



EASTERLEY ROAD CLUB

Present Their

OPEN 25 MILE TIME TRIAL

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

ON

Sunday April 14th, 2024 at 08.00 hrs

This is a qualifying event for SPOCO South East Group 2, 2024

Event HQ:

Easterley Country HQ, North Hall Road, Ugley, Essex. CM22 6JD.

Event Organiser:

Julia Freeman
47 Knights Way
Brentwood
Essex
CM13 2EN
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Timekeepers:

Main: John Cottee

Assistant: Peter Smith

Course Details: E1/25d

START on B1383 10 yards north of Belcham's Lane leading to Rickling Green which is 0.25m north of Chequers PH. Proceed north through Quendon and Newport, straight on at roundabout junction B1383/B1052, Littlebury, Gt. Chesterford, to Stump Cross roundabout where turn right onto B184 and continue to Little Chesterford Roundabout (11.75m) where TURN and retrace to Stump Cross Roundabout. Turn left onto B1383 and retrace along course past start point to **FINISH** at centre of layby which is just past Pennington lane and approx 0.1m N of 32nd Milestone.

Important Notes to Riders:

1. **Rider's car parking** is only allowed under and in the area immediately to the west of the motorway bridge. The grass verge directly outside HQ is for race officials only.
2. **Sign on** and collect number at HQ. DO NOT forget to **sign back out** after the event, failure to do so will result in disqualification from the event.
3. **Toilets** are available at the HQ, DO NOT use the fields!
4. **No U turns** within sight of either the start of finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by London East DC.
5. **Static Trainers:** Out of consideration for local residents, the use of static trainers (e.g. turbo trainers) is banned from all morning events held in London East DC.
6. **Litter:** Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.
7. **Road Bikes:** Please familiarize yourself with the regulations regarding both machine, riding position and clothing, in particular acceptable helmets
8. Please allow sufficient time to ride to the start.

Cycling Time Trials require that ALL COMPETITORS wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. The use of FRONT AND REAR LIGHTS whilst competing is MANDATORY. These lights must be switched on and working at the start of the event.

Prizes:

1st:

(Open & Female) Trophy, Cycling goods & £25

2nd:

(Open & Female) Trophy, Cycling goods & £15

3rd:

(Open & Female) Trophy, Cycling goods & £10

1st Road Bike

(Open and Female) Trophy, cycling goods

1st Team of 3:

Medals & Cycling goods.

THERE WILL BE A PRIZE PRESENTATION AS SOON AS POSSIBLE AFTER THE LAST RIDER HAS FINISHED SO PLEASE STAY AND COLLECT YOUR AWARDS/APPLAUDE THE WINNERS!

No.	Start Time	Name	Club	Machine	Classification	Cat
8	08:08	Malcolm Strickland	CC Bexley	Road	Open	V
9	08:09	Caroline Wyke	CC Sudbury	Road	Female	V
10	08:10	Paul Donegan	Chelmer CC	Road	Open	V
11	08:11	David Marshall	Blue Light CC	Road	Open	V
12	08:12	Tony Meader	Eagle RC	Road	Open	V
13	08:13	Patrick Claridge	Chelmer CC	Road	Open	V
14	08:14	Mark Thurlow	Shaftesbury CC	Road	Open	V
15	08:15	Brian Hussey	Eagle RC	Road	Open	V
16	08:16	Marc Brant	Basildon CC	Road	Open	V
17	08:17	Brendan O'Brien	Eagle RC	Road	Open	V
18	08:18	Paulina Mozal	Chelmer CC	Road	Female	S
19	08:19	Damien Foy	Eagle RC	Road	Open	V
20	08:20	Mike Debney	Verulam Really Moving	Road	Open	V
21	08:21	James Bromley	Hart Performance Coaching	TT	Open	V
22	08:22	Rachel Halamandres	Basildon CC	TT	Female	V
23	08:23	Harry Moore	CC Hackney	TT	Open	V
24	08:24	Robin Johnson	Brighton Mitre CC	TT	Open	V
25	08:25	Terry Garlinge	Easterley RC	TT	Open	V
26	08:26	Dan Jenkins	Hart Performance Coaching	TT	Open	V
27	08:27	Thomas Platts	Ford CC	TT	Open	S
28	08:28	Simon Ginger	Shaftesbury CC	TT	Open	V
29	08:29	Philip Brant	Southend Wheelers	TT	Open	V
30	08:30	Nicholas Knight	Hart Performance Coaching	TT	Open	V
31	08:31	Richard O'Rourke	Team Vision Racing	TT	Open	V
32	08:32	Graham Hurrell	Basildon CC	TT	Open	V
33	08:33	Peter Noble	Epsom CC	TT	Open	V
34	08:34	Richard Parrotte	Shaftesbury CC	TT	Open	V
35	08:35	Matthew Saunders	Team Vision Racing	TT	Open	V
36	08:36	Sebastian Harrison	Islington CC	TT	Open	V
37	08:37	Dominic Bray	Finsbury Park CC	TT	Open	V
38	08:38	Daniel Price	North Essex Velo	TT	Open	S
39	08:39	Selina Clifford	London Dynamo	TT	Female	S
40	08:40	Peter Harding	Chelmer CC	TT	Open	V
41	08:41	Matt Donovan	Bedfordshire Road RT	TT	Open	V
42	08:42	Sean Mcdougall	Icknield RC	TT	Open	V
43	08:43	Ben Newman	North Essex Velo	TT	Open	V
44	08:44	Hilary Briggs	Serpentine Running Club	TT	Female	V
45	08:45	Alfie Salmon	Hart Performance Coaching	TT	Open	Esp
46	08:46	Graeme Garner	Team Vision Racing	TT	Open	V
47	08:47	Chris Dyason	Cambridge CC	TT	Open	V
48	08:48	Paul Wright	Army Cycling	TT	Open	V
49	08:49	David Youell	Eagle RC	TT	Open	V
50	08:50	David Harding	Chelmer CC	TT	Open	V
51	08:51	Kevin Wood	Sherwood CC	TT	Open	V
52	08:52	Ian Braybrook	Basildon CC	TT	Open	V
53	08:53	Peter Tibbitts	Ford CC	TT	Open	V
54	08:54	Claire Lee	Shaftesbury CC	TT	Female	V
55	08:55	Paul Turton	Team Vision Racing	TT	Open	V
56	08:56	Wolfgang Emmerich	Team Bottrill	TT	Open	V
57	08:57	Lara Franklin	Stowmarket & Dist CC	TT	Female	S
58	08:58	Geoff Bores	Ford CC	TT	Open	V
59	08:59	Nick Hickman	Bedfordshire Road RT	TT	Open	V
60	09:00	David Halliday	Team Bottrill	TT	Open	V