

Start Sheet
Norman Wells Memorial 50 miles Time Trial
Promoted by



SOUTHEND WHEELERS

for and on Behalf of Cycling Time Trials under its Rules & Regulations

Event Counting towards SPOCO SE

- Course:** E9/50
- Date:** 30th June, 2024
- HQ:** Chelmer Club Hut, Meteor Way, off Waterhouse Lane, Chelmsford, CM1 2RL. <https://w3w.co/varieties.camp.waddle> or for Google Maps Click [here](#)
- Organiser:** Barry Simpson
- Mobile phone:** 07790 262994
- Timekeepers:** John Cottee & Trevor Pedley
- Marshals:** Members and friends of Southend Wheelers
- Parking:** Is in the [Waterhouse Lane](#) car park, adjacent to the HQ; there is currently no charge for parking on Sundays. There is NO PARKING at the start or finish areas.
- Numbers:** Sign on and pick up your number from the HQ, and return your number to the same place – you must also sign out or you will be shown as DNF. Complimentary drinks (and cake for a small fee) will be available at HQ.
- Awards:** Fastest Rider: the Norman Wells Memorial Trophy
Fastest Southend Wheeler: The Founder's Cup
Please note, there are no cash awards for this event. Any surplus will be donated to Cardiomyopathy UK, the Southend Wheelers' charity for this and next season. We will publish the amount raised with the results. Here's a link to their website: <https://www.cardiomyopathy.org>.
- Thanks:** To all the volunteers and timekeepers, without whom nothing would happen!
Phil Hodey and [Shaftesbury CC](#) for the use of their super timing system.

Important Notes/Local Rules:

- Front & Rear lights must be fitted, visible and working. Helmets must be worn.
- Competitors must observe mandatory traffic signs and have no right of way over other traffic using the road. All Road Traffic Legislation applies.
- Marshals are placed at key points on the course for your safety; they are there to provide direction only and are NOT authorised to stop traffic. It is the competitor's responsibility to know the course!
- No riding with your head down – any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action.
- 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.
- **NO U TURNS** are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event.
- **Local regulation:** Static trainers are banned from morning events in London East district. So please warm up on local roads.
- Riders must make their intention to turn at the mini roundabout onto the B184 from the A1060 clear to other road users. This includes the use of hand signals.
- **Local Regulation:** Riders **MUST NOT** pass to the right of the painted circle on the roundabout when turning from A1060 to B184. Any rider doing so will be disqualified from the event and reported to the District Committee for consideration of disciplinary action.
- Riders must take **extreme care** through High Roding due to parked cars and pedestrians in the road.
- Please note that the roundabout at Great Dunmow (furthest turn from the start) is tight and has a poor surface.
- Have a fast, but most importantly, a safe ride!

Directions to the start (see map below & click [here](#) for: [.GPX file](#))

Exit Meteor Way and turn right up the main road. Through first main lights keeping in the left hand lane, and proceed to the next set of traffic lights, to turn left along A1060 (signposted The Rodings, Roxwell). Follow the A1060, to pass over Writtle Roundabout, continue until 'Cycle Event' signs (approx. 0.7m), and turn next left into Old Roxwell Road. See map below – What3 Words location [///hobby.pedicure.fled](#).

Please allow at least 10 minutes to ride from the HQ to the Start, a distance of about 3 miles. Please avoid warming up on the course; there are ample roads for this on the way to the start.

Please do not arrive at the start more than 5 minutes before your start time; when waiting to start, please stand off the road on the grass verge.

Officials' cars only at the start & finish areas.

