

# 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 30th August 2021**

**Course E11/25a — Start at 7.00 am**

*Timekeeper:*

**Awards:**

Scratch: 1st – £40; 2nd – £20; 3rd – £10. Lady: 1st - £30, 2nd – £10.  
Nearest the Average: £10

**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 30 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 **FINISH** at the 2<sup>nd</sup> width restriction island after 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.

**Course Records**

Solo Male 52:46 Matthew Smith 31<sup>st</sup> Aug 2020

Solo Female 58:56 Jennifer George 31<sup>st</sup> Aug 2020

Solo Male (Junior) 56:52 Matthew Lord 31<sup>st</sup> Aug 2020

Tandem 1:00:58 David Shannon & Richard May 31<sup>st</sup> Aug 2020

**This event will be run under the current Covid restrictions so the hall will only be open for the use of the toilets which have to be used one person at a time.  
If possible, please bring your own pen to sign on and if you need them any pins for your number.**

### **Tandem**

No	Start	Rider	Club	Gender	Category
2	07:02	David Shannon	Islington Cycling Club	Male	Veteran
2	07:02	Richard May	Islington Cycling Club	Male	Veteran

### **Solos**

No	Start	Rider	Club	Gender	Category
4	07:04	David Hodsmen	Dulwich Paragon CC	Male	Senior
5	07:05	Nicholas Knight	Hart Performance Coaching	Male	Veteran
6	07:06	Tony Summers	Athlon CC	Male	Veteran
7	07:07	Chris Symonds	North Road CC	Male	Veteran
8	07:08	Ian Damant	Becontree Wheelers CC	Male	Veteran
9	07:09	Anthony Whale	Harlow CC	Male	Veteran
10	07:10	Terry Garlinge	Easterley Road Club	Male	Veteran
11	07:11	Peter Tibbitts	Ford CC	Male	Veteran
12	07:12	Julia Freeman	Easterley Road Club	Female	Veteran
13	07:13	Alex Smith	Essex Roads CC	Male	Veteran
14	07:14	Nicholas Gibbs	Walden Velo	Male	Senior
15	07:15	Matthew Saunders	Team Vision Racing - Silverhook	Male	Veteran
16	07:16	Charlie Gaimster	Dulwich Paragon CC	Male	Senior
17	07:17	Karina Kaufmann	CC London	Female	Veteran
18	07:18	Jonathan Whitwam	Shaftesbury CC	Male	Veteran
19	07:19	James Bromley	Becontree Wheelers CC	Male	Veteran
20	07:20	Paul Turton	Team Vision Racing - Silverhook	Male	Veteran
21	07:21	Louise Robinson	Essex Roads CC	Female	Veteran
22	07:22	Alex Elferink	East London Velo	Male	Veteran
23	07:23	Liam Kemp	Southampton University Road Cycling Club (SURC)	Male	Senior
24	07:24	Andrew Grant	Chelmer CC	Male	Veteran
25	07:25	John Bradbury	CC Sudbury	Male	Veteran
26	07:26	Nicholas Coe	Verulam CC	Male	Veteran
27	07:27	Richard Mellor	Team Bottrill	Male	Veteran
28	07:28	Geoff Bores	Ford CC	Male	Veteran
29	07:29	Mark Careless	Newmarket Cycling & Triathlon Club	Male	Veteran
30	07:30	Jonny Allen	Islington Cycling Club	Male	Senior
31	07:31	Ian Braybrook	Basildon CC	Male	Veteran
32	07:32	Martin Brown	7Oaks Tri Club	Male	Veteran
33	07:33	Sean McDougall	Icknield RC	Male	Veteran
34	07:34	Colin Doe	Ford CC	Male	Veteran
35	07:35	Daniel Ryan	North Road CC	Male	Senior
36	07:36	Mark Edmonds	Shaftesbury CC	Male	Veteran
37	07:37	James Lonergan	Southend Wheelers	Male	Senior
38	07:38	Mark Gidney	Southborough & Dist. Whs	Male	Veteran
39	07:39	Alexander Fox	Essex Roads CC	Male	Senior
40	07:40	Adam Robertson	University of Bath Cycling Club	Male	Espoir