

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

Monday 31st August 2020

Course E11/25a — Start at 7.00 am

Timekeepers:

Tony Brown and Laura Carter

Awards:

Scratch: 1st – £50; 2nd – £30; 3rd – £20, 4th £10. Lady: 1st - £30, 2nd – £10.
Vet: 1st - £30, 2nd – £10. Junior: 1st - £20. Fastest Club Team of Three: £10 each.

Event headquarters:

Blackmore Village Hall, Nine Ashes Road, Essex CM4 0QW

This is the village communal area, please park in a sensible manner and remember to maintain social distancing when outside the car. Access to the hall is just to use the toilets and each toilet must only be used by one person at a time.

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.**

Signing-on will start at 6:15 am and will take place outside the hall unless it is raining.

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

COURSE DETAILS 11/25a Blackmore

START in Fingrith Hall Lane at the entrance to field 40 yards before the junction to the A414. After starting proceed to the junction with the A414, (M), to turn left taking care to check for traffic from the right. Proceed on the A414 to perform a U-turn at the Ongar Four Wantz roundabout (M) (3.2 m). Retrace along A414 over two roundabouts to U-turn at the Widford Church roundabout (M) (12.6 m). Stay on the A414 to go over two roundabouts to return back to the Ongar Four Wantz roundabout (M) (22.0 m) to make another U-turn. Then stay on the A414 to continue to the finish which is just past the left turn into Willingale road. After you have finished continue on A414 to turn right into Fingrith Hall Lane to return back to the headquarters.

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 timekeeper's car.
- 4 Body numbers will be available at the event headquarters and they should be returned after the event. When the numbers are returned please complete the signing-off box on the sign-on sheet. 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

Start and finish are about 1 ½ miles from the hall. Route to start is leave the car park and go straight ahead onto Redrose Lane. At the crossroads turn left onto Fingrith Hall Lane and continue until you reach the start.

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

If possible, please bring your own pen to sign on and if you need them any pins for your number.