

ESSEX ROADS



CYCLING CLUB

# Open 10.2 mile Sporting Time Trial

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

*to be held on*

## Saturday 6<sup>th</sup> July 2019

### Course E1/10a — Start at 9.00 am

*Timekeepers:*

John Cottee and Peter Smith

*Awards:*

Scratch: 1<sup>st</sup> – £30; 2<sup>nd</sup> – £20; 3<sup>rd</sup> £10

Course Record 19:47 Alex Dowsett 2010

*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 E1/10a (10.2m).**

START on B1383 at green paint mark at Gully Cover 20yds south of bend sign which is North of Bus Lay-By opposite road to Saffron Walden and North of "Fighting Cocks" Public House. This is approximately 1.5 miles North of Newport. Proceed through Littlebury and Great Chesterford to turn (5.1m) at Stumps Cross Roundabout junction of B1383/A1301. Retrace along B1383 through Great Chesterford and Littlebury to FINISH at green paint mark at Gully Cover just South of white direction board and approximately 50yards South of start point.

**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 right at Stumps Cross Roundabout. 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	John Bonnyhood	CC Sudbury	Male	Veteran
8	09:08	Ian Damant	Becontree Wheelers CC	Male	Veteran
9	09:09	Peter Tibbitts	Ford CC	Male	Veteran
10	09:10	Andy Sewell	Aspire Velo Racing Team	Male	Senior
11	09:11	Richard O'rourke	Team Vision Racing - Silverhook	Male	Veteran
12	09:12	Russell Hampton	MG Cycling Team	Male	Senior
13	09:13	John Iszatt	Team Vision Racing - Silverhook	Male	Veteran
14	09:14	Kamran Ezel	Southgate CC	Male	Senior
15	09:15	Terry Garlinge	Easterley Road Club	Male	Veteran
16	09:16	Michael Martin	CC Ashwell	Male	Veteran
17	09:17	Julia Freeman	Easterley Road Club	Female	Veteran
18	09:18	Tom Bishop	Cambridge University CC	Male	Senior
19	09:19	Leigh Harvey	Shorter Rochford RT	Female	Veteran
20	09:20	Max Sahota	Team Bottrill	Male	Senior
21	09:21	Matt Meek	Aspire Velo Racing Team	Male	Senior
22	09:22	Hugo Hocknell	Team Salesengine.co.uk	Male	Veteran
23	09:23	Hugh Williams	Pro Vision Cycle Clothing	Male	Veteran
24	09:24	Stuart Payne	Ford CC	Male	Veteran
25	09:25	Murat Ozdenya	Team Vision Racing - Silverhook	Male	Veteran
26	09:26	Andy Stuart	Velo Club St Raphael	Male	Veteran
27	09:27	Bryan Long	Velo Schils Interbike RT	Male	Veteran
28	09:28	Alan Harvey	Finsbury Park CC	Male	Veteran
29	09:29	Philip Baldwin	Victoria Cycling Club	Male	Veteran
30	09:30	John Mulvey	ActiveEdge Race Team P/B Cooper/BMW Inchcape	Male	Senior

### Route to the start

Turn right out of the HQ and head North on North Hall Road. At the T Junction turn right onto the B1383. Continue on the B1383 heading North to go through Newport and past the Fighting Cocks Public house until you reach the start. (Approx 5 Miles).

### Route back to the hall

As soon as you have finished continue riding South on the B1383. Go through Newport and then turn left onto North Hall Road. Continue South on North Hall Road until you reach the HQ at 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.