**Promoted for and on behalf of Cycling Time Trials Under their Rules and Regulations**

**Start Sheet**

**Maldon and District CC**

**18 Mile Hilly Time Trial**

**Sunday 17th March 2019**

**At 0900hrs**

**A qualifying event for SPOCO South East 2019**

**Course: E20/9**

**Event Headquarters:** Woodham Walter Village Hall

**Event Secretary:** Colin Edmond, 3 Cloughton Court Triangle Place, Heybridge Maldon Essex CM9 4BT

Tel: 01621 853526 (H) 07742453515(M)

**Timekeepers:** John Cottee and Laura Carter

**Prizes:**

**Each Group:** 1st - £20 2nd - £15 3rd - £10

**Fastest Lady:** £20

**Fastest Vet:** £20

**Fastest Junior:** £20

**Fastest Team:**  Maldon and District CC medals

(N.B. one prize per rider)

**IN THE INTERESTS OF YOUR OWN SAFETY**

**Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL**

**HELMET that meets an internationally accepted safety standard.**

**All competitors under the age of 19 on the 31st December next must wear a properly affixed protective helmet of a hard/soft shell construction.**

**The use of a flashing REAR LIGHT whilst competing is also recommended.**

**Litter: Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.**

**Please note that for 2019 all competitors are now required personally to sign the signing out sheet when returning their number***.*

***Failure to do will result in the competitor being recorded as DNF.*﻿**

**Course description:**

START approx 200 yards north of Woodham Walter village hall. Proceed north via Ulting lock (Care parked vehicles on bridge) and Nounsley to merge LEFT (CARE) at Hatfield Peverel onto B1019 Maldon Road (3m). Take next LEFT, just beyond Wheatsheaf PH into Church Road (3.1m). Follow Church Road past Scout HQ to turn sharp LEFT into Crabb's Hill Lane (3.8m). Continue to 'T' junction at end where RIGHT (CARE) (4.65m). Follow lane to junction with Little Baddow Road where turn LEFT (5.13m). Follow Little Baddow Road via Papermill Lock (CARE parked vehicles and pedestrians) to climb North Hill, Little Baddow. At top, just beyond village hall, turn LEFT at pink house into Spring Elms Lane (7m) Follow Spring Elms Lane to Woodham Walter where LEFT (CARE) at Bell PH (8.9m). Continue through Woodham Walter (9.2m) to repeat for second lap. FINISH 200yds PAST the starting point (18.4m).

**NB. The map of the course on the CTT website is INCORRECT.**

**E20/9 Course Risk Assessment**

**Additional Notes for Riders**

**The following notes are provided for the safety of riders and are included to meet the requirements of the Generic Risk Assessment for course E20/9.**

**1. Safe route to START**

Turn right out of HQ and proceed for 200m to the start, which is on your left.

**2. Safe route to HQ from the FINISH**

Continue past the finish and do a SAFE U-turn. The HQ is then 300m on your

left.

**3. Car parking**

Car parking is prohibited at the start and finish areas, with the exception of the

timekeepers' cars. Car parking is also prohibited between the HQ and the start

area. Please note that parking at the HQ is very limited Only Marshalls timekeepers and organisers at the HQ.

Competitors may use Woodham Walter Primary School car park, almost

opposite the Victoria PH, but. There is also limited parking opposite the start/finish area.

**4. Warming-Up**

Warming-up is prohibited on the course after the event has started, and in the

vicinity of the start area at any time.

**5. 'U'-turns**

U-turns are prohibited in the vicinity of the start area.

**6. Conduct of riders at the START**

Riders are reminded that the start area is on a narrow road. Therefore traffic

may approach the start area from behind at any time with little warning. It is

essential therefore that riders are aware of this danger when congregating at

the start; in particular riders must ensure that they stay close to the left side of

the road, and that they respect the above warning concerning U-turns near the

start.

**7. Conduct of riders at the FINISH**

Riders are reminded that later riders may be approaching from behind and

continuing past the start for their second lap. It is essential therefore that riders

are aware of this danger and must avoid any delay in clearing the course.

It is also essential that riders and observers do not distract the timekeepers.

This rule will be enforced by the organiser in future.

**8. Conduct of riders at Roundabouts**

At **ALL** roundabouts riders must:

• Give way to traffic from their right

• Give a clear signal as to their intended route

There are however no roundabouts on course E20/9.

**Any rider found to be in breach of the above Regulations is liable to disqualification**

**from the event and to reported to the District Committee.**

**Additional Warnings**

**Junction Church Road/Crabb's Hill Lane, Hatfield Peverel**

This is a sharp left turn (greater than 90 deg); take extra care and be aware of possible

oncoming traffic.

**Top of Crabb's Hill Lane**

The road surface is frequently muddy and gravely here; take extra care. The same applies to

the next junction into Baddow Road; this junction has been surveyed, and will be swept on the

day.

**Paper Mill Lock**

There are likely to be parked cars here, especially if the weather is good, and pedestrians,

runners and horses in the road. Please negotiate with care and respect.

**North Hill**

Please note the above remarks with regard to the top of North Hill, and the subsequent fast,

narrow and winding descent to Woodham Walter village. There was a complaint received two

years ago from a resident, and additional signage will be in place to warn residents of the

event.

**Road surfaces**

Road surfaces are generally good, but you must be aware of some potholes and loose

surfaces. There are none which represent any particular hazard, so long as you are attentive.

Please be particularly cautious on bends and corners. It is recommended that you use sturdy

tyres.