Race Manual

2014 Essex Giro 2 Day Stage Race

Saturday 12th and Sunday 13th July 2014

(A counting event for the British Cycling National Women's Road Race Series)

Lee Valley Youth CC Youth Stage Races plus Supporting Youth Races Saturday 12th July.

Cycling Club Hackney ERRL Road Race for E,1,2,3 category riders(120Km) Sunday 13th July

(all races held under the technical regulations and guidelines of British Cycling and Essex Constabulary)

Event Headquarters Saturday:
Redbridge Cycling Centre
Forest Rd
Hainault
IG6 3HP

Event Headquarters Sunday:
Harpers at **Lord Butler Fitness & Leisure Centre**,
Peaslands Road,
Saffron Walden,
Essex,
CB11 3EG

Event Organiser:
G.Howe
76 Inverness Avenue
Westcliff-on-Sea
Essex
SS0 9DX
Tel: 01702 341153 or 07931 896969

Saturday 12th July
Redbridge Cycling Centre , IG6 3HP

Notes (To all competitors)

- Signing on will be from 08:00 where you will be required to surrender your licences when signing on for the duration of your participation.

- Litter; Please do not throw litter around the venue, Apart from being unsightly, in the circuit centre there is a protected wildlife area, so please use the bins provided.
- Punctures; There are two pit areas. One at the top of the circuit and one at the bottom. Have spare wheels in either or both of these. .
- Laps Out; Laps out will only be for punctures , crashes, or mechanical breakages, Nothing else will be allowed.
- Time Trial; standard road bikes only without any adaptations such as disc wheels or clip on bars'. Aero helmets will be permitted, but must conform to BC standards.
- Junior Women; There **WILL** be gear checks so ensure your spare wheels conform to the 7.93m roll out.

- There are the standard time bonuses for each stage win, plus the hill and sprint primes. These being 5-3-2 seconds for 1st /2nd and 3rd in each.

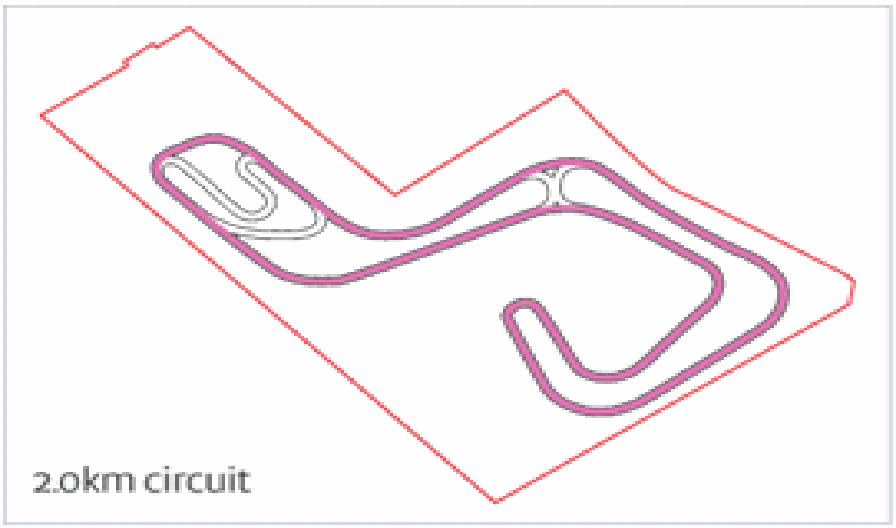
- Lapped riders will be pulled out, at five laps to go, although their circulation times will be calculated to give a finishing time. Women will be allowed to start next day.

- Feeding; If needed, On the main hill coming up to the start finish area.

