

EASTERN COUNTIES



CYCLING ASSOCIATION

25 miles Time Trial

for Solos and Tandems

to be held on

Sunday 4th September 2022

Course E9/25 Revised ~ Start at 8.00 am

Timekeeper

Trevor Pedley / Ian Taylor

Awards

MEN 1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd: ECCA Medal.

WOMEN: 1st: Boxed Medal. 2nd: ECCA Gilt Medal.

TEAM: 1st Team of Three: ECCA Gilt Medals.

HANDICAP: 1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd: ECCA Medal.

Only members of ECCA affiliated clubs are eligible for awards

Event Headquarters

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

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

COURSE DETAILS E9/25 Revised

Grid References Start: TL67700756 Finish: TL67470759

Interactive map: 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 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.

There is a Charity/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.

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.

NOTES

HQ Parking: There is plenty of parking in the Meteor Way Car Park next to HQ. Parking is free of charge on Sunday's.

Start Parking: Strictly no parking at the start or finish. There is limited parking on Old Roxwell Road but the recommendation is to park in Meteor Way and ride to the start. The route to the start can be downloaded here... <https://www.strava.com/routes/2999371579412029254>

Sign on / Sign out: Collect numbers at the Chelmer HQ from 6:30am.

Post Race: There will be a real time results board as well as refreshments and a wide range of cakes. All drinks are free, cakes will be £1.50 each, we can accept payment by cash or card.

Solos						
No	Start	Name	Club	Cat	Hcap	PB
1	08:01	Leah Brook	Shaftesbury CC	WV	29:26	1:11:32
2	08:02	Sean McDougall	Icknield RC	V	17:27	58:41
3	08:03	Andrew Merchant	Southend Wheelers	V	20:37	1:02:05
4	08:04	Tony Meader	Eagle Road Club	V	25:12	1:07:00
5	08:05	Tim Phillips	**Team Catenary	V		53:01
6	08:06	Jim Moffatt	**CC Luton	V		55:44
7	08:07	James Simmons	**Trisport Epping	S		1:01:00
8	08:08	Phil Laing	Lea Valley CC	V	24:11	1:05:54
9	08:09	John Harrison	Shaftesbury CC	V	25:51	1:07:41
10	08:10	Rob Young	Team Vision Racing - Silverhook	V	9:24	50:04
11	08:11	Ian Braybrook	Basildon CC	V	13:50	54:49
12	08:12	Stephen Murphy	Shaftesbury CC	V	16:58	58:10
13	08:13	Geoff Bores	Ford CC	V	20:49	1:02:18
14	08:14	Martin Meades	Ciclos Uno	V	25:12	1:06:59
15	08:15	Matthew Saunders	Team Vision Racing - Silverhook	V	10:46	51:32
16	08:16	Scott Beard	Shaftesbury CC	V	14:30	55:32
17	08:17	Tony Summers	Chelmer CC	V	15:52	56:59
18	08:18	Jan Harvey	Southend Wheelers	WV	23:15	1:04:54
19	08:19	Alice Elwood	CC London	W	34:40	1:17:08
20	08:20	Samuel Thienel	Hart Performance Coaching	S	8:55	49:33
21	08:21	Wolfgang Emmerich	London Phoenix CC	V	12:17	53:09
22	08:22	Henry Taysom	**Ex Machina	S		57:25
23	08:23	Simon Ginger	Shaftesbury CC	V	22:16	*1:03:51
24	08:24	Damien Foy	6AM Cycling	V	24:42	1:06:27
25	08:25	Nicholas Knight	Hart Performance Coaching	V	10:35	51:20
26	08:26	Alex Warburton	**Velo Schils Interbike RT	S		55:24
27	08:27	Rob Moore	Shaftesbury CC	V	17:56	59:12
28	08:28	Karen Aylen	Maldon & District CC	WV	21:28	1:03:00
29	08:29	Simon Macfeeters	Colchester Rovers CC	V	25:40	*1:07:30
30	08:30	Paul Pardoe	Peterborough CC	V	8:32	49:08
31	08:31	Graeme Garner	Essex Roads CC	V	12:15	53:07
32	08:32	Julia Freeman	Easterley Road Club	WV	16:26	57:36
33	08:33	David Hodsman	**Dulwich Paragon CC	S		1:01:19

34	08:34	Paul Gribbon	Southend Wheelers	V	24:31	1:06:16
35	08:35	Terry Garlinge	Easterley Road Club	V	10:27	51:11
36	08:36	Bryan Long	**VTTA (East Anglia Group)	V		55:05
** = Club not affiliated to ECCA. Rider(s) not eligible for awards PB's preceded by * have been calculated from 10 miles PB's for handicapping						

Tandem				
No	Start	Name	Club	Cat
37	08:37	David Shannon Richard May	**Islington Cycling Club	V V
** = Club not affiliated to ECCA. Riders not eligible for awards				