

# ESSEX ROADS CYCLING CLUB



## Open 10.2 mile Sporting Time Trial

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

*to be held on*

### Saturday 17<sup>th</sup> August 2019

### Course E1/10a — Start at 9.00 am

*Timekeepers:* and Laura Carter

#### **Awards:**

Scratch: 1<sup>st</sup> – £40; 2<sup>nd</sup> – £20; 3<sup>rd</sup> £10, Lady: 1<sup>st</sup> £20, Junior: 1<sup>st</sup> £20

*Event headquarters:*

**Comrades Hut, North Hall Road, Henham, Essex, CM22 6JD**

No parking available for competitors at the HQ. Please park in the lane under the motorway bridge.

Event secretary: Lea Marshall, 96 Brockenhurst Way, Bicknacre, CM3 4XW – Tel 07880 616487

#### **COURSE DETAILS E1/10a (10.2m).**

START on B1383 at green paint mark at Gully Cover 20yds south of bend sign which is North of Bus Lay-By opposite road to Saffron Walden and North of "Fighting Cocks" Public House. This is approximately 1.5 miles North of Newport. Proceed through Littlebury and Great Chesterford to turn (5.1m) at Stumps Cross Roundabout junction of B1383/A1301. Retrace along B1383 through Great Chesterford and Littlebury to FINISH at green paint mark at Gully Cover just South of white direction board and approximately 50yards South of start point.

**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.**

#### **RIDERS BRIEFING NOTICE**

Riders and officials at the start/finish areas must stay on the grass verge.

Riders **MUST NOT** stop at Finish to check their times but continue riding back to HQ.

Riders requested to give appropriate hand signal when approaching and turning right at Stumps Cross Roundabout. Riders must give way to traffic from right.

#### **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.**

**Cycling Time Trials and the Event Promoter recommend the use of a flashing rear light whilst competing.**

#### **Course Records**

Solo Male 19:47 Alex Dowsett 2010

Solo Female 23:30 Helen Mckay 3 Aug 2019

Solo Male (Junior) 28:03 James Fraser 29 Jul 2017

Solo Female (Junior) 28:07 Katie-Ann Elliston 18 Aug 2018

2up TT 20:51 Colin Ward, Tim Chilvers 25 May 2019

No	Start	Name	Club	Gender	Category
<b>2 Up TT</b>					
01	09:01	Thomas Platts	Aspire Velo Racing Team	Male	Senior
02	09:01	Peter Tibbitts	Ford CC	Male	Veteran
03	09:03	Colin Ward	Essex Roads CC	Male	Veteran
04	09:03	Timothy Chilvers	Maldon & District CC	Male	Senior
<b>Solos</b>					
05	09:05	Gill Carter	Essex Roads CC	Female	Veteran
06	09:06	Terry Law	CC Sudbury	Male	Veteran
07	09:07	Andy Sewell	Aspire Velo Racing Team	Male	Senior
08	09:08	Jerome Watts	Braintree Velo CRC	Male	Veteran
09	09:09	Arthur Hitchen	Ipswich BC	Male	Junior
10	09:10	Stuart Payne	Ford CC	Male	Veteran
11	09:11	Anthony Whale	Bishop's Stortford CC	Male	Veteran
12	09:12	Graeme Garner	Essex Roads CC	Male	Veteran
13	09:13	Hugo Hocknell	Team Salesengine.co.uk	Male	Veteran
14	09:14	Alan Harvey	Finsbury Park CC	Male	Veteran
15	09:15	Tony Capon	Becontree Wheelers CC	Male	Veteran
16	09:16	Mark Eastwood	West Suffolk Wheelers	Male	Veteran
17	09:17	Max Sahota	Team Bottrill	Male	Senior
18	09:18	Lauren Kirchel	Chelmer CC	Female	Senior
19	09:19	Alfie Salmon	Lee Valley Youth CC	Male	Juvenile
20	09:20	Peter Anstey	Welwyn Whs	Male	Veteran
21	09:21	Colin Doe	Ford CC	Male	Veteran
22	09:22	David Harding	Chelmer CC	Male	Senior
23	09:23	Andy Stuart	Velo Club St Raphael	Male	Veteran
24	09:24	David Martin	Becontree Wheelers CC	Male	Veteran
25	09:25	Matthew Williams	East London Velo	Male	Veteran
26	09:26	John Steed	West Suffolk Wheelers	Male	Veteran
27	09:27	Peter Harding	Chelmer CC	Male	Senior
28	09:28	Paul Newman	Southgate CC	Male	Veteran
29	09:29	Helen Mckay	Les Filles Racing Team	Female	Veteran
30	09:30	Daniel Lord	Lee Valley Youth CC	Male	Junior
31	09:31	John Hassall	Bossard Whs	Male	Veteran
32	09:32	John Mulvey	ActiveEdge Race Team P/B Cooper/BMW Inchcape	Male	Senior
33	09:33	Matt Meek	Aspire Velo Racing Team	Male	Senior
34	09:34	Peter Tibbitts	Ford CC	Male	Veteran
35	09:35	Timothy Chilvers	Maldon & District CC	Male	Senior
36	09:36	Thomas Platts	Aspire Velo Racing Team	Male	Senior
37	09:37	Colin Ward	Essex Roads CC	Male	Veteran
38	09:38	Rob Young	Team Vision Racing - Silverhook	Male	Veteran
39	09:39	Gill Carter	Essex Roads CC	Female	Veteran
40	09:40	Terry Law	CC Sudbury	Male	Veteran
41	09:41	Andy Sewell	Aspire Velo Racing Team	Male	Senior

### Route to the start

Turn right out of the HQ and head North on North Hall Road. At the T Junction turn right onto the B1383. Continue on the B1383 heading North to go through Newport and past the Fighting Cocks Public house until you reach the start. (Approx 5 Miles).

### Route back to the hut!

As soon as you have finished continue riding South on the B1383. Go through Newport and then turn left onto North Hall Road. Continue South on North Hall Road until you reach the HQ at the Comrades Hut.

### Road Directions

If coming South through Newport along B1383 turn left into North Hall Road. Continue on North Hall Road until you reach the right turn just after the HQ. Turn right and park in lane under Motorway Bridge.

If coming North through Stansted Mountfitchett along B1383, turn right at "Chequers" Pub, Ugley and park as above.