

# ESSEX ROADS CYCLING CLUB



## Open 25 mile Sporting Time Trial

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

SPOCO South East Group Counter

*to be held on*

**Monday 26<sup>th</sup> August 2019**

**Course E11/25 — Start at 7.00 am**

*Timekeepers:*

**Tony Brown and Laura Carter**

*Awards:*

Scratch: 1st – £40; 2nd – £20; 3rd – £10. Lady: 1st - £20. Junior: 1st - £10

Fastest Club Team of Three: £10 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 at 6am. Signing-on will start at 6:15 am.

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 timekeeper's car.

**4** Body numbers will be available at the event headquarters and they should be returned after the event. When the numbers are returned please complete the signing-off box on the sign-on sheet. 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 Records**

Solo Male – 51:08 (Colin Ward 27 Aug 2018)

Solo Female – 1:02:21 (Julia Freeman 29 Aug 2016)

Solo Male (Junior) – 1:04:08 (Daniel Lord 27 Aug 2018)

No	Start	Name	Club	SPOCO Status
<b>Solos</b>				
05	7:05	Colin White	Colchester Rovers CC	KingVet
06	7:06	Ian Mackenzie	Southend Wheelers	KingVet
<b>Tandem</b>				
07	7:07	Richard May	Islington Cycling Club	Vet
07	7:07	David Shannon	Islington Cycling Club	SenVet
<b>Solos</b>				
08	7:08	Graham Lee	Essex Roads CC	Vet
09	7:09	Richard Pimlott	Finsbury Park CC	SenVet
10	7:10	Lindsay Aqui	Ful-on Tri	Lady
11	7:11	Daniel Cracknell	Shaftesbury CC	Vet
12	7:12	James Bromley	Becontree Wheelers CC	SenVet
13	7:13	John Loxley	Colchester Rovers CC	SuperVet
14	7:14	Peter Redshaw	CC London	SenVet
15	7:15	Antonio Paolino	Essex Roads CC	KingVet
16	7:16	Ian Braybrook	Basildon CC	Vet
17	7:17	Daniel Sharp	Charlottesville Cycling Club	Vet
18	7:18	Harry Moore	Cycling Club Hackney	SenVet
19	7:19	Gill Carter	Essex Roads CC	SenLadyVet
20	7:20	Andrew Bradbury	Paceline RT	Senior
21	7:21	Peter Tibbitts	Ford CC	SuperVet
22	7:22	Neal Marrin	Finsbury Park CC	Vet
23	7:23	Daniel Lord	Lee Valley Youth CC	Junior
24	7:24	Colin Doe	Ford CC	SuperVet
25	7:25	David Warlow	Essex Roads CC	Vet
26	7:26	Dominic Bray	Finsbury Park CC	SenVet
27	7:27	Adam Bishop	Lea Valley CC	Vet
28	7:28	Keith Dalton	Ford CC	SuperVet
29	7:29	Marcus Edwards	Kingston Phoenix RC	SenVet
30	7:30	Graeme Garner	Essex Roads CC	Senior
31	7:31	Simon Keen	Crest CC	Senior
32	7:32	Jeremy Greenwood	Finsbury Park CC	Vet
33	7:33	Tony Capon	Becontree Wheelers CC	SenVet
34	7:34	Graham Lawrenson	Hainault RC	SuperVet
35	7:35	Mark Mcgee	Maldon & District CC	Vet
36	7:36	Julia Freeman	Easterley Road Club	SenLadyVet
37	7:37	James Loneragan	Essex Roads CC	Senior
38	7:38	Andrew Wakeling	Hub Velo	Senior
39	7:39	David Martin	Becontree Wheelers CC	SenVet
40	7:40	Daniel Ryan	North Road CC	Senior
41	7:41	Nick Hickman	Team Salesengine.co.uk	SenVet
42	7:42	Timothy Chilvers	Maldon & District CC	Senior
43	7:43	Hugh Williams	Pro Vision Cycle Clothing	SenVet
44	7:44	Arthur Hitchen	Ipswich BC	Junior
45	7:45	Terry Garlinge	Easterley Road Club	Vet
46	7:46	Michael Parker	TMG Horizon Cycling Team	SenVet
47	7:47	Jim Reed	Colchester Rovers CC	KingVet
48	7:48	Ian Damant	Becontree Wheelers CC	SenVet
49	7:49	Barry Holderness	Essex Roads CC	Vet
50	7:50	Sam Wightman	Chelmer CC	Vet

# ESSEX ROADS CYCLING CLUB



## Open 25 mile Sporting Time Trial

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

SPOCO South East Group Counter

*to be held on*

**Monday 26<sup>th</sup> August 2019**

**Course E11/25 — Start at 7.00 am**

*Timekeepers:*

**Tony Brown and Laura Carter**

*Awards:*

Scratch: 1st – £40; 2nd – £20; 3rd – £10. Lady: 1st - £20. Junior: 1st - £10

Fastest Club Team of Three: £10 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 at 6am. Signing-on will start at 6:15 am.

