

Southend Wheelers (SPOCO SE)

The Norman Wells Memorial '50'

30/06/2024 07:00

E9/50

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



Headquarters

Chelmer Club Hut, Meteor Way, off Waterhouse Lane, Chelmsford, CM1 2RL.

<https://w3w.co/varieties.camp.waddle> or for Google Maps Click [here](#)

Route from HQ to start

Exit Meteor Way and turn right up the main road. Through first main lights keeping in the left hand lane, and proceed to the next set of traffic lights, to turn left along A1060 (signposted The Rodings, Roxwell). Follow the A1060, to pass over Writtle Roundabout, continue until 'Cycle Event' signs (approx. 0.7m), and turn next left into Old Roxwell Road.

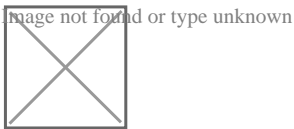
See map below – Start What3Words location ///hobby.pedicure.fled.

Please allow at least 10 minutes to ride from the HQ to the Start Area. Please avoid warming up on the course; there are ample roads for this on the way to the start!

Please do not arrive at the start more than 5 minutes before your start time; when waiting to start, please stand off the road on the grass verge.

Officials' cars only at the start & finish areas.

Route on Strava: click >[here](#)< or scan the QR code



Course details

START (GR 667076) in Old Roxwell Road at most westerly junction, at seventh kerb joint from main A1060 Carriageway. Proceed along A1060 through Margaret Roding to Leaden Roding (M) (6.3mAprox). Turn right WITH GREAT CARE onto B184 and continue through High Roding to turn around small roundabout at Clapton Hall Lane (M) (12.m Aprox). Retrace through High Roding and Leaden Roding (M) (m), turn along A1060 through Margaret Roding to continue to Roundabout at junction with Lordship Road where TURN (25.m Aprox) to return to A1060 to start point. Repeat circuit and FINISH (GR 677075) before roundabout opposite third 'cats eye' before 'Roundabout' sign (Writtle Ongar). Note: Route to start must be via Cow Watering Lane and Old Roxwell road.

Note: Timekeepers vehicles only on grass verge.

Note: After finish riders to turn right into Lordship Road.

Local regulations

- Front & Rear lights must be fitted, visible and working. Helmets must be worn.
- Competitors must observe mandatory traffic signs and have no right of way over other traffic using the road. All Road Traffic Legislation applies.
- Marshals are placed at key points on the course for your safety; they are there to provide direction only and are NOT authorised to stop traffic. It is the competitor's responsibility to know the course!
- No riding with your head down – any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action.
- Riders are reminded that dropping litter, (such as energy gel wrappers or banana skins) is a criminal offence and offenders will be liable to disciplinary action.
- **NO U TURNS** are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event.
- **Local regulation:** Static trainers are banned from morning events in London East district. So please warm up on local roads.
- Riders must make their intention to turn at the mini roundabout onto the B184 from the A1060 clear to other road users. This includes the use of hand signals.
- **Local Regulation:** Riders **MUST NOT** pass to the right of the painted circle on the roundabout when turning from A1060 to B184. Any rider doing so will be disqualified from the event and reported to the District Committee for consideration of disciplinary action.
- Riders must take **extreme care** through High Roding due to parked cars and pedestrians in the road.
- Please note that the roundabout at Great Dunmow (furthest turn from the start) is tight and has a poor surface.
- Have a fast, but most importantly, a safe ride!

Organiser contact details

Barry Simpson
27 Cornwall Gardens Rochford
07790262994
01702547790
wheelersnw50@gmail.com

Time keepers/officials

Members and friends of Southend Wheelers.

With thanks to Phil Hodey and the Shaftesbury CC for use of their super timing system!

Course records

Solo Open

1:41:33

Adam Duggleby

02-Jul-23 | RTTC National 50 miles Championship (Men)(Southend Wheelers)(Entries close 06/06/23)

Solo Female

1:55:58

Emily Martin

02-Jul-23 | RTTC National 50 miles Championship (Women)(Southend Wheelers)(Entries close 06/06/23)

Awards/prizes

Fastest Rider: The Norman Wells Memorial Trophy

Fastest Southend Wheeler: The Founder's Cup

Please note: There are no cash awards for this event. Any surplus will be donated to Cardiomyopathy UK, the Southend Wheelers' charity for this and next season. Here's a link to their website: <https://www.cardiomyopathy.org>.

