

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 7<sup>th</sup> July 2019

### Course E1/25d — Start at 9.00 am

*Timekeepers:*

*Awards:*

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

*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 32<sup>nd</sup> 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.