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**Open 10 Mile Time Trial Solo and 2 UP**

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

**Saturday 17th August 2024 15:00 hours Course E21/10**

**THIS IS A QUALIFYING EVENT FOR SPOCO South East 2024 Group 1**

**The 2UP event will be after the solo event**

**Event Secretary**: Lisa Hurrell

20 Grandview Road, Thundersley, Benfleet, Essex, SS7 3JZ

**Tel:** 07954 424648

**Time keepers:** John Cottie & Graham Hurrell

**Marshal:** Mark McGee

**Pusher off:** Graham Roper

**Tea & Cake:** Margaret Edmond & Tina Berry

**PRIZE LIST**

Fastest Riders: 1st Gold Medal, 2nd Silver Medal 3rd Bronze Medal

Fastest Ladies: 1st Gold Medal, 2nd Silver Medal, 3rd Bronze Medal

Fastest Road Bike: Gold medal

Fastest 2 UP: Gold Medal for each rider

**Event HQ Steeple Village Hall.** 1 Garden Fields, Steeple, Southminster CM0 7JY. Turn left opposite the Steeple Star Public House, then immediate left into narrow entrance. There is limited parking at the HQ, please park with consideration to residents and keep noise to a minimum.

To reach the start turn left from Garden Fields onto the main road. The start is less than 5 min ride away **next to the ST LAWRENCE sign**.

**NUMBERS AND SIGNING ON/OFF WILL BE AT THE EVENT HQ – PLEASE REMEMBER TO SIGN BACK IN AFTER THE EVENT. FAILURE TO DO SO WILL LEAD TO DISQUALIFICATION.**

**Course E21/10**

START at 'St. Lawrence' sign (M.R. 947033) on Bradwell Road, 0.5 miles east of Steeple. Proceed eastwards (road becomes B1021 at former 'Queens Head' P.H. Bradwell). Beyond this, take third lane on right (M), to 'T' junction where left (M). Left again at next junction (M) and left again (M) to re-emerge onto B1021 westbound. Retrace outward route, past start, to FINISH at drain opposite T.P.1, just east of Stangate Road, Steeple (M.R. 942032).

The following precautions should be taken at the start and finish areas:

A) No U turns within sight of the start and finish areas. Any riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action from the district committee.

B) Do not warm up on the course once the event is underway (3pm), there are ample alternative quiet roads. A good alternative is Stangate Lane (left turn just beyond Steeple on the way to the start). It is narrow but well surfaced & traffic free.

C) No static trainers (turbo’s or rollers) to be used. These are banned by the LE Committee.

D) DO NOT stop at the finish – carry on!

Turn: The four junctions at the turn are all very quiet. There will be **ONLY ONE** marshal at the first right hand turn. Each left turn will be sign posted. You must be prepared to **GIVE WAY** at all turns. No exceptions.

Turn: Exiting third left hand corner. The owner of the cottage on this corner often parks his car on the road just beyond the exit of this junction. This is perfectly legal and is not a problem if you are looking where you are going. WHEN APPROACHING THIS CORNER WHERE YOU HAVE TO GIVE WAY YOU WILL BE CHECKING THERE IS NO ONCOMING TRAFFIC TO THE RIGHT, DO NOT PRESUME IT IS CLEAR TO THE LEFT.

The road surface is good with some repairs in areas since last year. On the day of the event, I will personally check the course so please check for any hazards when you sign on.

The finish is not opposite the start. When you pass the start on the return trip you will still have about another minute of riding to reach the finish.

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 of December next must wear a properly affixed protective helmet of a hard/soft shell construction. The use of a **REAR and FRONT LIGHT** whilst competing is now **MANDATORY. Please switch on prior to the start line.**

Litter. 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 by the District Committee.

Please note, there is a music festival on at the Star Pub opposite the village hall, however, this will not affect the race.

HAVE A SAFE AND ENJOYABLE RACE! THIS IS A GREAT COURSE!