Timetable

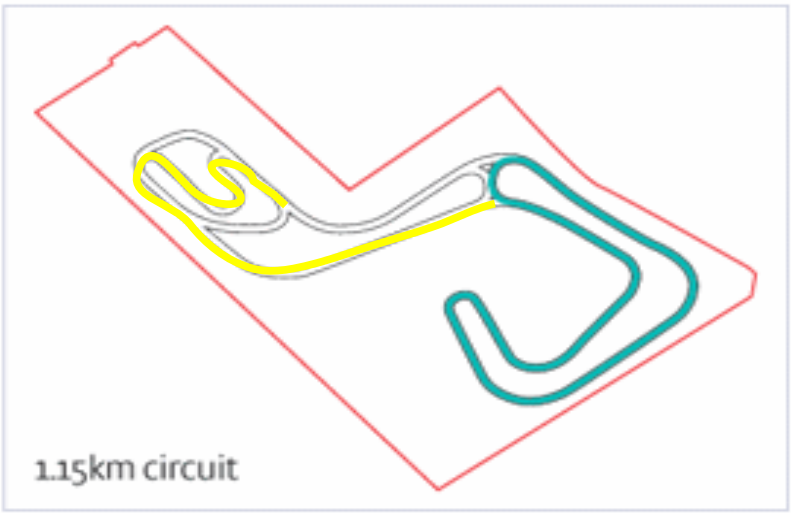
- 09:00 Youth E Circuit Race (Top Circuit) (15 mins)
- 09:00 Youth D Circuit races (Bottom Circuit –finish up hill) (20 mins)
- 09:30 Youth C Circuit Race Full Circuit-clockwise) (20 mins)
- 10:01 Giro TT (2 laps) (70 riders)
- 11:30 Youth B TT (2 laps) (40 riders max)
- 12:30 Youth A TT (2 laps) (50 riders max)
- 14:00 Giro Stage 2 Circuit Race (75 mins)
- 15:30 Youth B Stage 2 `Circuit Race (40 mins)
- 16:30 Youth A Stage 2 Circuit Race (45 mins)
- 17:30 Giro Leaders Jersey Presentations / Youth A B Prize Presentations

Redbridge Cycling Centre Circuit Details.



Time trial will be two laps clockwise on 2.0 km circuit above, for Essex Giro and Youth A, B .

Circuit races for Essex Giro and Youth A ,B , will be the respective allocated times but in a counter clockwise direction of the 2.0 km circuit above.



Youth , D will race clockwise on the 1.15 km lower circuit , (green trace).Then will finish by additionally going along the yellow trace on the diagram to finish.

Youth E will use the top circuit for their race whilst the Youth D race is going on, on the bottom circuit.

Youth C will race on the full 2km circuit in a clockwise direction.

Sunday 13th July

Lord Butler Fitness & Leisure Centre, Saffron Walden, CB11 3EG

Notes.

- Signing on will be from 08:00 where you will be required to surrender your licences when signing on for the duration of your participation.
- Marshals, the function of the non accredited marshals is to indicate direction only..
- Litter, please do not throw litter away around any of the courses, we rely heavily on the good will of the local residents to tolerate cycle races in their areas. Lets not upset them.
- Parking, Please park sensibly at the HQ.
- Race Service: If you hand your wheels into race service vehicle at least 10 mins before the start. Please also note that if you are a junior that the onus is on you to provide an alternative wheel with junior gearing and your race number clearly marked on it. Might I suggest all odd number riders submit a rear wheel and all even numbers submit a front then we should have plenty.
- Mechanical breakdown or Punctures will be serviced on the **LEFT HAND SIDE** of the road.
- Juniors; There will be gear checking.
- Following cars; No unofficial following cars will be tolerated.
- Please have respect for all other road users.
- Lapped riders may be pulled out, although their circulation times will be calculated to give a finishing time.
- There are the standard time bonuses for each stage win, plus the hill and sprint primes. these being 5-3-2 seconds for 1st 2nd and 3rd in each.
- Feeding **FEEDING FROM THE LEFT HAND SIDE OF THE ROAD ONLY !!**

Start Times

Cycling Club Hackney ERRL Road Race will leave HQ at **08:45 for 09:00 start on circuit**.

The Essex Giro will leave HQ at 09:45 hrs under neutralisation to Radwinter Village Hall car park. There it will pause for approx 3-4 minutes until the Cycling Club Hackney Road Race passes through Radwinter crossroads, at which time it will re start to follow a few minutes behind the men's race, whilst the men are on their last two laps.

