

Event promoted for and on behalf of Cycling Time Trials under its rules and regulations



Start Sheet for 25 miles Time Trial

for Solos, Road Bikes and 2-up TTT

to be held on

Friday 29th March 2024
Course E6/25 ~ Start at 8.00 am

Timekeepers

Trevor Pedley and Peter Smith

Awards

SCRATCH:	1st: Boxed Medal. 2nd: ECCA Gilt Medal.
FEMALES:	1st: Boxed Medal.
TEAM:	1st Team of Three: ECCA Gilt Medals.
ROAD BIKES:	1st: Boxed Medal. 2nd: ECCA Gilt Medal.
HANDICAP:	1st: Boxed Medal. 2nd: ECCA Gilt Medal. 3rd: ECCA Medal.
2-up TTT:	1st Team: ECCA Gilt Medals. 2nd Team: ECCA Medals.
Only members of ECCA affiliated clubs are eligible for awards	

Event Headquarters

Hatfield Heath Village Hall, Stortford Rd, Hatfield Heath, CM22 7DU

Event Secretary: Leonard Gordon, 7 Cambridge Close, Langdon Hills, Basildon, Essex. SS16 6UW
Mobile: 07807 839204 Email: <mailto:lengordon55@gmail.com>

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. The website will always be up to date and should be your "go to" site for the latest information. You will also see details of The Bolton Fund which can provide financial assistance for riders in member clubs to achieve certain cycling ambitions.

If your club is not affiliated and is within one of our relevant districts why not affiliate. Not only do we promote a comprehensive time trials programme but we also have road races, circuit races and a grass track meeting and our collection of wonderful trophies is extensive. Full details are on the website.

For those worried about the marshalling requirements note that the duties reflect rider participation and that we now pay each marshal £20 towards their expenses. With many of the smaller clubs finding it difficult to promote races because of the lack of helpers, the ECCA offers a solution by promoting many races which only require a club to provide a small number of marshals throughout the year. It would be a shame to lose those races because clubs and their members are unwilling to help.

COURSE DETAILS E6/25

Grid References Start: TL50601512 Finish: TL52651493

Interactive map: https://www.questronics.co.uk/maps.html?E6_25

START at paint mark in Sawbridgeworth road adjacent to (East of) motorway bridge, one mile from Hatfield Heath village hall. Proceed towards and through Hatfield Heath and continue on A1060 through White Roding to Leaden Roding (6.2m), right at Mini Roundabout (Keep to the left of marked circle) and follow A1060 to roundabout at Lordship Road, Writtle, where **TURN** (Care) (13.2m) and retrace outward route to Hatfield Heath and **FINISH** past Church and 3 yards after corner of Green (25.0m).

Your Safety

At the roundabout turns you should NOT enter the roundabout if the way is not clear; you MUST give way to any vehicle from the right and give a clear signal as to your intended route.

RIDERS' NOTES

No parking at either the start or finish, other than timekeepers.

Parking is available at the Event H.Q. Please park sensibly and avoid blocking the pathways and entrance.

To get to the start from the hall turn right out of the hall car park and stay on Sawbridgeworth Road for about one mile to where the road goes under the M11. Cross the road with care as the start is on the other side of the road just outside of the motorway bridge on the side nearest the village hall.

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.

Free drink will be available in exchange for your number.

NATIONAL REGULATIONS**Regulation 15**

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.

Regulation 14 (j) and (k)

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

Regulations 13 (a) & 27(d)

Riders are reminded that you MUST notify of any improvement in your PBs. Failure to do so will disqualify you from the handicap awards. The event has been handicapped using the ECCA Handicapping System. Solos and Road Bikes both count.

LONDON EAST REGULATIONS

4.5.1 A competitor must not warm up on any part of the course after the event has started. Any competitor doing so shall be disqualified from the event and may face further disciplinary action.

4.6.2 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.

4.6.4 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.

4.6.5 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.