Course Records

Solo Open: 1:41:33

- Adam Duggleby 02-Jul-23 | RTTC National 50 miles Championship (Men)

Solo Female: 1:55:58

- Emily Martin 02-Jul-23 | RTTC National 50 miles Championship (Women)

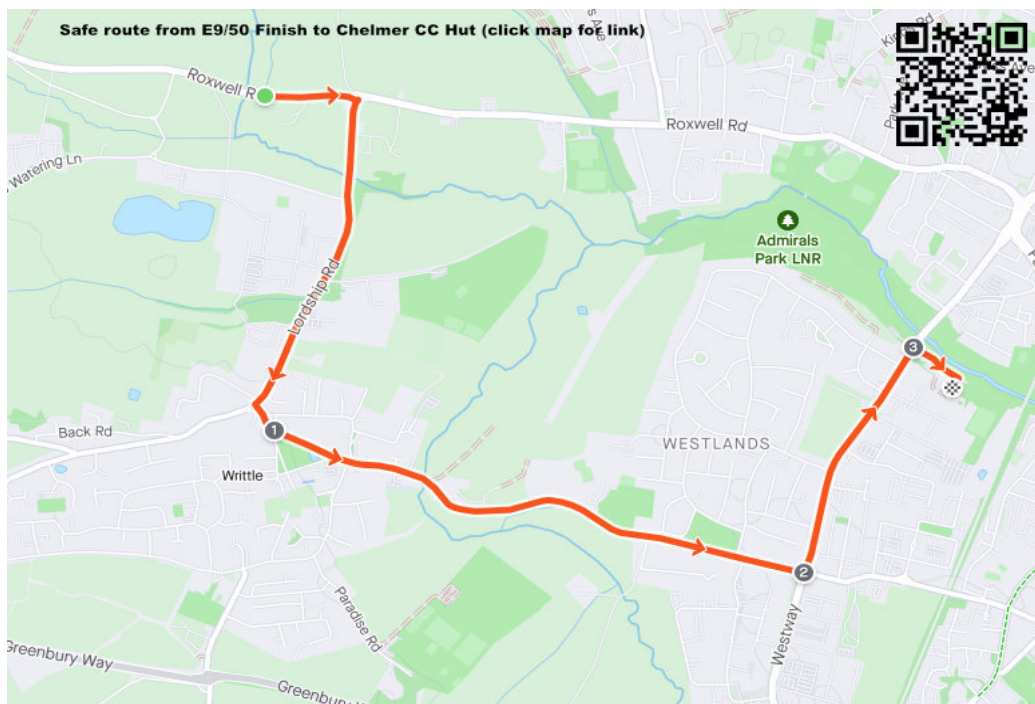
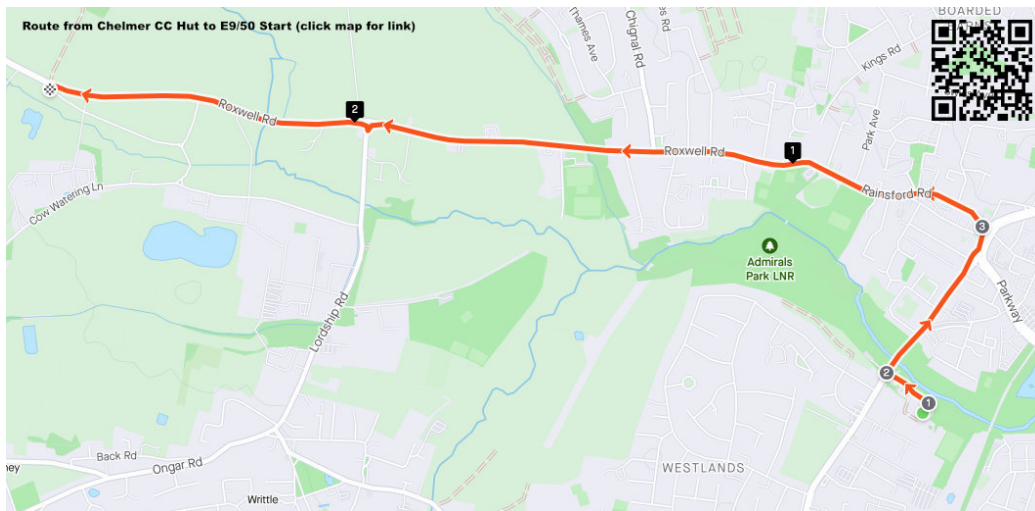
Course Description E9/50:

