

HAINAULT ROADS CLUB

START SHEET

68th OPEN HILLY TIME TRIAL
SUNDAY 17th March 2024 at 10:01hrs

(A SPOCO SE qualifying event)

(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

Event Secretary:

Graham Mann, Gann's Cottage, Ongar Road, Stondon Massey,
Brentwood, Essex. CM15 0EF (Tel: 01277- 823286) (Mob: 07717 833736)
(manngraham@hotmail.com)

Timekeeper: Mr Trevor Pedley

<u>Prizes</u>	<u>Open Event</u>	<u>Road Bikes</u>	<u>Ladies</u>
1 st	£30.00.....	£30.00.....	£30.00
2 nd	£20.00.....	£20.00	
3 rd	£10.00		

COURSE E14/28

START (GR 555969) in Tanhouse Lane opposite TP3. Proceed to Shonks Mill Road where turn left and proceed to A113 (2.74 miles). Turn left to Passingford Bridge RAB where turn and retrace on A113 to Little End where turn left opposite UBS factory into Church Road (7.29 miles). Continue to Toot Hill where left at the green and immediately left into Epping Road (9.38 miles). Continue to Mount End where left through Mount End hamlet to the bottom of Theydon Mount (11.91 miles). Turn left over Theydon Mount to reach Epping Lane where turn left (Great care) to join the A113 (14.32 miles). Turn left and repeat the Toot Hill circuit again to the junction with the A113 (24.20 miles). Turn left again to the junction with Shonks Mill Road where turn right (25.45 miles). Continue to the black barn at Princes Gate where turn left to FINISH at the far end of the green at Navestock Side (GR 563973) just short of Alec's restaurant (28.74 miles). **NOTE: This course does the Toot Hill circuit twice. It is rider's responsibility to ensure they stay on course. Riders are to be aware that care is needed when you pass Epping Lane where other riders might be joining the A113 from your left.**

IMPORTANT EVENT NOTES:-

1. **EVENT HEADQUARTERS** – This is Navestock Village Hall almost opposite the finish (GR 564975). Please allow 4 minutes to reach the start. Turn left out of the car park, cross the green and take the 1st right then 1st left to arrive at the start. Note: The start is the same as previous years.
2. **NUMBERS** – will be available at the event headquarters which will be open from approx 09:00. These need to be signed for by each rider personally and you will also need to sign when you return them. Please ensure that you adhere to this requirement and read the latest Riders Briefing notes that will be adjacent to the signing on sheets.
3. **REFRESHMENTS** – Will be provided at the event HQ on a **Cash Only basis**. Kindly ensure that the HQ is left neat and tidy and please take any litter home with you. All riders will get a free tea or coffee.
4. **TIMES** - Please do not approach the timekeeper. He will be concentrating on other riders finishing. The Hainault Roads Club will make every effort to get your time on the result board within 10 minutes.
5. **PRIZE PRESENTATION** – We will hold the prize presentation as soon as possible after the event and would request that you wait a few more minutes to congratulate all prize winners.
6. **AFTER FINISHING**, riders are instructed to continue directly to the event headquarters.
7. **Take care on the fast and narrow decent through MOUNT END HAMLET**, there are sometimes local residents walking dogs at this time of day. Please ride carefully.

London East DC and the CTT issue further directions for your adherence. These are:-

1. **DO NOT** warm up on the course. In the interests of safety, we suggest Wheelers Lane for this activity.
2. **PARKING** – is available at the event HQ. Please note that there is no parking available in the starting area.
3. **U” TURNS** – are not allowed within sight of the start or finishing points or on the course. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and possible disciplinary action by LE DC.
4. **LITTER** – Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and liable to disciplinary action by the LE DC.
5. Please ensure that all official speed limits are not exceeded.
6. In the **INTERESTS OF YOUR OWN SAFETY**, Cycling Time Trials now insist you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard and also both a working front and rear light whilst competing in CTT events. **No Lights or No helmet – No ride.**