



<http://www.cc-london.com>

## 10 mile Time Trials

**Saturday 24th June 2017 starting at 7pm (19:00)**

This event is being held for and on behalf of Cycling Time Trials under their Rules & Regulations.

### **Headquarters:**

Thundridge Village Hall, Cambridge Road, Thundridge SG12 0TU.

Headquarters will be open from 5:30pm (17:30).

Signing on and number collection will be at the race HQ.

Refreshments will be available and numbers can be exchanged for a tea/coffee after the race.

Riders are reminded that under CTT rules they must return to the HQ after the race to sign out.

### **Parking:**

There is very limited parking at the race HQ and it is reserved for race officials. Please park in the surrounding roads taking care not to block local residents.

### **Timekeepers:**

Frankie Hill and Paul Willis

### **Course description:**

Course F10/10:-

START (GR TR344154) at LP15 by the entrance to Gentlemen's Field industrial estate on the A602 north west of the elevated roundabout over the A10 dual carriageway.

Proceed approx 40 yards on A602 and take the first left onto the downward slip road to join the A10 (CARE) northwards.

Continue on the A10 to:-

TURN at the first roundabout (5.2m) with the junction A10/A120. Turn around the roundabout and rejoin the A10 southwards taking CARE when merging with the dedicated entry slip lane from the A120 eastwards.

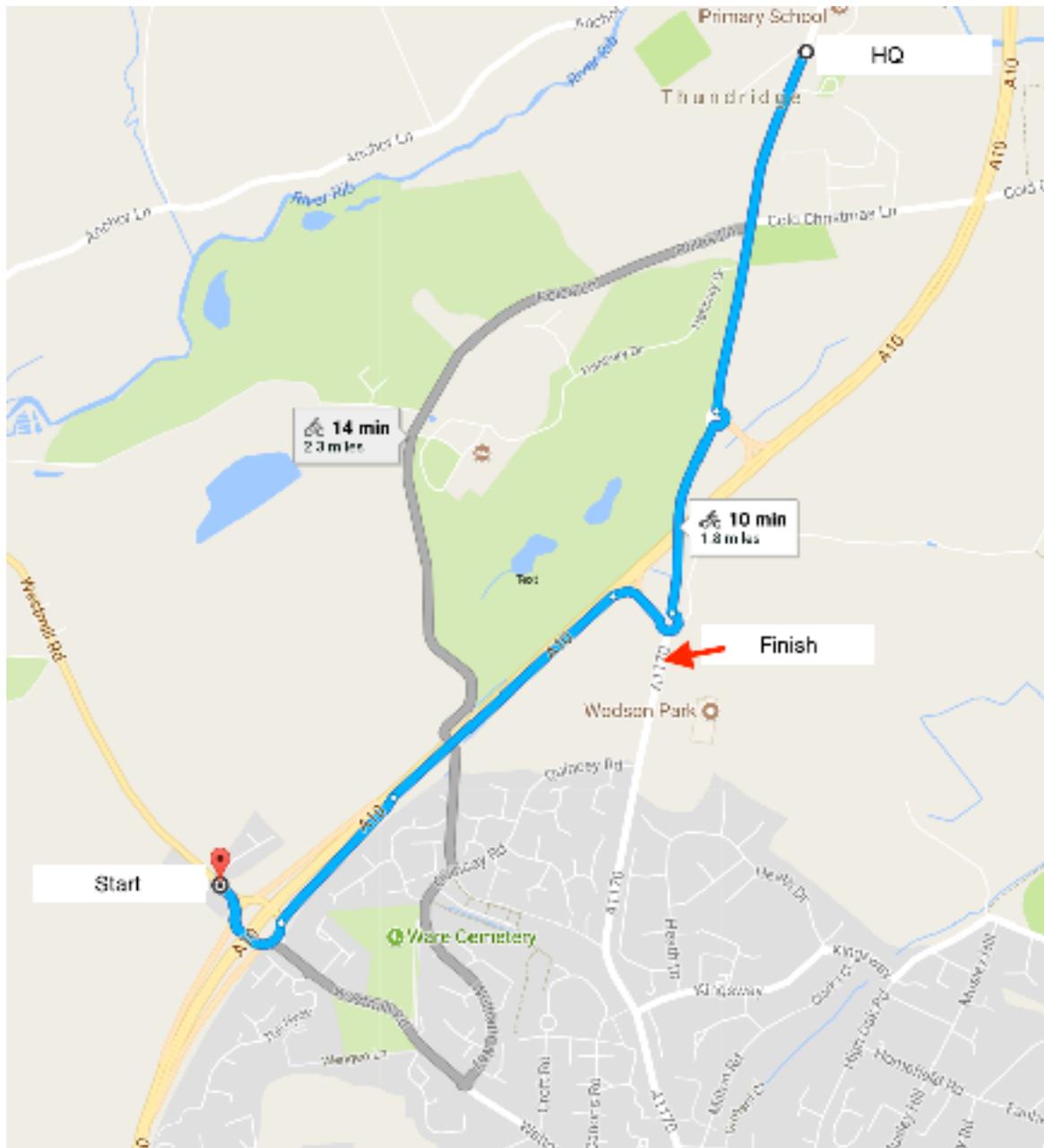
Continue south on A10 and take the first left onto the A1170 to Ware (9.7) go up the short rise to the roundabout and take the second exit on the A1170 to:-

FINISH (GR TR355158) at 'Ware' sign, before entrance to Wodson Park Sports Ctre.

An interactive map of the course can be seen here...

<https://www.strava.com/segments/9825700?hl=en-GB>

Please be aware that the start is about 2 miles easy ride from the HQ. To get to the start, head south from HQ, across the first roundabout and over the A10. At the next roundabout take the second exit onto the A10 southbound. (This is the same roundabout and slip road where you will come off the A10 at the end and where the finish is located). Follow the A10 south and come off at the first slip road, approx 1 mile later. Follow the roundabout to cross back over the A10 to the start. See map below. Additional directions to the start will be available when signing on.



There must be no parking of motor vehicles at the start & finish points apart from those of the timekeepers and other officials.

No warming-up on the course after the event has started.

Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards.

It is recommend that riders use a tail-light.

**Event secretary:**

Paul Willis, 58 Brackenbury Road, London, N2 0ST      Mobile: 07957 362 214

**Prizes:**

1st place £30

2nd place £20

3rd place £10

Prize giving will follow immediately after the event in the HQ

**Riders:**

No.	Start time	Name		Club
1	19:01:00	Michael	Macdonald	CC London
2	19:02:00	Mohammed	Ahmed	London Phoenix CC
3	19:03:00	Michael	Kerr	34 Nomads CC
4	19:04:00	Oscar	Smith	CC London
5	19:05:00	Neil	Wood	Dig Deep Coaching
6	19:06:00	Todd	Hooper	Onyx RT
7	19:07:00	Desmond	Gayler	Kenton RC
8	19:08:00	Michael	Hennessy	Southend Wheelers
9	19:09:00	Simon	Lockwood	CC London
10	19:10:00	Anthony	Collier	Hoddesdon Tri Club
11	19:11:00	Julian	King	Welwyn Whs
12	19:12:00	Tina	Reid	Trainsharp
13	19:13:00	Thomas	Carding	NLTCBMBC
14	19:14:00	Ross	Freeman	Harlow CC
15	19:15:00	Gavin	Tillson	Lone Wolf Cycling
16	19:16:00	David	Churchill	Bigfoot CC
17	19:17:00	Jim	Stevenson	CC London