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Southend Wheelers (SPOCO SE)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Malcolm Strickland	CC Bexley	Open	Vet
2	07:02:00	Mike Googe	Maldon & District CC	Open	Vet
3	07:03:00	Paul White	Southend Wheelers	Open	Vet
4	07:04:00	Ruth Stapleton	Newhall CC	Female	Vet
5	07:05:00	Marc Brant	Basildon CC	Open	Vet
6	07:06:00	Paulina Mozal	Chelmer CC	Female	Senior
7	07:07:00	Patrick Claridge	Chelmer CC	Open	Vet
8	07:08:00	Jamie Bishop	Newhall CC	Open	Vet
9	07:09:00	Richard Mellor	Team Bottrill	Open	Vet
10	07:10:00	Kerry Brennand	Newmarket Cycling & Triathlon Club	Female	Vet
11	07:11:00	John Paduano	Southend Wheelers	Open	Vet
12	07:12:00	Mike Debney	Verulam Megan's Racing Team	Open	Vet
13	07:13:00	Rob Chaplin	East London Velo	Open	Vet
14	07:14:00	Lewis Duffield	Athlon CC	Open	Senior
15	07:15:00	Colin Edmond	Maldon & District CC	Open	Vet
16	07:16:00	Gill Carter	Essex Roads CC	Female	Vet
17	07:17:00	James Bromley	Hart Performance Coaching	Open	Vet
18	07:18:00	Rachel Halamandres	Basildon CC	Female	Vet
19	07:19:00	Ross Allan	St Christopher's CC	Open	Vet
20	07:20:00	David Carey	Southend Wheelers	Open	Vet
21	07:21:00	Jan Harvey	Southend Wheelers	Female	Vet
22	07:22:00	Jennie Pennington	Southend Wheelers	Female	Vet
23	07:23:00	Panos Kakoullis	East London Triathletes	Open	Vet
24	07:24:00	Phillip Brant	Southend Wheelers	Open	Vet
25	07:25:00	Kelvin Cuffy	Southend Wheelers	Open	Senior
26	07:26:00	William Bell	Stortford Tri	Open	Senior
27	07:27:00	Geoff Bores	Ford CC	Open	Vet
28	07:28:00	Philip Hodey	Shaftesbury CC	Open	Vet
29	07:29:00	Miles Burrage	Eat Plants Not Pigs CC	Open	Senior
30	07:30:00	Peter Tibbitts	Ford CC	Open	Vet
31	07:31:00	Daniel Price	North Essex Velo	Open	Senior
32	07:32:00	Paul Ruffy	Eat Plants Not Pigs CC	Open	Vet

Start Number	Start Time	Rider	Club	Gender	Category
33	07:33:00	Adrian Tovey	Maldon & District CC	Open	Vet
34	07:34:00	Ben Newman	North Essex Velo	Open	Vet
35	07:35:00	Sean Mcdougall	Icknield RC	Open	Vet
36	07:36:00	Michael Beaver	Athlon CC	Open	Vet
37	07:37:00	Richard Parrotte	Shaftesbury CC	Open	Vet
38	07:38:00	Dean Lubin	Team Vision Racing - Silverhook	Open	Vet
39	07:39:00	Ramsey Kechacha	Shaftesbury CC	Open	Senior
40	07:40:00	Ian Braybrook	Basildon CC	Open	Vet
41	07:41:00	Louise Robinson	Shaftesbury CC	Female	Vet
42	07:42:00	David Pennington	Southend Wheelers	Open	Senior
43	07:43:00	Alfie Salmon	Hart Performance Coaching	Open	Espoir
44	07:44:00	Paul Turton	Team Vision Racing - Silverhook	Open	Vet
45	07:45:00	Andrew Turnock	Finsbury Park CC	Open	Vet
46	07:46:00	Nicholas Knight	Hart Performance Coaching	Open	Vet
47	07:47:00	Peter Harding	Chelmer CC	Open	Vet
48	07:48:00	Daniel Ryan	North Road CC	Open	Vet
49	07:49:00	David Harding	Chelmer CC	Open	Vet