

COLCHESTER ROVERS



CYCLING CLUB

# Open 50 mile Time Trial

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

SPOCO SE Group 3 Counter

*to be held on*

## Sunday 14th Aug 2022

### Course E7/50d Start at 7.00 am

*Timekeepers:*

Tim Groves and Len Gordon

*Prizes for Men and Women:*

1st – £20; 2nd – £15; 3rd – £10

*Event headquarters:*

### Tendring Village Hall, The Street, Tendring, Essex CO16 0BL

Please park economically in the hall car park and respect the village residents by keeping noise to a minimum. Thank you.

Event secretary: Matt Haigh, 8 Sunny Point, Walton On The Naze, Essex, CO14 8LD Telephone: 07815 052402

#### **COURSE DETAILS E7/50d**

START GR (TM 140257) in Chapel Lane Tendring Green just before junction with B1035 proceed south on B1035 Heath Road through Goose Green and Tendring village to Thorpe green (3.33m), Left onto B1033 Colchester Road and in 195 yards turn left into Golden Lane.

Continue on Golden Lane until the junction with Harwich Road (4.42m), turn left (B1414) and continue through Beaumont-Cum-Moze to Great Oakley (8.03m) to turn left onto Wix Road, becomes Oakley Road, and continue to Wix (9.61m) where turn left onto Harwich Road.

Continue on Harwich Road and **turn right at cross roads (M)** into Bradfield Road (10.02m). Continue on Bradfield Road to Bradfield (11.78m) and turn left into Heath Road.

Continue on Heath Road, Heath Road becomes Steam Mill Road until the junction with Clacton Road (13.16m) turn left and follow Clacton Road through Horsley Cross Street to **Horsley Cross RAB (M)**. Take 2<sup>nd</sup> exit Clacton Road and continue through Tendring Heath and Tendring Green to start point (16.3m)

Repeat circuit twice more (48.92) then continue on same route to FINISH: GR (TM 143243) in School Road Opp. pole "CP1" 70 yards before Long Lane.

Route available to download from Cycling Time Trials in a number of formats at following location:

<https://www.cyclingtimetrials.org.uk/course-details/e7-50d>

## CTT / LONDON EAST LOCAL REGULATIONS

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

**NO HELMET, NO RIDE**

Cycling Time Trials regulations require the use of both front and rear lights whilst competing.

**NO LIGHTS, NO RIDE**

Competitors must not warm up on any part of the designated course once the event has started. (Crown Lane is recommended for this purpose)  
The use of static trainers/rollers etc. is not permitted at the headquarters

'U' turns are not 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.

No parking at either the start or finish points, other than the timekeepers car.

## RIDERS BRIEFING NOTICE

Body numbers and "Sign-On" will be available at the event headquarters 06:15 – 06:45

Riders must make themselves aware of "on the day" briefing notes which will be provided to riders at sign-on

Route to start: Turn right out of headquarters and continue 1.2 miles on B1035 to Chapel Lane

Riders waiting to start must stand in Chapel Lane allowing room for vehicular traffic.

Riders must take extreme care at junctions and roundabouts, it is the responsibility of the rider to ensure the course is clear, (marshal's responsibility is to indicate the direction of the course)

Riders must take extreme care to avoid a series of very deep pot-holes at the nearside edge of the road in Golden Lane

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

Riders must return to event headquarters, sign the "Sign Off Sheet" and return body numbers in exchange for a hot or cold drink