

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

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Maldon & District C.C.

Open 50 Miles Time Trial

Sunday 28th May 2023

7.00am

A qualifying event for:
BRITISH BEST ALL ROUNDER
SPOCO SE

Course:E21/50

Event Secretary:

David Dodsworth
120 Beehive Lane
Chelmsford

Essex

CM2 9SH

Tel:- 07445 479992

E-mail: doddythecyclist@yahoo.co.uk

Timekeepers:

John Cottee

Ian Taylor

*******RACE HEADQUARTERS ****

Latchingdon Village Hall

Village Hall, Burnham Road

Latchingdon, Essex

CM3 6EU

What3words : holly.firm.newlywed

Prizes:

Group A: 1st £15 2nd £10

Group B: 1st £15 2nd £10

1st Lady £15

1st Road bike £10

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. (18M). Repeat circuit (36.01M). Then carry on again around circuit and FINISH East end of layby, just east of Mayland about 100 yards east of Mayland sign.

NOTES

Event HQ is back at Latchingdon Village Hall.

The course is basically 2.66 laps of an 18 mile circuit and is mostly flat with one short sharp (12%) 200m climb to be negotiated 3 times (at approx. 1.5, 19.5 and 37.5 miles).

Directions to the start from the hall

Turn right out of the village hall, you are now on the course.

Follow the road for approx. 1.3 miles.

As the road turns sharp right take the left to go straight on and you are at the start.

The start is approximately 1.3 miles from the HQ, so please allow plenty of time to get there.

At the start, please observe below mentioned local regulation regarding u-turns. Riders starting towards the end of the field need to be aware that early riders will be completing their first lap and passing through the start area while they are still awaiting their start. If waiting for your start, please queue in single file.

The finish is approximately 2.7 miles from the hall. Continue through the finish and follow the circuit back to the HQ.

Course Condition

- **The course is in reasonable condition but there are a few potholes and bumps to watch out for. Keep your head up!**
- **Particularly bad potholes in Tillingham village.**
- **Tillingham and Steeple Villages - Riders please be aware that both villages (especially Tillingham) have parked vehicles on both sides of the road, as well as several hidden entrances and exits on both sides of the road.**

The following local regulations are in place:

- 4.8.2 No U turns within sight of the start and finish areas. Any riders carrying out the dangerous manoeuvres are liable for “disqualification from the event and further disciplinary action from the district committee.”
- 4.8.3 Body numbers will be at the event HQ.
- 4.8.4 In respect of consideration for local residents’ static trainers (e.g. turbo trainers) are banned from morning events held in the L.E. District.
- 4.8.5 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.

SIGNING IN/OUT SHEET WILL BE AT THE EVENT HQ.

PLEASE REMEMBER TO SIGN OUT.

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078..

It is MANDATORY that a working FRONT & REAR lights, either flashing or constant, are fitted to the machine in a position visible to following road users and are active whilst the machine is in use.

ADDITIONAL CONSIDERATIONS FOR COVID-19

IT IS IMPORTANT THAT YOU READ THIS FOR YOURS AND OTHERS SAFETY

- Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.
- Competitors please note that an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case.

Course records:

Solo Male

1:44:12

Colin Ward

01-Jul-18 | southend whs (spoco se)

Solo Female

2:04:44

Lauren Kirchel

02-Jun-19 | Maldon & Dist CC (SPOCO SE)

Solo Male (Junior)

2:06:42

Daniel Lord

02-Jun-19 | Maldon & Dist CC (SPOCO SE)

Solo Female (Junior)

2:32:15

Katie-Ann Elliston

01-Jul-18 | southend whs (spoco se)

No.	Start	Name	Machine	club	Gender	Catagory	Group
1	07:01	Colin White	TT Bike	Colchester Rovers CC	Male	Veteran	B
2	07:02	James Bromley	TT Bike	Hart Performance Coaching	Male	Veteran	B
3	07:03	Ian Stephens	TT Bike	Southborough & Dist. Whs	Male	Veteran	B
4	07:04	Ian Damant	TT Bike	Becontree Wheelers CC	Male	Veteran	B
5	07:05	Matthew Saunders	TT Bike	Team Vision Racing - Silverhook	Male	Veteran	A
6	07:06	Peter Tibbitts	TT Bike	Ford CC	Male	Veteran	A
7	07:07	Graham Hurrell	TT Bike	Basildon CC	Male	Veteran	A
8	07:08	Paul Gribbon	TT Bike	Southend Wheelers	Male	Veteran	B
9	07:09	Ben Newman	TT Bike	North Essex Velo	Male	Veteran	B
10	07:10	Paul Turton	TT Bike	Team Vision Racing - Silverhook	Male	Veteran	A
11	07:11	Richard Parrotte	TT Bike	Shaftesbury CC	Male	Veteran	A
12	07:12	Geoff Bores	TT Bike	Ford CC	Male	Veteran	A
13	07:13	Mark McGee	TT Bike	Maldon & District CC	Male	Veteran	B
14	07:14	Karen Aylen	TT Bike	Maldon & District CC	Female	Veteran	B
15	07:15	Keke Orth	TT Bike	Maldon & District CC	Male	Senior	A
16	07:16	Adam French	TT Bike	North Essex Velo	Male	Senior	A
17	07:17	George Turner	TT Bike	VTTA (London & Home Counties)	Male	Veteran	A
18	07:18	Katie Simmonds	TT Bike	Horsham Cycling	Female	Senior	B
19	07:19	Malcolm Strickland	Road Bike	CC Bexley	Male	Veteran	B
20	07:20	Andrew Turnock	TT Bike	Finsbury Park CC	Male	Veteran	A
21	07:21	Dan Jenkins	TT Bike	Hart Performance Coaching	Male	Veteran	A
22	07:22	Dominic Bray	TT Bike	Finsbury Park CC	Male	Veteran	A
23	07:23	George Wakefield	TT Bike	Maldon & District CC	Male	Senior	B
24	07:24	Chris Dunn	Road Bike	API/Anglia Sport	Male	Veteran	B
25	07:25	Peter Harding	TT Bike	Chelmer CC	Male	Veteran	A
26	07:26	Dean Lubin	TT Bike	Team Vision Racing - Silverhook	Male	Veteran	A
27	07:27	Adrian Tovey	TT Bike	Maldon & District CC	Male	Veteran	A