



EASTERLEY ROAD CLUB

(President: Andrew Ballentyne)

Present Their

OPEN 25 MILE TIME TRIAL

Promoted on and behalf of Cycling Time Trials under their Rules and Regulations.

ON

Sunday April 14th 2019 at 08.00

This is a qualifying event for SPOCO South East Group 2 2019.

Event HQ:

Easterley Country HQ, North Hall Lane, Ugley, Essex. CM22 6JD.

Event Organiser:

Julia Freeman
47 Knights Way
Brentwood
Essex
CM13 2EN
Mobile: 07966 142301
Ja.freeman@tiscali.co.uk

Timekeepers:

Main: John Cottee

Assistant: Peter Smith

Course Details: E1/25d

START on B1383 10 yards north of Belcham's Lane leading to Rickling Green which is 0.25m north of Chequers PH. Proceed north through Quendon and Newport, straight on at roundabout junction B1383/B1052, Littlebury, Gt. Chesterford, to Stump Cross roundabout where turn right onto B184 and continue to Little Chesterford Roundabout (11.75m) where TURN and retrace to Stump Cross Roundabout. Turn left onto B1383 and retrace along course past start point to **FINISH** at centre of layby which is just past Pennington lane and approx 0.1m N of 32nd Milestone.

Important Notes to Riders:

1. **Rider's car parking** is only allowed under and in the area immediately to the west of the motorway bridge, near to the HQ.
2. **Sign on** and collect number at HQ. DO NOT forget to sign back out after the event, failure to do so will result in disqualification from the event.
3. **Toilets** are available at the HQ, DO NOT use the fields!
4. **No U turns** within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by London East DC.
5. **Static Trainers:** Out of consideration for local residents, the use of static trainers (e.g. turbo trainers) is banned from all morning events held in London East DC.
6. **Litter:** Please do not drop litter, e.g. gel wrappers. Complaints have been received of riders doing this in other events on this course.
7. Please allow sufficient time to ride to the start.

IN THE INTERESTS 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 and a flashing rear light whilst competing.

PRIZES:

Men and Women

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|-----------------------------|----------------------------|
| 1st: | Medal, Cycling goods & £30 |
| 2nd: | Medal, Cycling goods & £20 |
| 3rd: | Medal, Cycling goods & £10 |
| 1st Team: | Medals & Cycling goods. |

THERE WILL BE A PRIZE PRESENTATION AS SOON AS POSSIBLE AFTER THE LAST RIDER HAS FINISHED SO PLEASE STAY AND COLLECT YOUR AWARDS/APPLAUDE THE WINNERS!