START (GR 667076) in Old Roxwell Road at most westerly junction, at seventh kerb joint from main A1060 Carriageway. Proceed along A1060 through Margaret Roding to Leaden Roding (M) (6.3m Approximately). Turn right **WITH GREAT CARE (see notes above)** onto B184 and continue through High Roding to turn around small roundabout at Clapton Hall Lane (M) (12m Approximately). Retrace through High Roding and Leaden Roding (M), turn along A1060 through Margaret Roding to continue to Roundabout at junction with Lordship Road where turn (25m Approximately) to return to A1060 to start point. REPEAT CIRCUIT and **FINISH** (GR 677075) before roundabout opposite third 'cats eye' before 'Roundabout' sign (Writtle Ongar).

What3Words finish location: [///hotels.once.modern](https://www.what3words.com/#!/en/roxy/roxy/roxy)

After finishing, continue to roundabout and turn right into Lordship Road – see map below & [link to .gpx](#) file for safe route back to HQ, where free tea & coffee await (cakes charged at £1.00).

Don't forget to return your number and SIGN OUT or you will be DNF!!



SOUTHEND WHEELERS



Southend Wheelers' Norman Wells Trophy. This solid silver trophy was purchased from donations in 1964 and has been presented to the winner of the club's open 50-mile TT ever since. Although the trophy is presented to the winner each year, the trophy is retained by the club for security reasons!

A bit of historical background for this event....

So, who was Norman Wells?



Norman, although never a racing man, was a leading light in cycling for 38 years, devoting his life to the club as President, Chairman and Treasurer between 1948-62. He officiated at the 1948 Olympic Games as a timekeeper at the cycling events and thereafter always wore an Olympic blazer when timekeeping for the club. He would walk to club events on the A127 at Eastwood & Vicarage Hill Benfleet (on the A13) from his home in Holyrood Drive, Westcliff-on-Sea (coincidentally also the childhood road of today's organiser!) & back again in all weathers, distances of around 5 miles each way. Interestingly it is said that he never rode a bike in his life.

He joined Southend and County Wheelers in 1925 – soon after its formation.

Founder's Cup

We will also be presenting The Founder's Cup to the fastest Southend Wheeler at the event. The Founder's Cup, also made from solid silver, was inaugurated in 1924 when the club was one year old and was paid for by the founding members of the club. Since that date the cup has been awarded annually to the fastest 50-mile time trial performance by a club member with open events being the only counters since 1926. The first winner in 1924 was Jock Ashley in 2:29:20. The next year the winner was Wally Palmer, who also won the 2nd ever club Open 50 in 1927. He would have won in 1926 as well if he hadn't had a late start!

