



## Essex Roads Cycling Club Closed Road Circuit Racing

Sunday 31<sup>st</sup> October 2010

Dunton Engineering Centre, Laindon, SS15 6EE

Signing on from 13.00 to 13.30

First race 13.50

Go-Ride racing provides entry level competition for young people new or relatively new to the sport, enabling novice riders to compete against others of the same age and ability. See <http://new.britishcycling.org.uk/gorideracing/article/gorideracing-An-Introduction-to-Closed-Road-Circuit-Racing-0> for further information on circuit racing and time trials.

### Prologue-individual time trial

Age Groups\*/distances/start times as follows;

U8+U10/1km/13.50

U12/2km/14.10

U14+U16/3km/14.30

### Circuit Races

Age Groups\*/distances/start times as follows;

U8+U10/2km/14.50

U12/3km/15.10

U14+U16/6km/15.30

Prizes and medals will be awarded for winners in each age category (age groups may be combined if there are limited numbers) and a memento will be given to all taking part.

You will need a bike and an approved cycling helmet. Although you can use any bike, for safety reasons we cannot permit the use of stabilisers or stunt pegs.

Closing date for entries 25<sup>th</sup> October 2010 (**no entries on the day**).

Please fill in the GoRide Racing Entry Form;

[http://new.britishcycling.org.uk/zuvvi/media/Go-Ride\\_Racing\\_Entry\\_Form.pdf](http://new.britishcycling.org.uk/zuvvi/media/Go-Ride_Racing_Entry_Form.pdf) and return this, with payment of £2 (cheques payable to Essex Roads Cycling Club), to the following address;

**ERCC GoRide circuit race event, 42 Porchester Road, Billericay, CM12 0UQ**

#### \* Closed Road Circuit age groups;

- **U16:** Age 15 or younger on January 1st in the year of the race
- **U14:** Age 13 or younger on January 1st in the year of the race
- **U12:** Age 11 or younger on January 1st in the year of the race
- **U10:** Age 9 or younger on January 1st in the year of the race
- **U8:** Age 7 or younger on January 1st in the year of the race