

**ESSEX ROADS CYCLING CLUB
OPEN 25 MILE TIME TRIAL
SUNDAY 18th JULY 2010 COURSE E9/25 Time of Start 07:30**

Event Secretary and Handicapper:

R.T. Spanton 41 Finchley Road, Grays, Essex, RM17 6RG. Tel: 01375 379962

Timekeepers: John Cottee, Chelmer CC
Tony Brown, Basildon CC

EVENT H.Q. The Chelmer Cycling Club clubroom, Meteor Way, off Waterhouse Lane,
Chelmsford Essex

NOTE Car parking is available in the Council Car Park in Meteor Way, which is free on Sundays.

COURSE DETAILS: - E9/25

Start on A1060 at the western edge of drain adjacent to TP260, which is 210 yards west of Lordship Road (approx. 2.5 miles west of Chelmsford). Proceed along A1060 through Margaret Roding to Leaden Roding (6.85m). Turn right WITH GREAT CARE onto B184 and continue through High Roding to turn around island at Clopton Hall Lane (12.6m). Retrace through High Roding and Leaden Roding (18.35m), turn along A1060 through Margaret Roding to FINISH at a drain which is opposite the entrance to "Valley Way" bungalow.

Note: Parking must not be on A1060 but in old road opposite and 0.5 miles before finish.

Start OS Grid Ref: 677076 and Finish Ref: 675076.

The course record is 52:56 by Steve Dennis

ROUTE to the START, which is about 2 miles from the HQ - Turn right out of Meteor Way into Waterhouse Lane, continue to traffic lights a junction with Parkway. Turn left into Rainsford Road (A1060). which goes into Roxwell Road and continue past Lordship Road to start (see map).

PRIZE LIST (one ride one prize)

The Prize Presentation will be held immediately after the event.

Classic Event

Fastest	£25	Best on Age Standard	£25
2nd	£15	2nd	£15

Seniors

Fastest	£25	1st Hcap	£25
2nd	£15	2nd Hcap	£15

Veterans

Fastest	£25	1st Hcap	£25
2nd	£15	2nd Hcap	£15
3rd	£10	3rd Hcap	£10

Ladies

Fastest	£25	1st Hcap	£25
2nd	£15	2nd Hcap	£15

Winner to hold Hazel Irons Trophy for one year.

Team

Fastest Team of Three (Across all categories) £10 each

Fastest Man to hold Men's Trophy for one year

Sponsors Acknowledgements:-

Victoria/Ciclos Uno/PCA/PCA/Pro-Lite CC
 API-Metrow-Silverhook Chemicals Ltd
 Icknield RC/comotive wheels
 CC Luton - Bandon Cleaning - Edingtons - PJR Gardens
 Stourmarket & District CC - Orbea/Autostrass
 Ingear Quickvit Trainsharp RT
 Flitch Chrono - www.flitchbikes.co.uk