Both races will be 4¾ laps (120km)

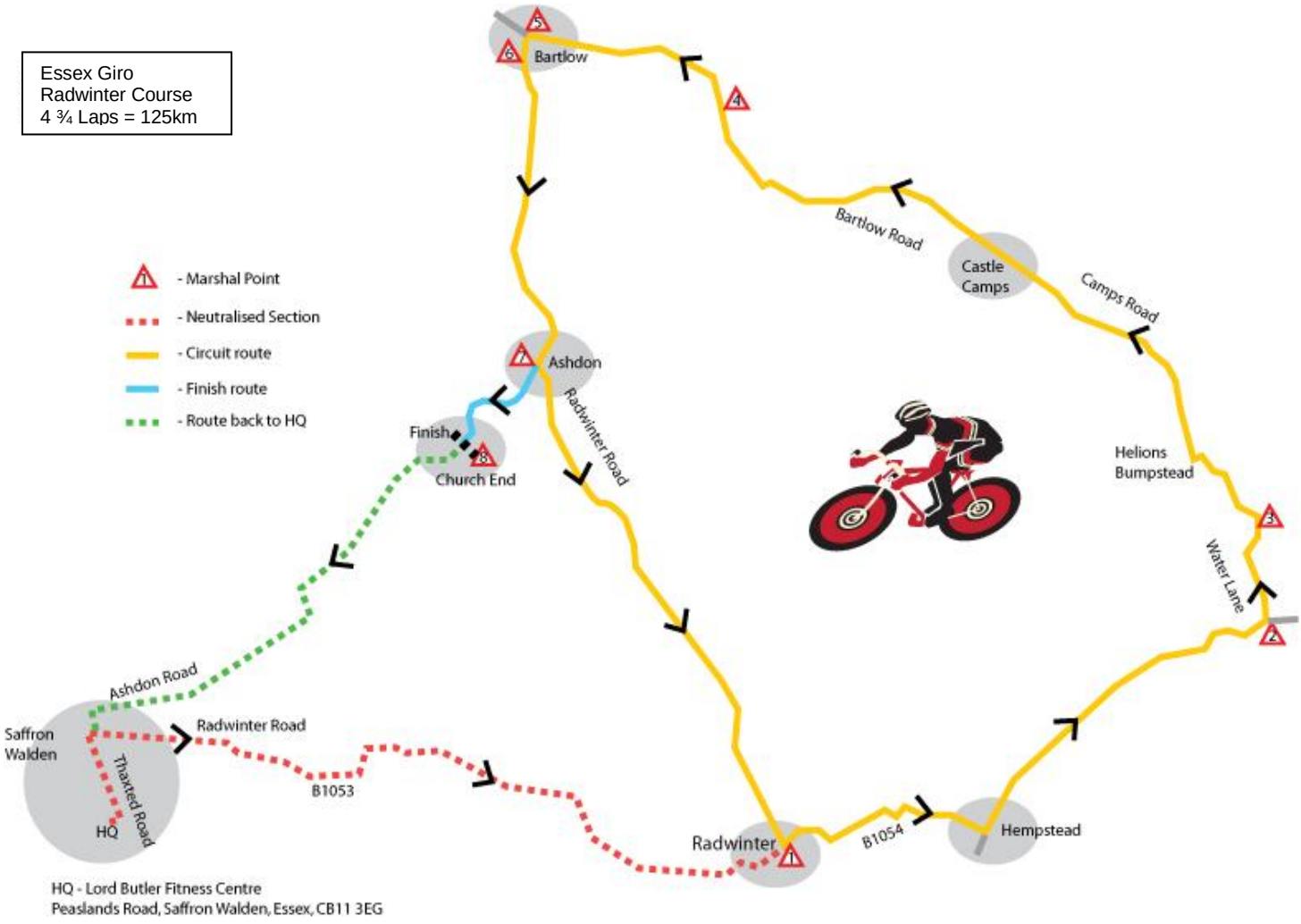
Course Details
Neutralised: Turn Left out of the sports Centre to B184 Thaxted Rd, where turn left onto Thaxted Rd to Traffic Lights.
Turn Right at Traffic lights onto B153 Radwinter Rd, Through Sewards End and Maple end to Radwinter Cross Rds (Opp former Plough Inn) where after race de neutralised as road becomes B1054.

Course:
Continue on B 1054 through Hempstead, to Water Lane where left (M) into Water Lane to and through Helions Bumpstead and Castle Camps to Bartlow, where turn left (M) to Ashdon.
Upon reaching Ashdon turn left (M) onto Radwinter Rd, continueing to Radwinter cross roads, where turn left (M) onto the B1054 to complete the lap.

Finish:
The lap board will be situated at the turn in Ashdon.

