

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 9th July 2022

Course E1/10a — Start at 8.00 am

Timekeepers – Michael Keen & Ian Taylor

Awards:

Solo Scratch & Handicap: 1st £20; 2nd £10; 3rd £10. Solo Lady: 1st £20, 2nd £10.

Solo Nearest to Average: £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.

Sign-on will start at 7:20am.

Event secretary: Leonard Gordon, 7 Cambridge Close, Basildon, Essex, SS16 6UW Telephone: 07807 839204

COURSE DETAILS E1/10a

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.

Cycling Time Trials now requires the use of a flashing rear light whilst competing.

NO LIGHT, NO RIDE

All riders should return to the headquarters as drug testing may be in force at this event.

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 time keeper's car.

4 Body numbers will be available at the event headquarters

5 Body numbers should be returned after the event and the start sheet signed in the signing-off box. Failure to do this will result in your result being marked as 'DNF'.

RIDERS BRIEFING NOTICE

Riders that have finished should proceed straight on to the event headquarters.

Riders waiting to start and officials must stay on grass verge at Start and Finish.

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

Course Records

Solo Male 20:19 Ashley Cox 3rd Aug 2019

Solo Female 23:30 Helen McKay 3rd Aug 2019

Solo Male (Junior) 22:27 Alfie Salmon 24th Jul 2021

Solo Male (Juvenile) 26:43 James Wicks 22nd May 2021

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

2 Up TT 20:41 Colin Ward, Timothy Chilvers 17th Aug 2019

Please park in the road that goes under the motorway and then come to the hut to sign on and collect your number. After finishing return to the hut to signoff.

Take care when cycling down the single track road to the start as the traffic might be busy than normal because of the North Hall Road road closure.

Solos

No	Start	Rider	Club	Category	Hcap
3	08:03	David Young	West Suffolk Wheelers	S	7:46
4	08:04	Tom Bishop	Walden Velo	V	5:15
5	08:05	Matt Rizzo-Naudi	Cambridge University CC	E	3:41
6	08:06	Marion Denby	Newmarket Cycling & Triathlon Club	W	10:35
7	08:07	Brady Ramsay	Team Vision Racing - Silverhook	WV	7:42
8	08:08	Glen Clark	Ely & District CC/B&T Motor Repairs	V	6:08
9	08:09	Karen Ayles	Maldon & District CC	WV	5:05
10	08:10	Murat Ozdenya	Team Vision Racing - Silverhook	V	3:39
11	08:11	John Hassall	Bossard Whs	V	9:05
12	08:12	John Watson	Hitchin Nomads CC	V	7:25
13	08:13	Sean McDougall	Icknield RC	V	6:02
14	08:14	James Wicks	Essex Roads CC	J	6:30
15	08:15	Richard O'Rourke	Team Vision Racing - Silverhook	V	2:59
16	08:16	Julian B Boulter	Eagle Road Club	V	8:54
17	08:17	Morgan Saunders	Team Vision Racing - Silverhook	J	7:00
18	08:18	Frances Lammyman	Abingdon Race Team	W	5:44
19	08:19	Damien Foy	6AM Cycling	V	8:13
20	08:20	Matthew Saunders	Team Vision Racing - Silverhook	V	2:57
21	08:21	Adam Williams	St Neots CC	S	4:30
22	08:22	Mark Eastwood	West Suffolk Wheelers	V	7:14
23	08:23	Graham Lawrenson	Hainault RC	V	5:40
24	08:24	Chris Welford	Cambridge CC	V	4:18
25	08:25	Mark Arnold	VTTA (East Anglia Group)	V	2:34
26	08:26	John Steed	West Suffolk Wheelers	V	8:07
27	08:27	Claire Lee	Glendene CC	WV	6:34
28	08:28	Julia Freeman	Easterley Road Club	WV	5:18
29	08:29	Stephen Murphy	Shaftesbury CC	V	4:01
30	08:30	Graeme Garner	Essex Roads CC	V	2:25
31	08:31	Tom Wade	Cambridge University CC	S	4:37
32	08:32	Hayley Rigby	Giant Camden Team Liv	W	4:31
33	08:33	James Leach	Brixton Cycles Club	S	5:36
34	08:34	Nikola Peric	Clapham Chasers	S	4:27
35	08:35	Sam Wightman	Team Bottrill	V	2:22

2 Ups

No	Start	Rider	Club	Category
37	08:37	Henry Farrell	Full Gas Racing Team	S
38		Anthony Gibb	Full Gas Racing Team	V

Route to the start

Follow the lane going away from the motorway. At the T junction turn right at the T junction 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 turn left at the 'Chequers' Pub. Follow the lane until you reach where you have parked your car

Road Directions to the Comrades Hut

If coming South through Newport along B1383 turn left at "Chequers" Pub, Ugley. Continue on the lane and park in lane under Motorway Bridge. Walk under the motorway bridge to turn left onto North Hall Road where you will find the comrades hut on the right-hand side of the road.

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