

EASTERN COUNTIES



CYCLING ASSOCIATION

# 10 miles Time Trial

to be held on

## Sunday 11th June 2023

### Course E91/10 ~ Start at 8.00 am

Timekeepers

Tim Groves & Wally Groves

#### Awards

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

WOMEN: 1st: Boxed Medal.

ROAD BIKE: 1st: Boxed Medal. 2nd: Gilt Medal.

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

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

**Only members of ECCA affiliated clubs are eligible for awards**

Event Headquarters

Leaden Roding Village Hall, Stortford Road, Leaden Roding, CM6 1QX

**Event Secretary:** Stewart Fung, 1 The Copse, Bannister Green, Felsted, Essex. CM6 3NP

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#### COURSE DETAILS E91/10

Grid References Start: TL59371367 Finish: TL59221513

Interactive map: [https://www.easterncounties.org.uk/maps.html?E91\\_10](https://www.easterncounties.org.uk/maps.html?E91_10)

**START** 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 (M) at junction with Clapton Hall Lane (5.5m). Retrace to **FINISH** opposite EP20, EP is behind hedge in field, which is 15 kerb joints north of speed restriction sign for Aythorpe Roding Village.

*In case of roadworks and traffic lights we may need to use the alternative E91/10b course.*

#### COURSE DETAILS E91/10b

Grid References Start: TL60761147 Finish: TL61861097

Interactive map: [https://www.easterncounties.org.uk/maps.html?E91\\_10b](https://www.easterncounties.org.uk/maps.html?E91_10b)

**START** at Give Way sign in lane from High Easter just before the Four Wantz cross-roads at Margaret Roding. Turn left onto A1060 and continue to circle roundabout at junction of A1060/Lordship Lane, Writtle. Retrace to **FINISH** at a point 392 yards past 'Peppers Green' sign and 15 yards before signpost to 'The Easters'. **Note: the Start is 2 miles from the Race HQ.**

**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 LIGHTS - NO RIDE**

#### LONDON EAST LOCAL REGULATIONS

Competitors are not allowed to warm up along the B184 between Aythorpe Roding VH and Great Dunmow prior to or during the event.

No 'U' turns are allowed within sight of either the start or finish points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and to further disciplinary action by the District Committee.

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.

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, other than timekeepers.

Headquarters opens 7.00am. Please park sensibly and be mindful of local residents and keep any noise to a minimum!

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

All competitors are now required to personally sign the signing-out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

**\*\*\* Please take Extreme care when riding through High Roding village due to parked vehicles and residential exits \*\*\***

### Road Bike Category

The road bike category has a consistent and simple set of rules nationwide:

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels
- Both front & rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

For full details of future ECCA events and results of past events and the season long competitions, go to [www.easterncounties.org.uk](http://www.easterncounties.org.uk) where you will find this information plus lists of officials and member clubs. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

### Tandem

No	Start	Name	Club/Team	Cat	Hcap	PB
9	08:09	Patrick Osborne	Becontree Wheelers CC	V		
9	08:09	Bradley Osborne	Becontree Wheelers CC	S		

### Road Bikes

No	Start	Name	Club/Team	Cat	Hcap	PB
10	08:10	Caroline Wyke	CC Sudbury	WV	16:09	31:18
11	08:11	Mark Thurlow	Shaftesbury CC	V	13:07	28:03
12	08:12	Pete Shanney	Redbridge CC	V	*	
13	08:13	Gerard Bowlt	Shaftesbury CC	V	12:39	27:33
14	08:14	Patrick Claridge	Chelmer CC	V	11:53	26:43
15	08:15	Paul Hennigan	Lea Valley CC	V	*	
16	08:16	Alex Warburton	Team Vision Racing - Silverhook	S	6:57	21:26

\* = no PB set for this distance

### Solos

No	Start	Name	Club/Team	Cat	Hcap	PB
17	08:17	Peter Tibbitts	Ford CC	V	8:39	23:16
18	08:18	Ian O'Neill	Shaftesbury CC	V	10:06	24:49
19	08:19	Antonio Paolino	Essex Roads CC	V	13:53	28:52
20	08:20	Rob Young	Shaftesbury CC	V	5:24	19:47
21	08:21	Richard O'Rourke	Team Vision Racing - Silverhook	V	5:47	20:11
22	08:22	Morgan Saunders	Hart Performance Coaching	J	8:02	22:36
23	08:23	Jonathan Whitwam	Shaftesbury CC	V	9:29	24:09
24	08:24	William Bell	**Stortford Tri	S	11:22	26:10
25	08:25	William Taylor	**Go Fast Turn Left	S	5:43	20:07
26	08:26	Benedict Walker	Lee Valley Youth CC	J	7:40	22:12
27	08:27	Philip Hodey	Shaftesbury CC	V	8:38	23:14
28	08:28	Stephen Watson	**Hertfordshire Whs	V	9:56	24:38
29	08:29	Alan Harvey	Finsbury Park CC	V	13:43	28:41
30	08:30	Peter Harding	Chelmer CC	V	5:22	19:44
31	08:31	Matthew Saunders	Team Vision Racing - Silverhook	V	5:45	20:09
32	08:32	John Curtin	Hitchin Nomads CC	V	7:57	22:31
33	08:33	Simon Ginger	Shaftesbury CC	V	9:44	24:25
34	08:34	Brian Martin	Ciclos Uno	V	10:31	25:16
35	08:35	Nicholas Knight	Hart Performance Coaching	V	5:36	19:59
36	08:36	Richard Mellor	**Team Bottrill	V	7:21	21:52

Continued on next page.

### Solos

No	Start	Name	Club/Team	Cat	Hcap	PB
37	08:37	Susan Triplow	CC Sudbury	WV	8:20	22:55
38	08:38	Chris Connelly	North Essex Velo	V	9:20	24:00
39	08:39	Claire Lee	Shaftesbury CC	WV	13:30	28:27
40	08:40	David Harding	Chelmer CC	V	5:15	19:37
41	08:41	Michael Schofield	Verulam CC	V	5:44	20:08
42	08:42	Tom Bishop	**Walden Velo	V	7:56	22:30
43	08:43	Miles Taylor	Redbridge CC	V	8:49	23:26
44	08:44	Geoff Fletcher	Shaftesbury CC	V	10:29	25:13
45	08:45	David Halliday	**Team Bottrill	S	5:25	19:48
46	08:46	Dean Lubin	Team Vision Racing - Silverhook	V	7:29	22:01
47	08:47	Daniel Shanney	Redbridge CC	S	8:15	22:50
48	08:48	Phil Bailey	Loose Cannon's Conditioning	V	9:32	24:12
49	08:49	Julian Boulter	Eagle Road Club	V	11:39	26:28
50	08:50	Samuel Thienel	Elysium Kalas Race Team	S	5:03	19:24

\*\* = Club not affiliated to ECCA. Rider(s) not eligible for awards.