On last lap upon reaching Ashdon continue straight on at junction, up Church Hill to Finish approx half a mile from this junction.

After finishing please **do not congregate around the finish area**, Continue along Walden Rd/Ashdon Rd, back to Saffron Walden and the sports centre.



racesmart

BRITISH CYCLING

Rider safety guide

This race is run under British Cycling's technical regulations and under standard highway conditions therefore you MUST abide by the rules of the road.

Safety

- You are not on closed roads and you will face oncoming traffic

Marshals (static or moto)

- Direct riders around the course and warn other road users a race is taking place
- Marshals do not create road closures or make it safe to race on the right hand side of the road

Actions

- You are responsible for your own actions
- Race on the left hand side of the road – do not cross solid white lines and always avoid crossing broken white lines
- Persistent offenders will be penalised (eg disqualification or a fine)
- If necessary the race will be stopped

Responsibility

- Look after each other, behave responsibly and safely
- Do not take unnecessary risks - your actions could have serious consequences

Think

- About your position on the road
- Rider behaviour is critical to protecting the future of road racing
- We all have a part to play

racesmart

LOOK THINK COMMUNICATE

Encouraging responsible racing across all levels of road racing in Britain and building a culture of collective responsibility among everyone involved in the sport britishcycling.org.uk/racesmart

Rider List

No.	Forename	Surname	Club / Team Name
1	Bethany	Hayward	Matrix Vulpine
2	Alexis	Barnes	WyndyMilla
3	Delia	Beddis	Les Filles Racing Team
4	Karla	Boddy	Epic Cycles - Scott WRT
5	Louise	Borthwick	Matrix Fitness - Vulpine
6	Sian	Botteley	Squadra Donne
7	Sian	Botteley	Squadra Donne
8	Melissa	Brand	Epic Cycles - Scott WRT
9	Nikola	Butler	Pearl Izumi Sports Tours International
10	Elanor	Cadzow	Bonito Squadra Corse
11	Ellie	Campbell	Fusion Development Racing Team
12	Rebecca	Carter	WyndyMilla
13	Lucy	Chittenden	
14	Anna	Christian	Epic Cycles - Scott WRT
15	Dani	Christmas	Speg - Project 51
16	Alice	Cobb	Squadra Donne
17	Mary	Costelloe	WyndyMilla - Reynolds
18	Lauren	Creamer	Pearl Izumi Sports Tours International
19	Jennifer	Crouch	London Dynamo
20	Claire	Elworthy	Exeter Wheelers
21	Nikki	Engelbach	Les Filles Racing Team
22	Sophie	Faulkner	Fusion RT Gearclub Bike Science
23	Annabel	Fisher	Bonito Squadra Corse
24	Chloe	Fraser	Deeside Thistle CC
25	Rebecca	Nixon	Dundee Thistle
26	Jennifer	George	Dulwich Paragon CC
27	Jennifer	George	Dulwich Paragon CC
28	Coralie	Glaunes	Les Filles Racing Team
29	Amy	Gornall	RST Racing Team

30	Laura	Greenhalgh	Twickenham CC
31	Natalie	Grinczer	Fusion RT Gearclub Bike Science
32	Lucy	Harper	Bike Pure-LeMond-Aspire Velotech
33	Amy	Hill	Fusion RT Gearclub Bike Science
34	Catherine	Hills	WyndyMilla
35	Elizabeth	Holden	RST Racing Team
36	Anna Marie	Hughes	Bike Pure-LeMond-Aspire Velotech
37	Evgenia	Ilyinskaya	Edinburgh RC
38	Sophie	Lankford	Team WNT
39	Sandra	Mackay	GB Cycles.co.uk
40	Elizabeth	Malins	Fusion RT Gearclub Bike Science
41	Louise	Marsden	VC Norwich
42	Adele	Martin	VC St Raphael
43	Laura	Massey	Epic Cycles - Scott WRT
44	Cassie	McGoldrick	WyndyMilla - Reynolds
45	Lili	McLean	Felt-Colbornes-Hargroves RT
46	Keira	McVitty	WyndyMilla - Reynolds
47	Francesca	Morgans-Slader	Bike Pure-LeMond-Aspire Velotech
48	Clover	Murray	Braintree Velo Cycle Racing Club
49	Nicole	Oh	Les Filles Racing Team
50	Annasley	Park	RST Racing Team
51	Abby-Mae	Parkinson	RST Racing Team
52	Hannah	Payton	WyndyMilla - Reynolds
53	Helen	Ralston	Les Filles Racing Team
54	Emma	Rata	Bonito Squadra Corse
55	George	Schwiening	Fusion RT Gearclub Bike Science
56	Iona	Sewell	GB Cycles.co.uk
57	Gabriella	Shaw	Pearl Izumi Sports Tours International
58	Hayley	Simmonds	Velosport - Pasta Montegrappa
59	Nicola	Soden	GB Cycles.co.uk
60	Dame Sarah	Storey	Pearl Izumi Sports Tours International

