

Hainault RC (2-up TTT)(fee per rider)

16/10/2022 09:00

E91/25

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



Headquarters

Leaden Roding Village Hall

Stortford Rd, Leaden Roding, Dunmow CM6 1QX

Opens for signing in just after 08:00

Route from HQ to start

Proceed East from HQ along the A1060 until left turn at RAB, then approx 200m to lay-by outside school

Course details

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 north through aythorpe roding to circle roundabout at junction with clopton hall lane (m) (5.5m). retrace to leaden roding sign opposite start (11m), care when joining a1060 (m) at roundabout, pass through margaret roding, to circle roundabout at junction a1060 / lordship road, writtle (m) (18.2m). retrace to leaden roding to finish, 370 yards before, south of, a1060/b184 junction, opposite a field entrance 20 yards north of sign 'beware deer, bends for 1 mile'.

Local regulations

1. WARMING UP – Competitors are not allowed to warm up along the B184 between the Leaden Roding Village Hall and Great Dunmow, beyond the Start Line, prior to or during an event, or any part of the designated course once the event has started; the High Easter Road or A1060 Westbound provide a nearby warming up opportunity.
2. “U” TURNS – are not allowed within sight of either the start or finish points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the London East District.
3. STATIC TRAINERS - In respect of consideration for local residents, the use of static trainers is prohibited for morning events held in the London East District

Organiser contact details

John Witchell
100 Brentwood Road Ingrave Brentwod
07455 888929

johnwitch100@gmail.com

Time keepers/officials

Timekeeper Mr. John Cottee

Course records

Solo Male

00:32:10

Rob Young

14-Apr-17 | ecca(ecca clubs only)

Solo Female

00:37:46

Anna Dearing

14-Apr-17 | ecca(ecca clubs only)

Team TT

00:34:06

Terry Garlinge, Julia Freeman

14-Apr-17 | ecca (2-up tt)(ecca clubs only)(fee per rider)

Awards/prizes

| | |
|---|---------------|
| 1st Club Team..... | £20.00 |
| 1st Composite Team..... | £20.00 |
| Fastest Mixed Sex Team..... | £20.00 |
| Fastest Ladies Team..... | £20.00 |

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

Hainault RC (2-up TTT)(fee per rider)

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|--------------------|------------------------------------|--------|----------|
| 1 | 09:02:00 | Graham Lawrenson | Hainault RC | male | Vet |
| 2 | 09:02:00 | Stephen Britz | Hainault RC | male | Senior |
| 3 | 09:04:00 | Elsbeth Knott | Colchester Rovers CC | female | Vet |
| 4 | 09:04:00 | Thomas Jodi | Colchester Rovers CC | female | Senior |
| 5 | 09:06:00 | James Bromley | Hart Performance Coaching | male | Vet |
| 6 | 09:06:00 | Paul Hart | Hart Performance Coaching | male | Vet |
| 7 | 09:08:00 | Richard Barker | Lea Valley CC | male | Vet |
| 8 | 09:08:00 | Matthew Hardcastle | 6AM Cycling | male | Vet |
| 9 | 09:10:00 | Jamie Dicks | Metropolitan Police Cycle Club | male | Vet |
| 10 | 09:10:00 | Adam Lowe | Metropolitan Police Cycle Club | male | Vet |
| 11 | 09:12:00 | Barry Neal | Ciclos Uno | male | Vet |
| 12 | 09:12:00 | Martin Meades | Ciclos Uno | male | Vet |
| 13 | 09:14:00 | Adrian Tovey | Maldon & District CC | male | Vet |
| 14 | 09:14:00 | Mark McGee | Maldon & District CC | male | Vet |
| 15 | 09:16:00 | Terry Garlinge | Easterley Road Club | male | Vet |
| 16 | 09:16:00 | Julia Freeman | Easterley Road Club | female | Vet |
| 17 | 09:18:00 | Alex Carley | Harworth and District Cycling Club | male | Senior |
| 18 | 09:18:00 | Alexander Speirs | Harworth and District Cycling Club | male | Senior |
| 19 | 09:20:00 | Stuart Hourigan | VeloRefined Rule 5 | male | Vet |
| 20 | 09:20:00 | Kevin Tye | VeloRefined Rule 5 | male | Vet |
| 21 | 09:22:00 | David Rosa Casado | GFTL | male | Vet |
| 22 | 09:22:00 | Lincon Rodrigues | GFTL | male | Vet |
| 23 | 09:24:00 | Karen Aylen | Maldon & District CC | female | Vet |
| 24 | 09:24:00 | Stephen Murphy | Shaftesbury CC | male | Vet |
| 25 | 09:26:00 | Thomas Shanney | Redbridge CC | male | Senior |
| 26 | 09:26:00 | Daniel Shanney | Redbridge CC | male | Senior |
| 27 | 09:28:00 | Timothy Torrie | trainSharp Development Team | male | Senior |

| Start Number | Start Time | Rider | Club | Gender | Category |
|---------------------|-------------------|--------------|------------------------|---------------|-----------------|
| 28 | 09:28:00 | Ian Short | Team Salesengine.co.uk | male | Vet |
| 29 | 09:30:00 | Alex Pearson | Woolwich CC | male | Vet |
| 30 | 09:30:00 | Nick Elson | Woolwich CC | male | Vet |