

HAINAULT ROADS CLUB

START SHEET **66th OPEN HILLY TIME TRIAL** **SUNDAY 8th March 2020 at 10:01hrs**

(A SPOCO SE qualifying event)

(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

Event Secretary:

**Graham Mann, Gann's Cottage, Ongar Road, Stondon Massey,
Brentwood, Essex. CM15 0EF (Tel: 01277- 823286) (Mob: 07717 833736)
(manngraham@hotmail.com)**

Timekeepers: Mr Trevor Pedley & Mr Pete Smith

Prizes

1st Place.....	£60.00
2nd Place.....	£50.00
3rd Place.....	£40.00
4th Place.....	£30.00
5th Place.....	£20.00
Age Group A (45 – 55 inc).....	£20.00
Age Group B (56+).....	£20.00
1st Lady.....	£20.00
Lucky Dip 41st place.....	£10.00
Lucky Dip 61st place.....	£10.00
1st Team of 3 riders.....	£45.00
2nd Team of 3 riders.....	£30.00

COURSE E14/28

START (GR 555969) in Tanhouse Lane opposite TP3. Proceed to Shonks Mill Road where turn left and proceed to A113 (2.74 miles). Turn left to Passingford Bridge RAB where turn and retrace on A113 to Little End where turn left opposite UBS factory into Church Road (7.29 miles). Continue to Toot Hill where left at the green and immediately left into Epping Road (9.38 miles). Continue to Mount End where left through Mount End hamlet to the bottom of Theydon Mount (11.91 miles). Turn left over Theydon Mount to reach Epping Lane where turn left to join the A113 (14.32 miles). Turn left and repeat the Toot Hill circuit again to the junction with the A113 (24.20 miles). Turn left again to the junction with Shonks Mill Road where turn right (25.45 miles). Continue to the black barn at Princes Gate where turn left to FINISH at the far end of the green at Navestock Side (GR 563973) just short of Alec's restaurant (28.74 miles). **NOTE: This course uses part of the course twice. Riders are to be aware that care is needed when you pass Epping Lane where other riders might be joining the A113 from your left.**

IMPORTANT EVENT NOTES:-

1. **EVENT HEADQUARTERS** – This will be at Navestock Village Hall opposite the finish (GR 564975). Please allow 4 minutes to reach the start. Turn left out of the car park, cross the green and take the 1st right then 1st left to arrive at the start. Note: The start is the same as previous years.
2. **NUMBERS** – will be available at the event headquarters which will be open from approx 09:00. These need to be signed for by each rider personally and you will also be asked to sign that you are returning them. Please ensure that you adhere to this requirement and read the latest Riders Briefing notes that will be adjacent to the signing on sheets.
3. **REFRESHMENTS** – Will be provided at the event HQ. Kindly ensure that the HQ is left neat and tidy and please take any litter home with you. All riders will get a free tea or coffee.
4. **TIMES** - Please do not approach the timekeeper. He will be concentrating on other riders finishing. The Hainault Roads Club will make every effort to get your time on the result board within 10 minutes.
5. **PRIZE PRESENTATION** – We will hold the prize presentation as soon as possible after the event and would request that you wait a few more minutes to congratulate all prize winners.
6. **AFTER FINISHING**, riders are instructed to continue directly to the event headquarters.

London East DC and the CTT issue further directions for your adherence. These are:-

1. **DO NOT** warm up on the course. In the interests of safety, we suggest Wheelers Lane for this activity.
2. **PARKING** – is available at the event HQ. Please note that there is no parking available in the starting area.
3. **U” TURNS** – are not allowed within sight of the start or finishing points or on the course. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and possible disciplinary action by LE DC.
4. **IN THE INTERESTS 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 must wear a properly affixed protective helmet of a hard/soft shell construction.
5. **LITTER** – Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders may be liable to disciplinary action by the DC.
6. **No competitor will be permitted to start the event unless they have, affixed to the rear of their machine, a working rear red light, either flashing or constant that is illuminated and in a position that is clearly visible to other road users.**

Hainault Hilly 2020.

Riders briefing notes.

1. Following the very wet winter the road surface in some places is poor although, having gone round the course this week, there are no serious holes but in some cases the sides of the roads are poor. There are two pot holes on the climb up to Toot Hill near the top and another on the A113 just before the right turn into Shonks Mill Road. Please look well ahead while riding to plan a path past any hazards and to avoid any sudden movements in front of any traffic that may be behind you. **PLEASE TAKE GREAT CARE!!**
2. Please note that at Passingford Bridge roundabout riders need to turn and retrace towards Ongar. Riders are reminded that traffic from your right has priority and riders should be prepared to give way to traffic already on the roundabout. Please clearly signal to alert traffic of your intentions.
3. With five miles to go you turn right off the A113 into Shonk's Mill Road. This manoeuvre is across oncoming traffic which has right of way. Please take extra care at this point.
4. Please remember that each rider is required to sign for their number and also sign again when they return their number. Please ensure that you adhere to this requirement as failure could result in disqualification.
5. No competitor will be permitted to start unless they have, affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Graham Mann

Event organiser