5	08:05	David Glossy	Elysium Kalas Race Team	V	11:54
6	08:06	Deborah Coyle	Shaftesbury CC	WV	*
7	08:07	Graham Lawrenson	Hainault RC	V	19:44
8	08:08	Jonathan Whitwam	Shaftesbury CC	V	23:21
9	08:09	Antonio Paolino	Essex Roads CC	V	35:14
10	08:10	Nicholas Knight	Hart Performance Coaching	V	10:33
11	08:11	Andrew Whelan	**Velo Schils Interbike RT	V	
12	08:12	Julia Freeman	Easterley Road Club	WV	16:26
13	08:13	Geoff Bores	Ford CC	V	20:49
14	08:14	Mark Tredgett	**Tri Sport Essex	V	
15	08:15	Terry Garlinge	Easterley Road Club	V	11:23
16	08:16	Rob O'Grady	**Hub Velo	S	
17	08:17	Jan Harvey	Southend Wheelers	WV	23:15
18	08:18	Philip Elms	Bishop's Stortford CC	V	28:51
19	08:19	Daniel Cracknell	Shaftesbury CC	V	*
20	08:20	Rob Young	Shaftesbury CC	V	9:24
21	08:21	Sebastian Harrison	**Islington Cycling Club	V	
22	08:22	Paul Wyatt	Shaftesbury CC	V	*
23	08:23	Simon Theobald	**Tri Sport Essex	V	
24	08:24	Ian O'Neill	Shaftesbury CC	V	24:03
25	08:25	Matthew Saunders	Team Vision Racing - Silverhook	V	10:46
26	08:26	Morgan Saunders	Hart Performance Coaching	J	14:30
27	08:27	Simon Ginger	Shaftesbury CC	V	21:44
28	08:28	Steve Grainger	**Tri Sport Essex	V	
29	08:29	Andrew Wenham	Shaftesbury CC	V	17:57
30	08:30	Nic Pillinger	St Neots CC	V	8:54
Road Bikes					
No	Start	Name	Club	Cat	Hcap
31	08:31	Chris Cowell	Shaftesbury CC	S	*
32	08:32	Sarah Wenham	Shaftesbury CC	WV	38:07
33	08:33	Graham Bailes	**Tri Sport Essex	V	
34	08:34	Mark Thurlow	Shaftesbury CC	V	30:56
35	08:35	Mark Hodgson	**Tri Sport Essex	V	
36	08:36	Peter Connolly	**Tri Sport Essex	S	
37	08:37	Ramsey Kechacha	Shaftesbury CC	S	23:30
38	08:38	Nick Boyle	Chelmer CC	V	18:57
39	08:39	Patrick Ellerbeck	St Neots CC	V	16:54

** = Club not affiliated to ECCA. Rider(s) not eligible for awards
* in Hcap column = Rider with no previous qualifying PB's