

ESSEX ROADS CYCLING CLUB

Open 25 mile Sporting Time Trial

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

to be held on

Sunday 24th July 2022

Course E22/25 — Start at 8.00 am

Timekeepers – John Cottee & Leonard Gordon

Awards:

Scratch: 1st – £20; 2nd – £10. Handicap: 1st – £20; 2nd – £10. Lady: 1st – £20; 2nd – £10.

Fastest Club Team of Three: £5 each.

Event headquarters:

Birch Memorial Village Hall, School Hill, Birch, Essex CO2 0LZ

This is the village communal area, please park in a sensible manner and remember to maintain social distancing when outside the car. No changing in full view of residents and please respect the local residents by keeping any noise to a minimum. All riders must warm on the roads, **NO TURBOS OR ROLLERS IN THE CAR PARK.**

Sign-on will start at 7:00am.

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

COURSE DETAILS E22/25 Birch

START on Birch Street 30 yards South of Pudding Lane. Continue on Birch Street to turn left onto Lower Road (0.3 Miles). Stay on Lower Road to turn left, with great care, onto B1022 (0.5 Miles). Continue South on B1022 going through Tiptree and Great Totham to Heybridge to turn left at roundabout onto B1026 (10.8 Miles). Continue through Goldhanger and Tolleshunt D'Arcy until reaching former 'Kings Head' public house where turn left to stay on B1026 (19.4 Miles). Continue on B1026 as it bears right at Staffords Corner (20 Miles). Stay on B1026 going over the reservoir, passing Layer Church and the waterworks to turn left into Birch Road at junction by Layer Fox public house (23.3 Miles). Continue on Birch Road (becomes Garlands Road) to go past Pudding Lane to **FINISH** just before the road bears right

Current Cycling Time Trials regulations now require that all riders wear a hard shell safety helmet that meets an internationally accepted safety standard.

NO HELMET, NO RIDE

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

NO LIGHTS, NO RIDE

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 keepers 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'.

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

RIDERS BRIEFING NOTICE

Riders that have finished should proceed straight on to the event headquarters, being aware of competitors that are still racing.

Solos

No	Start	Rider	Club	Category	Hcap
1	08:01	Colin White	Colchester Rovers CC	V	56:42
2	08:02	Stuart Jago	Essex Roads CC	V	31:22
3	08:03	Richard Pimlott	Finsbury Park CC	V	30:24
4	08:04	Lee Blake	Born2Tri	V	*
5	08:05	James Bromley	Hart Performance Coaching	V	27:18
6	08:06	Colin Doe	Ford CC	V	21:38
7	08:07	Ian Damant	Becontree Wheelers CC	V	20:41
8	08:08	Hilary Briggs	Serpentine Running Club	WV	18:31
9	08:09	Geoff Bores	Ford CC	V	16:09
10	08:10	Richard Parrotte	Shaftesbury CC	V	15:40
11	08:11	Giles Askham	Colchester Rovers CC	V	15:34
12	08:12	Peter Tibbitts	Ford CC	V	9:54
13	08:13	Rachel Pearsons	Born2Tri	WV	*
14	08:14	Louise Robinson	Essex Roads CC	WV	9:34
15	08:15	Mark McGee	Maldon & District CC	V	14:54
16	08:16	Simon Higgs	Essex Roads CC	V	9:14
17	08:17	Adrian Tovey	Maldon & District CC	V	14:17
18	08:18	Phil Paterson	Stomp the Pedal	V	8:51
19	08:19	Graham Hurrell	Basildon CC	V	12:57
20	08:20	Jennifer George	The Independent Pedaler - Nopinz	W	7:36
21	08:21	Sean McDougall	Icknield RC	V	12:47
22	08:22	Paul Turton	Team Vision Racing - Silverhook	V	6:14
23	08:23	Sebastian Harrison	Islington Cycling Club	S	11:10
24	08:24	Rob Young	Team Vision Racing - Silverhook	V	4:44
25	08:25	Rob Chaplin	East London Velo	V	10:57
26	08:26	Timothy Torrie	TrainSharp Development Team	S	4:26