

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

07974 292921

01375 378124

jezc@mac.com

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 ttt)(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 |