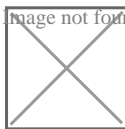


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Colchester Rovers CC (SPOCO SE) Open 50 Sun 6th Aug 2023

E7/50d Tendring Course

06/08/2023 07:00

E7/50D

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



Headquarters

Tendring Village Hall, The Street, Tendring, Essex. CO16 0BG

Car parking behind the hall, please park tidily and leave sufficient room for officials cars to arrive/depart as neccessary

Route from HQ to start

Leave HQ heading northward on B1035 toward Manningtree, start is approx 1.2 m

Course details

START GR (TM 140257) in Chapel Lane Tendring Green just before junction with B1035 proceed south on B1035 Heath Road through Goose Green and Tendring village to Thorpe green (3.33m), Left onto B1033 Colchester Road and in 195 yards turn left into Golden Lane.

Continue on Golden Lane until the junction with Harwich Road (4.42m), turn left (B1414) and continue through Beaumont-Cum-Moze to Great Oakley (8.03m) to turn left onto Wix Road, becomes Oakley Road, and continue to Wix (9.61m) where turn left onto Harwich Road.

Continue on Harwich Road and **turn right at cross roads (M)** into Bradfield Road (10.02m). Continue on Bradfield Road to Bradfield (11.78m) and turn left into Heath Road.

Continue on Heath Road, Heath Road becomes Steam Mill Road until the junction with Clacton Road (13.16m) turn left and follow Clacton Road through Horsley Cross Street to Horsley Cross RAB (M). Take 2nd exit Clacton Road and continue through Tendring Heath and Tendring Green to start point(16.3m),

Repeat circuit twice more (48.92) then continue on same route to FINISH: GR (TM 143243) in School Road Opp. pole "CP1" 70 yards before Long Lane.

Local regulations

Hard shell helmets conforming to relevant standards must be worn

Rear and front lights must be fitted and working

No helmet/lights = no ride

No static trainers to be used in HQ/car-park. Please respect village residents by keeping noise to a minimum.

Suggested warm-up area is Chapel Lane/ Wolves Hall Lane (adjacent to start)

Riders observed to have ridden dangerously will be DQ'd, marshals have been instructed to take the numbers of any such riders and will be particularly monitoring the junctions and Thorpe Green, Golden Lane and Horsley Cross

Organiser contact details

Matt Haigh
8 Sunny Point Walton-On-The-Naze
07815 052402
01255 676792
matt.haigh@btinternet.com

Time keepers/officials

Time Keepers Tim & Wally Groves

Police Notification EP18

Course records

Solo Male

1:55:31

Paul Turton

14-Aug-22 | Colchester Rovers CC (SPOCO SE)

Solo Female

2:06:56

Celia Brown

14-Aug-22 | Colchester Rovers CC (SPOCO SE)

Awards/prizes

Women £15, £10, £5

Men £15, £10, £5

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Colchester Rovers CC (SPOCO SE) Open 50 Sun 6th Aug 2023

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Colin White	Colchester Rovers CC	male	Vet
2	07:02:00	Caroline Wyke	CC Sudbury	female	Vet
3	07:03:00	Stan Daniels	Colchester Rovers CC	male	Vet
4	07:04:00	Philip Elms	Bishop's Stortford CC	male	Vet
5	07:05:00	Patrick Osborne	Becontree Wheelers CC	male	Vet
6	07:06:00	Shane Jarvis	Colchester Rovers CC	male	Senior
7	07:07:00	Ian Lomas	Godric CC	male	Vet
8	07:08:00	Gavin Mortlock	Colchester Rovers CC	male	Vet
9	07:09:00	Phil Laing	Lea Valley CC	male	Vet
10	07:10:00	James Thompson	Lea Valley CC	male	Vet
11	07:11:00	Mark Lloyd	Colchester Rovers CC	male	Vet
12	07:12:00	Ian Damant	Becontree Wheelers CC	male	Vet
13	07:13:00	Kim Grant	Colchester Rovers CC	male	Vet
14	07:14:00	James Bromley	Hart Performance Coaching	male	Vet
15	07:15:00	Karen Aylen	Maldon & District CC	female	Vet
16	07:16:00	Harry Moore	Cycling Club Hackney	male	Vet
17	07:17:00	Claire Poole	Colchester Rovers CC	female	Vet
18	07:18:00	Neal Marrin	Finsbury Park CC	male	Vet
19	07:19:00	Phil Jarvis	Colchester Rovers CC	male	Vet
20	07:20:00	Rosie Wild	Army Cycling	female	Senior
21	07:21:00	Andrew Whelan	Schils - Doltcini RT	male	Vet
22	07:22:00	Paul Gribbon	Southend Wheelers	male	Vet
23	07:23:00	Graham Hurrell	Basildon CC	male	Vet
24	07:24:00	Colin Doe	Ford CC	male	Vet
25	07:25:00	Dean Lubin	Team Vision Racing - Silverhook	male	Vet
26	07:26:00	Peter Tibbitts	Ford CC	male	Vet
27	07:27:00	Joe Skipper	Team Skipper	male	Senior