61	Gillian	Taylor	Fusion RT Gearclub Bike Science
62	Lauryn	Therin	Bonito Squadra Corse
63	Sam	Thoy	Team Jadan
64	Heidi	Viles	Exeter Wheelers
65	Hannah	Walker	Epic Cycles - Scott WRT
66	Molly	Weaver	Epic Cycles - Scott WRT
67	Victoria	Williams	Team WNT
68	Rebecca	Womersley	WyndyMilla - Reynolds
69	Nicola	Juniper	Team Echelon Rotor
70	Emily	Kay	Epic Cycles-Scott WRT
71	Alexie	Shaw	Epic Cycles-Scott WRT
72	Maryka	Sennema	
73	Bella	Leach	London Phoenix CC
74	Chloe	Weller	Norwood Paragon CC
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Convoy Radio Protocol

Remember
- The radios are there to control the event and for **safety** reasons – NOT private chatter or jokes.
- Keep transmissions short
- Think before you speak
- Listen before you speak
- Hold down the transmit button for a second or two before beginning a transmission.

Procedure
When the channel is clear, there are **FOUR** stages to a message;

1. Identification
a. Who you are using your Convoy Name . We will be able to identify exactly who you are from this information. – i.e. "Lead Car one to….."
b. Who you want to speak to – i.e. chief comm" or the name of the person you are trying to reach.
i.e:. Lead Car one..to chief comm. There is a large lorry heading towards the peleton , over.

2. Confirmation from recipient
a. "Go ahead" = recipient is ready to hear your message
b. "Standby" = recipient is busy and will response with "Go Ahead" when ready, or will call you back.
c. Recieved ..out / ok.

3. Message relay
a. Keep this SHORT and CONCISE with key details.

4. Sign Off
a. Every message needs a sign off of either;
i. "Over" = you are waiting for a response / to continue the conversation
ii. "Recieved, Out or ok " = No response needed

YOU ARE A SET OF EYES FOR THE EVENT CONTROL ON THE ROAD, SO PLEASE BE CLEAR AND CONCISE WITH SPEECH TO RELAY INFORMATION.

Convoy Personelle..

Lead Car 1	Keith Clarke
Lead Car 2	Mark McVitty
Comm Driver	Chris Worsfold
Chief Comm	Bob Rudzsowski
Comm 2	Tony Asplin
Comm 3	Patrick Kavanagh

Camera Operators, Ian Coles, John Pearson

Finish Comm Peter Richardson

First Aid Debbie Batchelor

Service Stuart Clark

Drivers: Trevor Mills, Chris Worsfold

Acknowledgements

I would like to whole heartedly thank The Lord Butler Fitness Centre and Staff in Saffron Walden for their hospitality, and the usage of their wonderful facilities, together with all those that have volunteered to bring you this event.

Also a big thank you to the general public living around the circuit on their goodwill and tolerance.

We all do this because we love our sports and wish to put something back.

I'm sure I speak for the volunteers and the staff here, in wishing you all the best of luck.

Lord Butler Fitness Centre contribute to their resident charity, please read below, if like me, you would like to contribute, please come forward with a donation. It will be gratefully accepted and put to extremely good use. Thank You.

About WheelPower

WheelPower is the national organisation and registered charity for Wheelchair Sport.
WheelPower organise a variety of regional, national and international competitions and training events for athletes of all abilities.
The late Professor Sir Ludwig Guttmann, who revolutionised the treatment of people with spinal cord injuries at Stoke Mandeville Hospital in the late 1940's, founded WheelPower. Through this early work by Professor Guttmann and his team, Stoke Mandeville is recognised as the birthplace of the Paralympic Movement.

More information: www.wheelpower.org.uk