



Maldon & District Cycling Club

Open 10 Mile Time Trial Incorporating the National Youth Championship London East

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

Saturday 11th June 2022 15:00 hours Course E21/10

Event Secretary: Lisa Hurrell
20 Grandview Road, Thundersely, Benfleet, Essex, SS7 3JZ
Tel. 07954424648

Time keepers: John Cottie & Graham Hurrell

Pusher off: Chris Ridley

Marshalls: Joe Clark, Colin Edmond, Matt Berry, Mike Smith

Tea & Cake: Rebecca Hammond and Chris Ridley

PRIZE LIST

NATIONAL YOUTH CHAMPIONSHIP REGIONAL HEAT:

All finishers will receive a medal & certificate at the end of the race.
National final qualifiers = Fastest three girls and boys. Fastest boy & girl in each age group. Fastest team of three.

Qualifiers details will be forwarded to the National Final event secretary. You will not be required to submit a further entry.

THIS IS A QUALIFYING EVENT FOR SPOCO S.E 2022 Group 1

PRIZES 1st place Gold Medal, 2nd place Silver Medal 3rd place Bronze Medal
Fastest Ladies: 1st Gold Medal, 2nd Silver Medal, 3rd Bronze Medal
Fastest Team of Three: Gold Medal each

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.

Course E 21/10

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) 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.
- D) DO NOT stop at the finish as other riders will be coming through.

Turn: The four junctions at the turn are all very quiet and will have marshals on each corner, however **you must be prepared to GIVE WAY at all of them. No exceptions.**

Turn: Exiting third left hand corner. The owner of the cottage on this corner sometimes 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 conditions are good. However, the race organiser will check the road conditions prior to the race and will report any hazards on race day at the sign on desk. Please check to ensure you are fully briefed.

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.

NUMBERS AND SIGNING ON/OFF WILL BE AT THE EVENT HQ. Please remember to sign in once you have finished your race. Place your number in the bucket.

ALL riders must wear a properly affixed helmet which must be of hard/soft shell construction that conforms to a recognised accepted safety standard.

The use of a REAR AND FRONT LIGHT whilst competing is now MANDATORY. This is either flashing or a constant beam and must be visible to other road users. NO LIGHTS, NO RIDE!

ADDITIONAL CONSIDERATIONS FOR COVID-19

IT IS IMPORTANT THAT YOU READ THIS FOR YOURS AND OTHERS SAFETY

Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.

Competitors please note that an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case.

Last but not least, have a safe and enjoyable race!

Number	Start Time	First name	Last name	Club	Gender	Category
1	15:01:00	Erica	Dodsworth	Maldon & District CC	Female	Juvenile
2	15:02:00	Cavan	Burrows	Southend Wheelers	Male	Junior
3	15:03:00	Antoine	Rouyer-Brown	Inflite	Male	Junior
4	15:04:00	William	Barlow	Shaftesbury CC	Male	Juvenile
5	15:05:00	James	Wicks	Essex Roads CC	Male	Junior
6	15:06:00	Oskar	Everett	Orwell Velo	Male	Juvenile