Road Bikes

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

*** H'cap indicates rider with no times in current and past 3 seasons with a predicted PB**

No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
1	08:01	Benjamin Usher	Newhall CC	S	RB	*	1:20:00
2	08:02	Kevin Coombes	Harlow CC	V	RB	29:25	1:11:31
3	08:03	Terri Wiley	Newhall CC	F	RB	*	1:10:00
4	08:04	Joseph Chapman	Crescent Wheelers CC	V	RB	*	1:07:35
5	08:05	Tim Simpkins	Newhall CC	V	RB	26:41	1:08:35
6	08:06	Julian Boulter	Eagle Road Club	V	RB	24:46	1:06:32
7	08:07	Ruth Stapleton	Newhall CC	FV	RB	23:03	1:04:41
8	08:08	Jon Melson	**Maldon & District CC	V	RB		56:32
9	08:09	Slawomir Puklo	Newhall CC	V	RB	18:33	59:52
10	08:10	Nick Boyle	Chelmer CC	V	RB	18:57	1:00:18
11	08:11	Jamie Bishop	Newhall CC	V	RB	21:23	1:02:54
12	08:12	Luke Walton	**Elevate RT	S	RB		54:23
13	08:13	James Jenkins	Hart Performance Coaching	S	RB	6:19	46:46

Solos							
** = Club not affiliated to ECCA. Rider(s) not eligible for awards							
* H'cap indicates rider with no times in current and past 3 seasons with a predicted PB							
No	Start	Name	Club/Team	Cat	Bike	H'cap	PB
14	08:14	Louise Kedge	Newhall CC	F	TT	32:18	1:14:36
15	08:15	Antonio Paolino	Essex Roads CC	V	TT	32:13	1:14:31
16	08:16	Elanor Cadzow	**Welwyn Whs	F	TT		1:12:30
17	08:17	Jennie Pennington	Southend Wheelers	FV	TT	*	1:09:28
18	08:18	William Bell	**Stortford Tri	S	TT		1:08:09
19	08:19	Kelvin Cuffy	Southend Wheelers	S	TT	*	1:05:00
20	08:20	Andrew Bowler	**Reading CC	V	TT		1:04:05
21	08:21	Douglas Tulett	**Thanet RC	Y	TT		1:03:30
22	08:22	Steven Phillips	Verulam CC	V	TT	21:34	1:03:06
23	08:23	Karen Ayles	**Maldon & District CC	FV	TT		1:03:00
24	08:24	Ramsey Kechacha	Shaftesbury CC	S	TT	19:49	1:01:13
25	08:25	Ann Shuttleworth	Cambridge CC	FV	TT	19:27	1:00:50
26	08:26	James Wood	West Suffolk Wheelers	V	TT	17:45	59:01
27	08:27	Michael Beaver	Athlon CC	V	TT	17:32	58:47
28	08:28	Dean Lubin	Team Vision Racing - Silverhook	V	TT	16:14	57:23
29	08:29	Paul Looke	Shaftesbury CC	V	TT	16:04	57:12
30	08:30	Michael Martin	CC Ashwell	V	TT	13:19	54:16
31	08:31	Dan Jenkins	Hart Performance Coaching	V	TT	12:41	53:35
32	08:32	Ian Short	CC Sudbury	V	TT	12:40	53:34
33	08:33	David Glossy	Elysium Kalas Race Team	V	TT	11:54	52:44
34	08:34	David Pennington	Southend Wheelers	S	TT	11:41	52:31
35	08:35	Paul Turton	Team Vision Racing - Silverhook	V	TT	10:54	51:40
36	08:36	Alfie Salmon	Hart Performance Coaching	E	TT	10:49	51:35
37	08:37	Matthew Saunders	Team Vision Racing - Silverhook	V	TT	10:46	51:32
38	08:38	Nicholas Knight	Hart Performance Coaching	V	TT	10:33	51:18
39	08:39	Samuel Thienel	Elysium Kalas Race Team	S	TT	8:55	49:33

2-up TTT						
** = Club not affiliated to ECCA. Rider(s) not eligible for awards						
No	Start	Name	Club	Cat	Bike	PB
41	8:41	Matthew Currie	Athlon CC	S	RB	1:02:18
42		Sam Swaysland		S	RB	
43	8:43	George Fordham	Athlon CC	S	RB	1:02:00
44		Jamie Hinton		V	RB	
45	8:45	Murat Ozdenya	Team Vision Racing - Silverhook	V	TT	53:30
46		Richard O'Rourke		V	TT	52:14
47	8:47	Julia Freeman	Easterley Road Club	FV	TT	57:36
48		Terry Garlinge		V	TT	52:11
49	8:49	Alex Purcell	CC Sudbury **Haverhill Cycling Club	S	RB	51:26
50		Kevin Silvain		V	RB	1:01:11
51	8:51	Peter Tibbitts	Ford CC	V	TT	59:24
52		Thomas Platts		S	TT	59:55