

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



Southend
Wheelers

**Norman Wells Memorial
Open 50 Miles Time Trial
Sunday 4th July 2021**

Course:	E21/50
Headquarters:	Latchingdon Village Hall
Event Secretary:	Arthur Knowler 3 Caernarvon Close Hockley Essex SS5 3XH
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Timekeepers:	John Cottee

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. All competitors under the age of 19 years on 31st December next MUST wear a properly affixed protective helmet which meets an internationally accepted safety standard.

The use of a flashing rear light is mandatory.

Riders are reminded that dropping litter, (such as energy gel wrappers or banana skins) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.

Local Regulations applying to this course:

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

4.8.3 Body numbers are to be collected from the event headquarters and must be returned there after your ride.

4.8.4 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.

Notes

The start is roughly a mile from the H.Q. so please allow plenty of time to get there.

Please do not arrive at the start more than 3 minutes before your start time.

Tillingham Village – Riders please be aware that there will be parked vehicles, as well as several hidden entrances and exits on both sides of the road through the village centre. In the middle of the village there is a paper shop which does a roaring trade. Please be aware that the locals are not always aware of oncoming cyclists and some are not at all supportive of cycle racing. Cars may well be parked oddly and the occupants may step out erratically or in front of you. **We will have a marshal by the shop in the village centre, but it remains the responsibility of riders to be aware of these hazards.**

Steeple Village – Again, it is likely that there will be cars parked on the course through the village. Additionally, towards the end of the race people will be arriving for Sunday service and may be looking for parking etc. near the church.

Please note: The cycling section of a triathlon will be running over parts of the course while our race is in progress. There will be signs out and their competitors will be riding in the opposite direction to you. Remember that it is your responsibility to follow the course and directions of our race marshals and not get distracted by theirs.

COVID-19 - It is important that you read this and follow this information.

In order for the event to proceed safely for all there are a number of restrictions that must be followed by everyone at the event:

- Please adhere to government social distancing guidelines at all times.
- No loitering at the HQ please.
- There are no changing facilities available, please come dressed, ready to race.
- Toilet facilities will be available but are restricted to one person per toilet at a time (1 male, 1 female).
- Queuing must be outside at a safe distance.
- A one-way system will be in place.
- Please remember to bring your own pen and safety pins.
- When finishing, please do not return to the finishing area or communicate with the time-keeper.
- When signing-off, please place your number into the bucket provided and leave as soon as possible.
- No results board will be available on the day and no prize presentations will take place.
- Results will be posted on line as soon as is practicable.
- Prizes will be paid electronically.
- There will be no refreshments available at HQ.

Course Description:

START By manhole cover in road 40 yards West of letter box near "Huntsman and Hounds" PH, Green Lane, Althorne. Proceed east to Asheldham, where bear LEFT (M) onto B1021. Continue via Tillingham to Bradwell "Queens Head". Turn LEFT (M) and continue via Steeple and Mayland to Latchingdon Church mini-roundabout. Turn LEFT (M) onto B1018 towards Althorne, after 1.4 miles bear LEFT (M) into Green Lane to complete one circuit.

Repeat Circuit.

Then carry on again around circuit and **FINISH** East end of lay by, just east of Mayland about 100 yards east of Mayland sign.

Prizes:

Winner: £10 and Norman Wells Trophy for 1 year
Winner Group B £5
(or A if event won by group B rider)
1st Lady Bottle of wine
Only one prize per rider

List of Competitors:

Number	Start Time	Group	Name		Club
3	07:03	B	Michael	Beaver	Athlon CC
4	07:04	A	Tony	Summers	Athlon CC
5	07:05	B	Geoff	Bores	Ford CC
6	07:06	B	Graham	Hurrell	Basildon CC
7	07:07	A	Lisa	Hurrell	Maldon & District CC
8	07:08	B	James	Bromley	Becontree Wheelers CC
9	07:09	A	Rob	Chaplin	East London Velo
10	07:10	B	Ian	Damant	Becontree Wheelers CC
11	07:11	A	Edward	Renwick	Oxford City RC
12	07:12	A	Ian	Braybrook	Basildon CC
13	07:13	B	Colin	Doe	Ford CC
14	07:14	A	Jan	Harvey	Southend Wheelers
15	07:15	B	Robert	Jones	Cardiff 100 Miles RCC
16	07:16	B	George	Turner	VTTA (London & Home Counties)
17	07:17	A	Harry	Moore	Cycling Club Hackney
18	07:18	B	Bianca	Broadbent	Birchfield Cycling Club
19	07:19	A	Peter	Tibbitts	Ford CC
20	07:20	A	Iain	Boardman	Dulwich Paragon CC