

ESSEX ROADS CYCLING CLUB

Open 25 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

Monday 27th August 2018

Course E11/25 — Start at 7.00 am

Timekeepers:

Tony Brown and Laura Carter

Awards:

Scratch: 1st – £50; 2nd – £30; 3rd – £20. Lady: 1st - £30, 2nd - £20

Fastest Club Team of Three: £20 each.

Event headquarters:

Blackmore Village Hall, Nine Ashes Road, Essex CM4 0QW

This is the village communal area so please park in a sensible manner. No changing in full view of residents and please respect the local residents by keeping any noise to a minimum, Thank you.

Hall will open for sign-on at 6am.

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

COURSE DETAILS 11/25 Blackmore

START in Chelmsford Road, approx 1.5 mile north Blackmore opposite EP20. Proceed north to Little Oxney where left onto A414 (1st exit). Proceed along A414 to turn around Four Wantz roundabout, Ongar (4th exit) (10.75m). Retrace along A414 over two roundabouts to turn around Widford Church roundabout, A1016 junction (4th exit) (20.16m). Retrace to Little Oxney roundabout and left into Blackmore Road, through Highwood village to FINISH at field entrance 40 yards north of 'Bend' sign, 800 yards north of start.

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 – 52:10 (Colin Ward 29th August 2016)

No	Start	Name	Club	SPOCO Status
02	7:02	Neal Marrin	Finsbury Park CC	Veteran
03	7:03	Harry Moore	Cycling Club Hackney	Senior Vet
04	7:04	Paul Shuttleworth	Team Shuttle	Super Vet
05	7:05	Carl Stephens	Basildon CC	Veteran
06	7:06	Adam Bishop	Lea Valley CC	Veteran
07	7:07	Rory Mccarron	Regents Park Rouleurs	Senior
08	7:08	Dominic Ross	Finsbury Park CC	Senior Vet
09	7:09	Julie Shuttleworth	Team Shuttle	Super Lady Vet
10	7:10	Sam Wightman	Chelmer CC	Veteran
11	7:11	David Churchill	Direct Power Cycling Team	Senior Vet
12	7:12	Adam Young	Walden Velo	Veteran
13	7:13	David Martin	Becontree Wheelers CC	Senior Vet
14	7:14	Daniel Lord	Lee Valley Youth CC	Junior
15	7:15	Dominic Bray	Finsbury Park CC	Veteran
16	7:16	Dan Foster	3T-RACING	Senior Vet
17	7:17	Simon Constable	Basildon CC	Veteran
18	7:18	Rad Kohanzad	Hub Velo	Senior
19	7:19	Colin White	Colchester Rovers CC	King Vet
20	7:20	Andrew Bradbury	Paceline RT	Senior
21	7:21	Patrick Ellerbeck	St Neots CC	Super Vet
22	7:22	Paul Ruffly	Essex Roads CC	Veteran
23	7:23	Geoff Bores	Ford CC	Super Vet
24	7:24	Rob Ellis	East London Velo	Senior
25	7:25	Andy Stuart	Velo Club St Raphael	Veteran
26	7:26	Christopher Smith	Southend Wheelers	Senior
27	7:27	Simon Neatham	Finsbury Park CC	Senior Vet
28	7:28	Nigel Fitzroy	Chelmer CC	Senior Vet
29	7:29	John Loxley	Colchester Rovers CC	Super Vet
30	7:30	Philip Murrell	Finsbury Park CC	Veteran
31	7:31	David Carey	Southend Wheelers	Veteran
32	7:32	Graham Pepperdine	Verulam CC	Senior Vet
33	7:33	Rahul Batra	East London Velo	Senior
34	7:34	Phil Harper	Essex Roads CC	Senior
35	7:35	Richard Price	London Phoenix CC	Senior
36	7:36	Robert Royston	Sydenham Whs	Super Vet
37	7:37	Hugh Williams	Redbridge CC	Senior Vet
38	7:38	Gareth Davies	London Phoenix CC	Veteran
39	7:39	Richard Pimlott	Finsbury Park CC	Senior Vet
40	7:40	Rob Young	Team Vision Racing - Silverhook	Veteran
41	7:41	Nick Hickman	Hitchin Nomads CC	Senior Vet
42	7:42	David Halliday	Newmarket Cycling & Triathlon Club	Senior
43	7:43	Keith Dalton	Ford CC	Super Vet
44	7:44	Colin Doe	Ford CC	Super Vet
45	7:45	Ben Stowe	Arctic Tacx RT	Senior
46	7:46	Ian Braybrook	Basildon CC	Veteran
47	7:47	Joshua Leak	Trisport Epping	Senior
48	7:48	Christopher Hudson	Essex Roads CC	Senior
49	7:49	Lindsay AQUI	Ful-on Tri	Senior Lady
50	7:50	Paul Hart	Southend Wheelers	Senior
51	7:51	Barry Holderness	Essex Roads CC	Veteran
52	7:52	Jeremy Greenwood	Finsbury Park CC	Veteran
53	7:53	Ben Love	Essex Roads CC	Senior
54	7:54	David Fenn	CC Sudbury	Super Vet
55	7:55	Terry Garlinge	Team Vision Racing - Silverhook	Veteran
56	7:56	Peter Tibbitts	Ford CC	Super Vet
57	7:57	Ian Damant	Becontree Wheelers CC	Senior Vet
58	7:58	Dan Carter	Essex Roads CC	Veteran
59	7:59	Emily Kampf	Trisport Epping	Senior Lady
60	8:00	David Veitch	Lea Valley CC	Senior
61	8:01	Daniel Ryan	North Road CC	Senior
62	8:02	Nick White	East London Velo	Veteran
63	8:03	Jonty Robinson	Essex Roads CC	Veteran
64	8:04	Stuart Payne	Ford CC	Senior Vet
65	8:05	John Mulvey	Cambridge University CC	Senior
66	8:06	Julia Freeman	Easterley Road Club	Senior Lady Vet
67	8:07	Daniel Sharp	Charlotteville Cycling Club	Veteran
68	8:08	Steven Little	VC Revolution	Veteran
69	8:09	Nick Clarke	Lovelo Cinelli RT	Senior
70	8:10	Colin Ward	Essex Roads CC	Veteran