Classic Section					
No	Name		Club	Standard Time	Off Time
31	Alan Nye	V	Viking R.C.	01.33.41	07:31
32	Michael Richardson	V	Icknield R.C.	01.21.53	07:32
33	John Silvey	V	Southend Wheelers	01.26.17	07:33
34	Ian Damant	V	Essex Roads CC	01.11.07	07:34
35	Roy Fisher	V	Essex Roads CC	01.20.41	07:35
36	Michael Barker	V	Essex Roads CC	01.11.39	07:36
37	Steve George	V	Maldon & District CC	01.12.43	07:37
Standard Solos Section					
No	Name		Club	H/C Time	Off Time
38	Keith Spence		Bishops Stortford CC	16.00	07:38
39	Paul Shuttleworth	V	C.C.Luton	21.00	07:39
40	Andy Sheridan	V	Maldon & District CC	16.00	07:40
41	Mark Lloyd		Colchester Rovers CC	03.30	07:41
42	Bill Broadfield	V	Flitch Chrono	06.40	07:42
43	Eric Angell	V	Redbridge CC	08.15	07:43
44	Daniel Babbs		Chelmer CC	10.00	07:44
45	Douglas Williams	V	Colchester Rovers CC	14.30	07:45
46	Owen Bannister		Stowmarket & District	02.55	07:46
47	Steve Smith	V	Redbridge CC	06.30	07:47
48	Keith Dalton	V	Southend Wheelers	07.55	07:48
49	Alan Clements	V	Shaftesbury CC	11.15	07:49
50	Carrie Hook	L	Colchester Rovers CC	21.25	07:50
51	John Iszatt	V	API	02.40	07:51
52	Paul Dewberry	V	VC Revolution	05.45	07:52
53	Jeanette Degeorgio	L	Victoria CC	22.45	07:53
54	Julie Shuttleworth	L	C.C.Luton	28.45	07:54
55	Christine Yareham	L	Victoria CC	35.00	07:55
56	Rob Young		In-Gear	00.50	07:56
57	Adam French		East London Velo	03.00	07:57
58	Richard Hayes		Glendene C.C	07.45	07:58
59	Brian Martin	V	PCA Ciclos Uno	09.15	07:59
60	Malcolm Haigh	V	Essex Roads CC	15.00	08:00
61	Darren Fostick	V	Maldon & District CC	SCR	08:01
62	Richard Kemp	V	Redbridge CC	05.00	08:02
63	Peter Hall	V	Colchester Rovers CC	11.15	08:03
64	Sandra Mackay	L	Essex Roads CC	17.30	08:04
65	Francis Jackson		PCA Ciclos Uno	07.35	08:05
66	David Watson	V	Coventry RC	SCR	08:06
67	Matthew Smith		Gemini BC	04.00	08:07
68	Alan Harvey	V	Shorter Rochford RT	08.00	08:08
69	Wayne Greve	V	Shaftesbury CC	08.25	08:09
70	Matthew Reader	V	Verulam C.C	10.45	08:10
71	David Nicholls		Chelmer CC	03.45	08:11
72	Gwen Cook	L	Essex Roads CC	06.30	08:12
73	Bob Jones	V	Cardiff 100 CC	13.30	08:13
74	Graham Hurrell	V	Basildon CC	04.30	08:14
75	Matt Haigh	V	Essex Roads CC	08.00	08:15
76	Richard O'Rourke		Flitch Chrono	owe 01.45	08:16

NOTES FOR COMPETITORS

**** COVERED BY LE LOCAL REGULATIONS****

- Riders' body numbers and signing on sheet will be at the event H.Q. **
- Toilets are available for both sexes - please use these facilities
- The results board, numbers and refreshments are available in the hall
- ALL competitors parking must be at HQ
- **In respect of consideration for local residents the use of static trainers, e.g. turbo trainers, is FORBIDDEN within 100ft of residential housing**
- No warming up is allowed along the course after the event has started.
- **Any rider making a 'U' turn or otherwise acting dangerously in sight of the start or the finish will be liable to disqualification and will be reported to the District Secretary.**
- NO PARKING in the area of the start, on the A1060 except for Officials' cars.
- Competitors waiting at the start must stand on the grass verge not on the road and please be quiet.
- GREAT CARE MUST BE TAKEN at the right turn at Leaden Roding. Riders must indicate their intention before entering the RAB and GIVE WAY IF NECESSARY to any traffic from the right ****Any rider crossing any part of the painted circle will be disqualified from the event and reported to the District Secretary for consideration of disciplinary action.****

Take extreme care when riding through High Roding village due to parked cars and residential exits.

At the turn, in Dunmow, give way if necessary and take care, as it is a tight RAB with a poor surface.

Riders after finishing must continue along A1060 to the event HQ do not stop to query times as the space on the verge is limited.

NO PARKING in the finish area, on A1060, except for event officials.

HELMETS - In the interests of your own safety, Cycling Time Trials and the Essex Roads Cycling Club strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards.

All competitors under the age of 19 on 31st December next must wear a properly affixed protective helmet of a hard/soft shell construction.

The use of a flashing REAR light while competing is also recommended.

