

*Incorporating  
Comet Cycling Club  
Crescent Wheelers C.C  
University Cycling Club*



*Promoted for and on behalf of  
Cycling Time Trials  
under their rules and regulations*

FOUNDED 1969

## **Frank Truman Memorial 25mile Solo & 2Up TTT**

**Sunday 11<sup>th</sup> March 2018 09:00 E1/25b**

### **Headquarters:**

**Lea Valley CC Race HQ**

**North Hall Road, Ugley, Essex CM22 6JD**

Turn off the B1383 at the Chequers PH and follow the road round passing underneath the M11 to the T-junction at the end. Turn left and the Race HQ is on right 50 yards along.

The best place to park is along North Hall Road or under the motorway bridge. Parking is not allowed in Widdington Lane and on the B1383 between Stansted Mountfitchet and Newport.

**Numbers** and the **signing-on sheet** are held at the Race HQ. Please **sign-on** before you start - and return to Race HQ to **sign-off** when you've finished.

Please allow at least 15 minutes to get from the Race HQ to the start.

Take care at the Hinxton Hall roundabout by the Genome Centre as it is off-set making it easy to clip the kerb on your way out.

After the event don't forget to get a cup of tea and a bacon butty back at the Race HQ!

### **Course E1/25b**

START (O/S 513297) at 7<sup>th</sup> kerb joint from northern end of lay-by south of 34<sup>th</sup> milestone on the B1383 (just south of Quendon). Proceed north through Quendon, Newport, Littlebury and Great Chesterford to Stump Cross Roundabout (9.83m) (Marshal). Turn left at 1<sup>st</sup> exit onto A1301 to cross straight over next two roundabouts (passing under the A11 flyover) to the Hinxton Hall roundabout. Straight on here to Sawston roundabout at the junction with the A505. Turn at Sawston roundabout (12.25m) (Marshal & Checker) to retrace, passing under the A11 to Stump Cross roundabout. Turn right (Marshal), 2<sup>nd</sup> exit, on to B1383 and retrace along course to FINISH at the water gully at centre of green just north of the Chequers PH. (O/S 512289)

## Lea Valley Cycling Club Prizes

### Men's Solo Time Trial

1st	£50
2nd	£40
3rd	£30
4th	£20
5th	£10

### Women's Solo Time Trial

1st	£50
2nd	£40

### 2Up Team Time Trial

1st	£25 each rider
2nd	£20 each rider

**Dick Murphy Memorial Trophy** will be awarded to the fastest London East District team of three

## Notices and Regulations

U TURNS are not permitted within sight of the Start or Finish. Riders carrying out this dangerous manoeuvre are liable to disqualification and further disciplinary action by the District Committee.

LITTER – riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders may be liable to disciplinary action by the District Committee.

IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective hard shell helmets.

We strongly advise the use of a rear lamp, whether flashing or constant.

### Event Secretary:

Carolyn Upson  
22 Colworth Road  
London E11 1HY  
07899 788012

### Time Keepers:

Frida Wezel  
Mike Keen



FOUNDED 1903



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FOUNDED 1890