



HAINAULT ROADS CLUB

OPEN 25 MILE 2 UP TIME TRIAL
(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

SUNDAY 8th OCTOBER 2023 at 09.00 hrs.

Leaden Roding Village Hall, Stortford Rd, Leaden Roding, Dunmow CM6 1QX

Course E91/25

Timekeeper: Trevor Pedley.
Assistant Timekeeper: Ian Taylor

Prizes

1st Club Team.....David Pennington & Dan Walsh (Southend Wheelers)
1st Composite Team.....Alex Carley (Harworth & District) & Alex Speirs (TAAP Endura)
Fastest Club Mixed Team.....Terry Garlinge & Julia Freeman (Easterley Road Club)
Fastest Club Ladies Team.....Ruth Stapleton & Terri Wiley (Harlow CC)

PRIZE GIVING:

It is our intention to hold prize giving soon after the last team finishes.

IMPORTANT EVENT NOTES:-

NUMBERS – will be available from the event headquarters (Leaden Roding Village Hall) which will be open from approx 08:00. These have to be signed for by each rider *personally*; these are worth a drink at the finish. On returning their number every rider must *personally* sign out. Failure to sign-off and return your number will mean your result will be shown as DNF and any prize due will not be awarded.

REFRESHMENTS – Will be provided by the Hainault RC who are extremely grateful to the Leaden Roding Village Hall for the use of their facilities for this event. Please ensure that the HQ is left neat and tidy and kindly take any litter home with you.

EXTRACTS FROM “CTT” TEAM TIME TRIAL REGULATIONS.

1. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.
2. No competitor shall be permitted to start unless they have 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.
3. No competitor shall be permitted to start unless they have 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.
4. No teams or members of teams shall take shelter from other teams or vehicles.
5. The normal formation shall be single file with the minimum amount of echelon to allow a view ahead for each rider.
6. No racing will take place between teams and/or individual riders. If one team overtakes another the onus shall be on the overtaken team to avoid such racing by dropping back if necessary.
7. Both riders in every team shall be separately responsible for keeping a continuous look out ahead, following the course and obeying all laws, road signs and Police instructions.
8. Teams containing riders from more than one Club can only compete for composite awards (CTT regulation 32b)

London East DC has requested the additional following rules and regulations for your adherence.

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

RIDERS BRIEFING NOTICE

During the event you must clearly indicate your intended route at all roundabouts and give way to traffic from your right.

You should take extreme care when travelling through High Roding village because of parked vehicles.

BE AWARE THAT BECAUSE OF A CONCURRENT 10k ROAD RACE (RUNNING) IN THE VICINITY OF HIGH EASTER, UTTLESFORD DISTRICT COUNCIL HAVE DESIGNATED THE B184 AS A DETOUR ROUTE; AS A RESULT, THERE MIGHT BE AN INCREASED TRAFFIC VOLUME ON THE B184.

Be advised that the TURN at Clopton Hall Lane is a very tight roundabout and can be slippery if wet. In the interests of safety, riders should, after finishing, continue to ride unaccompanied and in a safe manner to the event headquarters.

Please show consideration to local residents at the start and the finish.

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.

Our Club caterer will be selling cakes and bacon rolls for you to enjoy with your complimentary drink, so bring some cash with you...NOT LARGE VALUE NOTES PLEASE!

And finally, most importantly...

Remember.....NO LIGHTS...NO HELMET.....NO RIDE!!