

# **Elite CC (SPOCO SE)**

## **10 Mile TT**

**03/06/2023 15:00**

**E91/10**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.





## **Headquarters**

Leaden Roding Village Hall CM6 1RB

## **Route from HQ to start**

## **Course details**

START (GR 593136) 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 through Aythorpe Roding to turn at roundabout at junction with Clopton Hall Lane (5.5m). Retrace to FINISH (GR 593152) opposite E.P.20 (EP is behind hedge in field) which is 15 Kerb joints north of speed restriction sign North of Aythorpe Roding Village.



## Local regulations

### LONDON EAST LOCAL REGULATIONS

#### 4.5 All Courses Starting or Finishing on a Clearway

No vehicles may be parked at the start or finish, which is on a clearway, nor on the verges adjacent.

#### 4.6 All E91 Courses

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 All Courses in L.E. Area

**4.8.1** Marshals placed to direct competitors off the main carriageway **MUST NOT** stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

**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 (NOTE: This applies to all events including club events and it is recommended that someone is designated to act as a judge at the start and at the finish - do not rely on the Timekeepers).

**4.8.3** Body numbers to be situated at the event headquarters, for ALL open, semi-open and Association events.

**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 the London East District.

**4.8.5** Riders are reminded that dropping litter(such as energy gel wrappers) is a criminal offence & offenders will be liable to disciplinary action by the District Committee

**4.8.6** **"IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. ALL Juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet"**

No rider shall be permitted to start without a working front and rear light, either flashing or constant, fitted in a position visible to other road users and is active whilst the machine is in use

## Organiser contact details

Jeremy Collinson  
6 Conrad Close Grays



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## **Time keepers/officials**

Timekeepers: Trevor Pedley and Tim Groves

## **Course records**

### **Solo Male**

00:20:02

Colin Ward

01-Jun-19 | Elite CC (SPOCO SE)

### **Solo Female**

00:22:44

Helen McKay

01-Jun-19 | Elite CC (SPOCO SE)

### **Solo Male (Junior)**

00:24:08

James Wicks

04-Jun-22 | Elite CC (SPOCO SE)

### **Solo Female (Junior)**

00:28:07

Eleanor Bolton

02-Oct-21 | API Metrow

### **Tandem**

00:22:11

Adam Hardy, Jacob Hardy

15-Jul-18 | ecca (tandems)(ecca clubs only)

### **Team TT**

00:21:02

David Harding, Peter Harding

23-Jun-18 | victoria cc (all ages)(2-up tt)(points league 2 of 4)(fee per rider)(Inc VTTA East Anglia)

## **Awards/prizes**

1st Male £25



2nd Male £20

3rd Male £15

1st lady £25

## **NOTES TO COMPETITORS:**

### 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



# Startsheet

## Elite CC (SPOCO SE)

Start Number	Start Time	Rider	Club	Gender	Category
1	15:01:00	Thomas Hewins	Lea Valley CC	male	Vet
2	15:02:00	Peter Tibbitts	Ford CC	male	Vet
3	15:03:00	Stephen Watson	Hertfordshire Whs	male	Vet
4	15:04:00	Kevin Whelan	Bishop's Stortford CC	male	Vet
5	15:05:00	Gary Record	West Kent RC	male	Senior
6	15:06:00	Andrew Wenham	Shaftesbury CC	male	Vet
7	15:07:00	Geoff Bores	Ford CC	male	Vet
8	15:08:00	Simon Constable	Basildon CC	male	Vet
9	15:09:00	Alex Elferink	East London Velo	male	Vet
10	15:10:00	Matthew Saunders	Team Vision Racing - Silverhook	male	Vet
11	15:11:00	Richard Mellor	Team Bottrill	male	Vet
12	15:12:00	Philip Hodey	Shaftesbury CC	male	Vet
13	15:13:00	Simon Ginger	Shaftesbury CC	male	Vet
14	15:14:00	Rob Chaplin	East London Velo	male	Vet
15	15:15:00	Murat Ozdenya	Team Vision Racing - Silverhook	male	Vet
16	15:16:00	Morgan Saunders	Hart Performance Coaching	male	Junior
17	15:17:00	Paul Gribbon	Southend Wheelers	male	Vet
18	15:18:00	Brian Martin	Ciclos Uno	male	Vet
19	15:19:00	Giovanni Sechi	Athlon CC	male	Vet
20	15:20:00	Paul Turton	Team Vision Racing - Silverhook	male	Vet
21	15:21:00	Louise Robinson	Essex Roads CC	female	Vet
22	15:22:00	Graham Lawrenson	Hainault RC	male	Vet
23	15:23:00	Carl Bond	Kenton RC	male	Vet
24	15:24:00	Ian Damant	Becontree Wheelers CC	male	Vet
25	15:25:00	Dan Jenkins	Hart Performance Coaching	male	Vet
26	15:26:00	Thomas Platts	Ford CC	male	Senior
27	15:27:00	Tony Capon	Becontree Wheelers CC	male	Vet
28	15:28:00	Jan Harvey	Southend Wheelers	female	Vet
29	15:29:00	Peter Harding	Chelmer CC	male	Vet