Number	Start Time	Firstname	Lastname	Club	Classification	Category	Machine
1	07:01:00	Malcolm	Strickland	CC Bexley	Open	Veteran	Road Bike
2	07:02:00	Mike	Googe	Maldon & District CC	Open	Veteran	Road Bike
3	07:03:00	Paul	White	Southend Wheelers	Open	Veteran	Road Bike
4	07:04:00	Ruth	Stapleton	Newhall CC	Female	Veteran	Road Bike
5	07:05:00	Marc	Brant	Basildon CC	Open	Veteran	Road Bike
6	07:06:00	Paulina	Mozal	Chelmer CC	Female	Senior	Road Bike
7	07:07:00	Patrick	Claridge	Chelmer CC	Open	Veteran	Road Bike
8	07:08:00	Jamie	Bishop	Newhall CC	Open	Veteran	Road Bike
9	07:09:00	Richard	Mellor	Team Bottrill	Open	Veteran	Road Bike
10	07:10:00	Kerry	Brennand	Newmarket Cycling & Triathlon Club	Female	Veteran	Road Bike
11	07:11:00	John	Paduano	Southend Wheelers	Open	Veteran	Road Bike
12	07:12:00	Mike	Debney	Verulam Really Moving	Open	Veteran	Road Bike
13	07:13:00	Rob	Chaplin	East London Velo	Open	Veteran	Road Bike
14	07:14:00	Lewis	Duffield	Athlon CC	Open	Senior	Road Bike
15	07:15:00	Colin	Edmond	Maldon & District CC	Open	Veteran	Road Bike
16	07:16:00	Gill	Carter	Essex Roads CC	Female	Veteran	TT Bike
17	07:17:00	James	Bromley	Hart Performance Coaching	Open	Veteran	TT Bike
18	07:18:00	Rachel	Halamandres	Basildon CC	Female	Veteran	TT Bike
19	07:19:00	Ross	Allan	St Christopher's CC	Open	Veteran	TT Bike
20	07:20:00	David	Carey	Southend Wheelers	Open	Veteran	TT Bike
21	07:21:00	Jan	Harvey	Southend Wheelers	Female	Veteran	TT Bike
22	07:22:00	Jennie	Pennington	Southend Wheelers	Female	Veteran	TT Bike
23	07:23:00	Panos	Kakoullis	East London Triathletes	Open	Veteran	TT Bike
24	07:24:00	Phillip	Brant	Southend Wheelers	Open	Veteran	TT Bike
25	07:25:00	Kelvin	Cuffy	Southend Wheelers	Open	Senior	TT Bike
26	07:26:00	William	Bell	Stortford Tri	Open	Senior	TT Bike
27	07:27:00	Geoff	Bores	Ford CC	Open	Veteran	TT Bike
28	07:28:00	Philip	Hodey	Shaftesbury CC	Open	Veteran	TT Bike
29	07:29:00	Miles	Burrage	Eat Plants Not Pigs CC	Open	Senior	TT Bike
30	07:30:00	Peter	Tibbitts	Ford CC	Open	Veteran	TT Bike
31	07:31:00	Daniel	Price	North Essex Velo	Open	Senior	TT Bike
32	07:32:00	Paul	Ruffy	Eat Plants Not Pigs CC	Open	Veteran	TT Bike
33	07:33:00	Adrian	Tovey	Maldon & District CC	Open	Veteran	TT Bike
34	07:34:00	Ben	Newman	North Essex Velo	Open	Veteran	TT Bike
35	07:35:00	Sean	Mcdougall	Icknield RC	Open	Veteran	TT Bike
36	07:36:00	Michael	Beaver	Athlon CC	Open	Veteran	TT Bike
37	07:37:00	Richard	Parrotte	Shaftesbury CC	Open	Veteran	TT Bike
38	07:38:00	Dean	Lubin	Team Vision Racing - Silverhook	Open	Veteran	TT Bike
39	07:39:00	Ramsey	Kechacha	Shaftesbury CC	Open	Senior	TT Bike
40	07:40:00	ian	Braybrook	Basildon CC	Open	Veteran	TT Bike
41	07:41:00	Louise	Robinson	Shaftesbury CC	Female	Veteran	TT Bike
42	07:42:00	David	Pennington	Southend Wheelers	Open	Senior	TT Bike
43	07:43:00	Alfie	Salmon	Hart Performance Coaching	Open	Espoir	TT Bike
44	07:44:00	Paul	Turton	Team Vision Racing - Silverhook	Open	Veteran	TT Bike
45	07:45:00	Andrew	Turnock	Finsbury Park CC	Open	Veteran	TT Bike
46	07:46:00	Nicholas	Knight	Hart Performance Coaching	Open	Veteran	TT Bike
47	07:47:00	Peter	Harding	Chelmer CC	Open	Veteran	TT Bike
48	07:48:00	Daniel	Ryan	North Road CC	Open	Veteran	TT Bike
49	07:49:00	David	Harding	Chelmer CC	Open	Veteran	TT Bike