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**Open 10 Mile Time Trial Incorporating the National Youth Championship London East**

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

**Saturday 17th June 2023 15:00 hours Course E21/10**

**Event Secretary**: Lisa Hurrell

20 Grandview Road, Thundersley, Benfleet, Essex, SS7 3JZ

Tel. 07954 424648

**Time keepers:** John Cottie & Graham Hurrell

**Marshals:** Steven Pharez, Jo York, Stephen Hill, Graham Roper

**Pusher off: TBC**

**Tea & Cake: TBC**

**PRIZE LIST**

NATIONAL YOUTH CHAMPIONSHIP REGIONAL HEAT:

All finishers will receive a medal & certificate.

National final qualifiers = Fastest three girls and boys. Fastest boy & girl in each age group. Fastest team of three.

Qualifiers details will be forwarded to the National Final event secretary. You will not be required to submit a further entry.

THIS IS A QUALIFYING EVENT FOR SPOCO South East 2023 Group 1

**PRIZES**

Fastest Riders: 1st Gold Medal, 2nd Silver Medal 3rd Bronze Medal

Fastest Ladies: 1st Gold Medal, 2nd Silver Medal

Fastest Team of Three: Gold medal each

Fastest Road Bike: Gold medal

Ian Short of Team Sales Engine has donated 5 of his books ‘Ups and Downs. “A Life in Cycling” ’ as spot prizes for this event. More details can be found at [www.openskyprojectmanagement.co.uk](http://www.openskyprojectmanagement.co.uk) Many thanks to Ian for donating!

**Event HQ Steeple Village Hall.** 1 Garden Fields, Steeple, Southminster CM0 7JY. Turn left opposite the Steeple Star Public House, then immediate left into narrow entrance. There is limited parking at the HQ, please park with consideration to residents and keep noise to a minimum.

To reach the start turn left from Garden Fields onto the main road. The start is less than 5 min ride away **next to the ST LAWRENCE sign**.

**NUMBERS AND SIGNING ON/OFF WILL BE AT THE EVENT HQ – PLEASE REMEMBER TO SIGN BACK IN AFTER THE EVENT. FAILURE TO DO SO WILL LEAD TO DISQUALIFICATION.**

**Course E 21/10**

START at 'St. Lawrence' sign (M.R. 947033) on Bradwell Road, 0.5 miles east of Steeple. Proceed eastwards (road becomes B1021 at former 'Queens Head' P.H. Bradwell). Beyond this, take third lane on right (M), to 'T' junction where left (M). Left again at next junction (M) and left again (M) to re-emerge onto B1021 westbound. Retrace outward route, past start, to FINISH at drain opposite T.P.1, just east of Stangate Road, Steeple (M.R. 942032).

The following precautions should be taken at the start and finish areas:

A) No U turns within sight of the start and finish areas. Any riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action from the district committee.

B) Do not warm up on the course once the event is underway (3pm), there are ample alternative quiet roads. A good alternative is Stangate Lane (left turn just beyond Steeple on the way to the start). It is narrow but well surfaced & traffic free.

C) No static trainers (turbo’s or rollers) to be used. These are banned by the LE Committee.

D) DO NOT stop at the finish – carry on!

Turn: The four junctions at the turn are all very quiet and will have marshals on each corner, however you must be prepared to GIVE WAY at all of them. No exceptions.

Turn: Exiting third left hand corner. The owner of the cottage on this corner often parks his car on the road just beyond the exit of this junction. This is perfectly legal and is not a problem if you are looking where you are going. WHEN APPROACHING THIS CORNER WHERE YOU HAVE TO GIVE WAY YOU WILL BE CHECKING THERE IS NO ONCOMING TRAFFIC TO THE RIGHT, DO NOT PRESUME IT IS CLEAR TO THE LEFT.

The road surface is particularly rough and uneven past the last right hand bend on the return.

The finish is not opposite the start. When you pass the start on the return trip you will still have about another minute of riding to reach the finish.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. All competitors under the age of 19 on the 31st of December next must wear a properly affixed protective helmet of a hard/soft shell construction. The use of a **REAR and FRONT LIGHT** whilst competing is now **MANDATORY. Please switch on prior to the start line.**

Litter. 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 by the District Committee.

HAVE A SAFE AND ENJOYABLE RACE! THIS IS A GREAT COURSE!