



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

The START SHEET for the East Anglia VTТА 10 mile Individual & Tandem Time Trials

East Anglian VTТА (70 riders)(Preference to 40 VTТА members)

Course E91/10. Thursday 22nd June Starts at 19:31

Riders please:

Extreme care when in High Roding village.

Special respect to users of school entrance.

The turn at the roundabout is very tight with a poor surface.

HQ

AYTHORPE RODING COMMUNITY HUB
Aythorpe Roding Village Hall Dunmow Road
Aythorpe Roding
CM6 1PS

Will be open from 18:00 **please absolutely no cleats inside hall!**

Course Details (E91/10)

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.

Route from HQ to start

Turn left out of Village Hall - towards Leaden Roding (start at lay-by at school entrance)

Local regulations

Please note that for 2018 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.

Local Regulation No. 1 - No U turns should be made in sight of the start or finish areas while riding on the public highway.

Local Regulation No. 2 - Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.

Local Regulation No. 3 - No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points

Rear Cycle Lights No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Front Cycle Lights: No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
Helmets: All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

On finishing the race, riders should not stop at the finish and try to avoid loitering at the HQ or parking areas but sign out promptly and leave the race as soon as possible.

Results will be published on the relevant websites once all are confirmed.

Organiser Contact Details

Harry Moore
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harry_louise@btinternet.com

Time keepers/officials

Time keepers Tim & Wally 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)
00:21:38
Benedict Walker
11-Jun-23 | ECCA (Preference to members of ECCA affiliated clubs)

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)