



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!

Bib	Start time	First name	Last name	Club	Gender	Cat
10	15:10:00	David	Dodsworth	Maldon & District CC	Male	Veteran
11	15:11:00	Colin	White	Colchester Rovers CC	Male	Veteran
12	15:12:00	Simon	Constable	Basildon CC	Male	Veteran
13	15:13:00	Anthony	Whale	Harlow CC	Male	Veteran
14	15:14:00	Caroline	Wyke	CC Sudbury	Female	Veteran
15	15:15:00	Dan	Jenkins	Southend Wheelers	Male	Veteran
16	15:16:00	Alex	Warburton	Velo Schils Interbike RT	Male	Senior
17	15:17:00	Adrian	Tovey	Maldon & District CC	Male	Veteran
18	15:18:00	Ian	Damant	Becontree Wheelers CC	Male	Veteran
19	15:19:00	Richard	Pimlott	Finsbury Park CC	Male	Veteran
20	15:20:00	Lee	Kennedy	Army Cycling	Male	Senior
21	15:21:00	Ian	Braybrook	Basildon CC	Male	Veteran
22	15:22:00	Christopher	York	Maldon & District CC	Male	Veteran
23	15:23:00	Jennie	Page	Southend Wheelers	Female	Veteran
24	15:24:00	Frederick	Barlow	Shaftesbury CC	Male	Junior
25	15:25:00	Neil	Hughes	Velo Schils Interbike RT	Male	Veteran
26	15:26:00	Louise	Robinson	Essex Roads CC	Female	Veteran
27	15:27:00	Richard	Mellor	Team Bottrill	Male	Veteran
28	15:28:00	Colin	Doe	Ford CC	Male	Veteran
29	15:29:00	Simon	MacFeeters	Colchester Rovers CC	Male	Veteran
30	15:30:00	Peter	Harding	Chelmer CC	Male	Veteran
31	15:31:00	Daniel	Homer	London Phoenix CC	Male	Veteran
32	15:32:00	Karen	Aylen	Maldon & District CC	Female	Veteran
33	15:33:00	Giles	Askham	Colchester Rovers CC	Male	Veteran
34	15:34:00	Jan	Harvey	Southend Wheelers Hart Performance	Female	Veteran
35	15:35:00	Nicholas	Knight	Coaching	Male	Veteran
36	15:36:00	David	Pennington	Southend Wheelers	Male	Senior
37	15:37:00	Ian	Bibby	Finsbury Park CC	Male	Veteran
38	15:38:00	Paul	Gibbon	Southend Wheelers	Male	Veteran
39	15:39:00	Phillip	Barlow	Shaftesbury CC	Male	Veteran
40	15:40:00	Simon	Alexander	Richardsons-Trek RT	Male	Senior