



# **EASTERN COUNTIES CYCLING ASSOCIATION**

## **25 Miles Time Trial Solos & 2-up TTT**

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Friday 19<sup>th</sup> April 2019 Course E91/25 ~ Start at 8.00 am

**Timekeepers: Michael Keen and Frida Wezel**

### **AWARDS SCRATCH AND HANDICAP EVENT**

#### **SOLO:**

1st: 2" Boxed Medal. 2nd: Gilt Medal. 3rd: ECCA Medal. 1st Lady: ECCA Medal.

1st Team of Three: ECCA Medals.

#### **TEAM TIME TRIAL**

1st 2-up Team: Gilt Medals.

Riders winning four or more ECCA medals in a season will be awarded a plaque rather than individual medals

#### **Event Headquarters:**

Aythorpe Roding Village Hall, Dunmow Road, Aythorpe Roding, CM6 1PT

Headquarters opens 7.00 am. If car park is full then there is more space about 100 yards further up on the other side of the road. Please park sensibly and be mindful of local residents - i.e. keep any noise to a minimum!

#### **Event Secretary:**

Gary Boyd 3 Blundell Close, Hackney, London, E8 2RS m-07792950305

#### **Course Details E91/25**

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 (GR TL59371367). 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'. (GR TL59531300)

In accordance with Regulation 15 ALL JUNIOR COMPETITORS MUST WEAR Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

## **LONDON EAST LOCAL REGULATIONS**

4.6 Warming up. Competitors are not allowed to warm up along the B184 between the Aythorpe Roding Village Hall and Great Dunmow prior to or during an event.

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

4.8.4 Static Trainers - In respect of consideration for local residents, the use of static trainers, eg: turbo trainers, is banned from all morning events held in the London East District.

### **RIDERS BRIEFING NOTES**

- Riders' body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.
- No parking at either the Start or Finish points, other than by Timekeepers
- 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 passing through High Roding village.
- 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. You may exchange your number for a drink.
- Be advised that the FIRST TURN at Clopton Hall Lane is a very tight roundabout and can be treacherous if wet.
- In the interests of safety, riders should, after finishing, continue to ride unaccompanied and in a safe manner to the HQ.
- Please show consideration to local residents at the Start and 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.