

ESSEX ROADS



CYCLING CLUB

Open 25 mile Sporting Time Trial

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

to be held on

Sunday 7th July 2019

Course E1/25d — Start at 9.00 am

Timekeepers:

Tim Groves

Awards:

Scratch: 1st – £40; 2nd – £30; 3rd £20 Lady : 1st - £20

Course Record 52:04 John Mulvey 2018

Women's Course Record 1:03:51 Anna Muir 2018

Event headquarters:

Comrades Hut, North Hall Road, Henham, Essex, CM22 6JD

No parking available for competitors at the HQ. Please park in the lane under the motorway bridge.

Event secretary: Lea Marshall, 96 Brockenhurst Way, Bicknacre, CM3 4XW – Tel 07880 616487

COURSE DETAILS E1/25d (10.2m).

START on B1383 10 yards north of the Belcham's Lane leading to Rickling Green which is 0.25m north of Chequers PH. Proceed north through Quendon & Newport, straight on at roundabout junction B1383/B1052, Littlebury, Great Chesterford to Stumps Cross roundabout where turn right onto the onto B184 and continue to Little Chesterbury roundabout (11.75m). U turn at roundabout and retrace to Stumps Cross roundabout. Turn left onto B1383 and retrace along course past start point to FINISH at centre of layby which is just past Pennington Lane and approx. 0.1m N of 32nd MS.

In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. All juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.

RIDERS BRIEFING NOTICE

Riders waiting to start and officials must stay on grass verge at Start and Finish.

Riders MUST NOT stop at Finish to check their times but continue riding back to HQ.

Riders requested to give appropriate hand signal when approaching and turning at Roundabouts. Riders must give way to traffic from right.

LONDON EAST LOCAL REGULATIONS

1 Competitors are not allowed to warm up on any part of the designated course once the event has started.

2 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 London East CTT District Committee.

3 No parking at either the start or finish points, other than the time keepers car.

4 Body numbers will be available at the event headquarters

5 Body numbers should be returned after the event and the start sheet signed in the signing-off box. Failure to do this will result in your result being marked as 'DNF'.

All riders should return to the headquarters as drug testing may be in force at this event.

Cycling Time Trials and the Event Promoter recommend the use of a flashing rear light whilst competing.

| No | Start | Name | Club | Gender | Category |
|----|-------|--------------------|-------------------------------------|--------|----------|
| 6 | 09:06 | Graham Painter | Chelmer CC | Male | Veteran |
| 7 | 09:07 | Sean O'sullivan | Eagle Road Club | Male | Senior |
| 8 | 09:08 | Dan Carter | Essex Roads CC | Male | Veteran |
| 9 | 09:09 | Julie Shuttleworth | Team Shuttle | Female | Veteran |
| 10 | 09:10 | Steve Smith | Redbridge CC | Male | Veteran |
| 11 | 09:11 | Julia Freeman | Easterley Road Club | Female | Veteran |
| 12 | 09:12 | Tony Summers | Rapha Cycling Club | Male | Veteran |
| 13 | 09:13 | Michael Macdonald | CC London | Male | Veteran |
| 14 | 09:14 | Kerry Tate | Newmarket Cycling & Triathlon Club | Female | Senior |
| 15 | 09:15 | David Warlow | Essex Roads CC | Male | Veteran |
| 16 | 09:16 | Paul Shuttleworth | Team Shuttle | Male | Veteran |
| 17 | 09:17 | Adrian Gower | Bedfordshire Road CC | Male | Veteran |
| 18 | 09:18 | David Martin | Becontree Wheelers CC | Male | Veteran |
| 19 | 09:19 | Phil Laing | Lea Valley CC | Male | Senior |
| 20 | 09:20 | Terry Garlinge | Easterley Road Club | Male | Veteran |
| 21 | 09:21 | Christopher Hudson | Essex Roads CC | Male | Senior |
| 22 | 09:22 | Lee Davies | London Dynamo | Male | Senior |
| 23 | 09:23 | Adam Mell | Essex Roads CC | Male | Veteran |
| 24 | 09:24 | Gillian Morgan | Westerley Cycling Club | Female | Veteran |
| 25 | 09:25 | Matthew Saunders | Team Vision Racing - Silverhook | Male | Veteran |
| 26 | 09:26 | Peter Tibbitts | Ford CC | Male | Veteran |
| 27 | 09:27 | Louise Robinson | Essex Roads CC | Female | Veteran |
| 28 | 09:28 | Simon Fawcett | VTTA (East Anglia Group) | Male | Veteran |
| 29 | 09:29 | Colin Clarke | Wolsey RC | Male | Veteran |
| 30 | 09:30 | Sam Wightman | Chelmer CC | Male | Veteran |
| 31 | 09:31 | Thomas Platts | Aspire Velo Racing Team | Male | Senior |
| 32 | 09:32 | Nicholas Knight | Basildon CC | Male | Veteran |
| 33 | 09:33 | Jonny Bodey | Cambridge University CC | Male | Senior |
| 34 | 09:34 | Graham Lawrenson | Hainault RC | Male | Veteran |
| 35 | 09:35 | Edward Smith | Islington Cycling Club | Male | Senior |
| 36 | 09:36 | David Halliday | Newmarket Cycling & Triathlon Club | Male | Senior |
| 37 | 09:37 | Andrew Morris | Team LDN | Male | Senior |
| 38 | 09:38 | John Manlow | Ely & District CC/B&T Motor Repairs | Male | Veteran |
| 39 | 09:39 | Barry Holderness | Essex Roads CC | Male | Veteran |
| 40 | 09:40 | David Mcgaw | Cambridge CC | Male | Veteran |

Route to the start

Turn left from the entrance of the Comrades Hut and then take the next right under the motorway bridge. Continue on this road until you reach the T-Junction. Turn right and continue on the B1383 until you reach the start.

Route back to the hut

After finishing take care crossing the road so that you can return north on the B1383. When you reach the Chequers Pub turn right and follow this road until you go under the motorway bridge. At the junction turn left to then turn right into the Comrades hut.

Road Directions

If coming South through Newport along B1383 turn left into North Hall Road. Continue on North Hall Road until you reach the right turn just after the HQ. Turn right and park in lane under Motorway Bridge.

If coming North through Stansted Mountfitchett along B1383, turn right at "Chequers" Pub, Ugley and park as above.