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 timekeeper's car.

**4** Body numbers will be available at the event headquarters and they should be returned after the event. When the numbers are returned please complete the signing-off box on the sign-on sheet. 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 Records**

Solo Male – 51:08 (Colin Ward 27 Aug 2018)

Solo Female – 1:02:21 (Julia Freeman 29 Aug 2016)

Solo Male (Junior) – 1:04:08 (Daniel Lord 27 Aug 2018)

No	Start	Name	Club	SPOCO Status
<b>Solos</b>				
05	7:05	Colin White	Colchester Rovers CC	KingVet
06	7:06	Ian Mackenzie	Southend Wheelers	KingVet
<b>Tandem</b>				
07	7:07	Richard May	Islington Cycling Club	Vet
07	7:07	David Shannon	Islington Cycling Club	SenVet
<b>Solos</b>				
08	7:08	Graham Lee	Essex Roads CC	Vet
09	7:09	Richard Pimlott	Finsbury Park CC	SenVet
10	7:10	Lindsay Aqui	Ful-on Tri	Lady
11	7:11	Daniel Cracknell	Shaftesbury CC	Vet
12	7:12	James Bromley	Becontree Wheelers CC	SenVet
13	7:13	John Loxley	Colchester Rovers CC	SuperVet
14	7:14	Peter Redshaw	CC London	SenVet
15	7:15	Antonio Paolino	Essex Roads CC	KingVet
16	7:16	Ian Braybrook	Basildon CC	Vet
17	7:17	Daniel Sharp	Charlottesville Cycling Club	Vet
18	7:18	Harry Moore	Cycling Club Hackney	SenVet
19	7:19	Gill Carter	Essex Roads CC	SenLadyVet
20	7:20	Andrew Bradbury	Paceline RT	Senior
21	7:21	Peter Tibbitts	Ford CC	SuperVet
22	7:22	Neal Marrin	Finsbury Park CC	Vet
23	7:23	Daniel Lord	Lee Valley Youth CC	Junior
24	7:24	Colin Doe	Ford CC	SuperVet
25	7:25	David Warlow	Essex Roads CC	Vet
26	7:26	Dominic Bray	Finsbury Park CC	SenVet
27	7:27	Adam Bishop	Lea Valley CC	Vet
28	7:28	Keith Dalton	Ford CC	SuperVet
29	7:29	Marcus Edwards	Kingston Phoenix RC	SenVet
30	7:30	Graeme Garner	Essex Roads CC	Senior
31	7:31	Simon Keen	Crest CC	Senior
32	7:32	Jeremy Greenwood	Finsbury Park CC	Vet
33	7:33	Tony Capon	Becontree Wheelers CC	SenVet
34	7:34	Graham Lawrenson	Hainault RC	SuperVet
35	7:35	Mark Mcgee	Maldon & District CC	Vet
36	7:36	Julia Freeman	Easterley Road Club	SenLadyVet
37	7:37	James Loneragan	Essex Roads CC	Senior
38	7:38	Andrew Wakeling	Hub Velo	Senior
39	7:39	David Martin	Becontree Wheelers CC	SenVet
40	7:40	Daniel Ryan	North Road CC	Senior
41	7:41	Nick Hickman	Team Salesengine.co.uk	SenVet
42	7:42	Timothy Chilvers	Maldon & District CC	Senior
43	7:43	Hugh Williams	Pro Vision Cycle Clothing	SenVet
44	7:44	Arthur Hitchen	Ipswich BC	Junior
45	7:45	Terry Garlinge	Easterley Road Club	Vet
46	7:46	Michael Parker	TMG Horizon Cycling Team	SenVet
47	7:47	Jim Reed	Colchester Rovers CC	KingVet
48	7:48	Ian Damant	Becontree Wheelers CC	SenVet
49	7:49	Barry Holderness	Essex Roads CC	Vet
50	7:50	Sam Wightman	Chelmer CC	Vet