

# ESSEX ROADS CYCLING CLUB

## Open 24 mile Sporting Time Trial

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

SPOCO South East Group Counter

*to be held on*

### Sunday 4<sup>th</sup> August 2019

### Course E22/24 — Start at 8.00 am

*Timekeepers:*

John Cottee and Laura Carter

*Awards:*

Scratch: 1st – £40; 2nd – £20; 3rd – £10. Lady: 1<sup>st</sup> £20

Fastest Club Team of Three: £10 each.

*Event headquarters:*

### Birch Memorial Village Hall, School Hill, Birch, Essex CO2 0LZ

This is the village communal area, please park in a sensible manner and do not take advantage of the excellent facilities in the headquarters. No changing in full view of residents and please respect the local residents by keeping any noise to a minimum and no use of turbo trainers or rollers in the car park. Thank you.

Hall will open for sign-on at 7:10am.

Event secretary: Leonard Gordon, 7 Cambridge Close, Basildon, Essex, SS16 6UW Telephone: 07807 839204

#### **COURSE DETAILS E22/24 Birch**

Start in Lower Road at entrance gate to pumping station. Proceed to junction with B1022 (M) where turn sharp left with great care. Proceed through Tiptree, Great Totham North and Great Totham South to Heybridge turning left at the roundabout (M) onto B1026. Continue through Goldhanger and Tolleshunt D'Arcy until reaching former 'Kings Head' public house where turn left (M). Continue on Layer Road to bear right (M) at Staffords Corner. Continue on Layer Road over reservoir passing Layer Church and the waterworks to turn left (M) into Birch Road at junction by Layer Fox public house. Continue on Birch Road to finish just past the opening to Garlands Farm (gr 952192)

**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.**

**Cycling Time Trials and the Event Promoter recommend the use of a flashing rear light whilst competing.**

#### **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.**

#### **RIDERS BRIEFING NOTICE**

Riders that have finished should proceed straight on to the event headquarters, being aware of competitors that are still racing.

**Course Record – 50:08 (Colin Ward - 2018)**

No	Start	Name	Club	SPOCO Status
04	8:04	Colin White	Colchester Rovers CC	King Vet
<b>05</b>	<b>8:05</b>	<b>Paul Hart</b>	<b>Southend Wheelers</b>	<b>Senior</b>
06	8:06	Caroline Wyke	CC Sudbury	Super Lady Vet
07	8:07	Malcolm Strickland	Thornton Road Club	Super Vet
08	8:08	Helen Mckay	Les Filles Racing Team	Lady Vet
09	8:09	Dan Carter	Essex Roads CC	Vet
<b>10</b>	<b>8:10</b>	<b>Richard Parrotte</b>	<b>Shaftesbury CC</b>	<b>Senior Vet</b>
11	8:11	Dan Foster	3T-RACING	Senior Vet
12	8:12	Christopher Hamblion	Colchester Rovers CC	Vet
13	8:13	Mark Mcgee	Maldon & District CC	Vet
14	8:14	James Bromley	Becontree Wheelers CC	Senior Vet
<b>15</b>	<b>8:15</b>	<b>John Bradbury</b>	<b>CC Sudbury</b>	<b>Vet</b>
16	8:16	Russell Hampton	MG Cycling Team	Senior
17	8:17	Hugh Williams	Pro Vision Cycle Clothing	Senior Vet
18	8:18	David Martin	Becontree Wheelers CC	Senior Vet
19	8:19	Colin Doe	Ford CC	Super Vet
<b>20</b>	<b>8:20</b>	<b>Neil Hughes</b>	<b>Velo Schils Interbike RT</b>	<b>Senior</b>
21	8:21	Timothy Chilvers	Maldon & District CC	Senior
22	8:22	Ian Damant	Becontree Wheelers CC	Senior Vet
23	8:23	Geoff Bores	Ford CC	Super Vet
24	8:24	David Fenn	CC Sudbury	Super Vet
<b>25</b>	<b>8:25</b>	<b>Sam Wightman</b>	<b>Chelmer CC</b>	<b>Vet</b>
26	8:26	Jim Reed	Colchester Rovers CC	King Vet
27	8:27	Jack Mills	Maldon & District CC	Senior
28	8:28	Keith Dalton	Ford CC	Super Vet
29	8:29	Paul Dewberry	Colchester Rovers CC	Senior Vet
<b>30</b>	<b>8:30</b>	<b>Steve Dennis</b>	<b>East Grinstead CC (Merlin Cycle Coaching)</b>	<b>Senior Vet</b>
31	8:31	Christopher Smith	Eat Plants Not Pigs CC	Senior
32	8:32	Nicholas Knight	Basildon CC	Vet
33	8:33	Louise Robinson	Essex Roads CC	Lady Vet
34	8:34	Robin Johnson	Brighton Mitre CC	King Vet
<b>35</b>	<b>8:35</b>	<b>Peter Harding</b>	<b>Chelmer CC</b>	<b>Senior</b>
36	8:36	Peter Tibbitts	Ford CC	Super Vet
37	8:37	Paul Ruffy	Eat Plants Not Pigs CC	Vet
38	8:38	Adrian Manley	3T-RACING	Senior Vet
39	8:39	Gillian Leech	Stowmarket & District CC	Lady Vet
<b>40</b>	<b>8:40</b>	<b>Pete Dyson</b>	<b>East London Velo</b>	<b>Senior</b>
41	8:41	Stuart Weatherley	TPH Racing	Senior
42	8:42	Neal Marrin	Finsbury Park CC	Vet
43	8:43	Simon Constable	Basildon CC	Vet
44	8:44	Stuart Payne	Ford CC	Senior Vet
<b>45</b>	<b>8:45</b>	<b>David Harding</b>	<b>Chelmer CC</b>	<b>Senior</b>