

ESSEX ROADS CYCLING CLUB

Open 24 mile Sporting Time Trial

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

to be held on

Sunday 9th August 2020

Course E22/24 — Start at 8.00 am

Timekeepers:

Awards:

Scratch: 1st – £40; 2nd – £20; 3rd – £10. Lady: 1st £20

Fastest Club Team of Three: £10 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 7:20am.

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

COURSE DETAILS E22/24 Birch

Start in Lower Road at entrance gate to pumping station. Proceed to junction with B1022 (M) where turn sharp left with great care. Proceed through Tiptree, Great Totham North and Great Totham South to Heybridge turning left at the roundabout (M) onto B1026. Continue through Goldhanger and Tolleshunt D'Arcy until reaching former 'Kings Head' public house where turn left to stay on B1026(M). Continue on B1026 as its bears right at Staffords Corner. Continue on B1026 over reservoir passing Layer Church and the waterworks to turn left (M) into Birch Road at junction by Layer Fox public house. Continue on Birch Road to finish just past Pudding Lane (gr 951191)

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

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.

Course Record – 50:08 (Colin Ward - 2018)

Woman's Course Record – 58:32 (Helen McKay - 2019)