

Course Start (o/s 515276) CTT Rules 4.8 apply

START on B1383 where the dropped curb ends at the northern edge of track leading to Bollington Hall, in line with public bridleway signpost. Proceed north on B1383, through Newport, Littlebury and Great Chesterford to junction with A1301. Turn left at roundabout (11.1m) and straight across the next two roundabouts, passing under the A11 flyover. Take second exit at Hinxtion Hall roundabout and continue along A1301 to Sawston roundabout at junction with A505 (13.4m). Turn left onto A505 and continue straight over new roundabout to turn at interchange roundabout with M11(15.4m). Retrace to Sawston roundabout, USING GREAT CARE when taking third exit onto A1301 and continue to roundabout at junction with B1383 (19.75m)(M). Take second exit onto B1383 and retrace to FINISH at paint mark at first drain, 20 yards north of lane situated beside Chequers PH.

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. Cycling Time Trials and the event promoters recommend the use of flashing rear light whilst competing

LOCAL REGULATIONS

4.8.2, No U Turns allowed within sight of start or finish. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by London East District.

You are welcome to use the facilities at the HQ for changing, showers and our extensive refreshments menu.

If you wish to stay at the HQ the night before the event, please contact the event secretary.

Your Number and the Signing On Sheet will be available at the HQ

WARNING HINXTON RAB

There have been a number of accidents to riders at Hinxtion RAB, which is the 4th one you will come to on the way out. The RAB is offset so that on the way out the turn out of the RAB is somewhat severe and riders have been caught out, clipping the kerb when exiting the RAB.

PLEASE EXERCISE CAUTION

*Incorporating
Comet Cycling Club
Crescent Wheelers
University Cycling Club*



UNDER CTT REGULATIONS

The Lea Valley Cycling Club



CRESCENT SOLOS & TANDEMS

30 Mile Time Trial

Sunday 25th September 2016 at 8am

COURSE E1/30

incorporating **ECCA Championship 30 Cup**
and a **SPOCO SE Group 2 event**

Timekeeper

Michael Keen

Asst. Timekeeper

Frida Wezel/ Ian Taylor

Event secretary

Mark Freeman

Event HQ: **Lea Valley CC Race HQ, North Hall Lane, Ugley.**
CM22 6JD OS Map 167 G.R. 526294

Promoted for and behalf of Cycling Time Trials (CTT) under their rules and regulations

SOLOS

bib	name	club	gender	start time	
1	Neil	Davies	Lea Valley CC	Male	08:01
2	Graham	Pepperdine	Verulam CC	Male	08:02
3	Chris	Parker	Velo Park Tuesday Ten Club	Male	08:03
4	Mark	Freeman	Lea Valley CC	Male	08:04
5	Dominic	Bray	Finsbury Park CC	Male	08:05
6	Peter	Tibbitts	Ford CC	Male	08:06
7	Ian	Heather	Shaftesbury CC	Male	08:07
8	James	Hodges	Lea Valley CC	Male	08:08
9	Richard	Pimlott	Finsbury Park CC	Male	08:09
10	Ralph	Mullan	Shaftesbury CC	Male	08:10
11	Duncan	Gilbert	Chelmer CC	Male	08:11
12	Rehman	Haroon	Chelmer CC	Male	08:12
13	Tony	Capon	Becontree Wheelers CC	Male	08:13
14	Tom	Bishop	Cambridge University CC	Male	08:14
15	Grant	Orsborn	Icknield RC	Male	08:15
16	Julia	Freeman	Easterley Road Club	Female	08:16
17	Patrick	Osborne	Becontree Wheelers CC	Male	08:17
18	Julius	Reeves	CC London	Male	08:18
19	Honor	Wood	Chelmer CC	Female	08:19
20	Dominic	Ross	Finsbury Park CC	Male	08:20
21	Sam	Wightman	Chelmer CC	Male	08:21
22	Nick	White	East London Velo	Male	08:22
23	Simon	Constable	Basildon CC	Male	08:23
24	Colin	Doe	Ford CC	Male	08:24
25	Neil	Hornett	PMR @ Toachim House	Male	08:25
26	Nick	Candy	North Road CC	Male	08:26
27	Ian	Damant	Becontree Wheelers CC	Male	08:27
28	Nick	Sexton	Islington Cycling Club	Male	08:28
29	Antonio	Paolino	Essex Roads CC	Male	08:29
30	Richard	May	Islington Cycling Club	Male	08:30
31	Andrew	Page	Team Vision Racing - Silverhook	Male	08:31
32	Alexander	Ratter	Maldon & District CC	Male	08:32
33	Daniel	Duggan	Icknield RC	Male	08:33
34	Sarah	Croucher	Eagle Road Club	Female	08:34
35	Richard	Price	London Phoenix CC	Male	08:35
36	Richard	Hutt	Harp RC	Male	08:36
37	Paul	Donegan	Chelmer CC	Male	08:37
38	Peter	Anstey	Welwyn Whs	Male	08:38
39	James	Bromley	Becontree Wheelers CC	Male	08:39
40	James	Rush	CC Sudbury	Male	08:40
41	Matthew	Saunders	Team Vision Racing - Silverhook	Male	08:41
42	Jeremy	Greenwood	Finsbury Park CC	Male	08:42
43	Owen	Wilkins	London Phoenix CC	Male	08:43
44	Dan	Carter	Essex Roads CC	Male	08:44
45	Andy	Stuart	Velo Club St Raphael	Male	08:45
46	Mary	Bower	Chelmer CC	Female	08:46
47	Andrew	Beaman	Victoria-Ciclos.com CC	Male	08:47
48	Stephen	Owens	St Neots CC	Male	08:48
49	Will	Hedden	Crest CC	Male	08:49
50	Darren	Bigmore	Glendene CC	Male	08:50
51	Colin	Lewin	Veloschils Interbike RT	Male	08:51
52	Graham	Painter	Chelmer CC	Male	08:52
53	Jack	Steven	East London Velo	Male	08:53
54	David	McCarthy	Lea Valley CC	Male	08:54
55	Terry	Garlinge	East London Velo	Male	08:55
56	Niall	Digby	Sigma Sport.co.uk	Male	08:56
57	Alex	Smith	Maldon & District CC	Male	08:57
58	Bradley	Osborne	Becontree Wheelers CC	Male	08:58
59	Robin	Johnson	Brighton Mitre CC	Male	08:59
60	Ian	Turner	St Neots CC	Male	09:00
61	Alister	Campbell	Eagle Road Club	Male	09:01
62	Chris	Thomas	East London Velo	Male	09:02
63	Max	Curle	Becontree Wheelers CC	Male	09:03
64	Emily	Wood	Chelmer CC	Female	09:04
65	Colin	Ward	Essex Roads CC	Male	09:05
66	Noah	Knock	Victoria-Ciclos.com CC	Male	09:06

TANDEMMS

67	Cathy	Wood	Chelmer CC	Female	09:07
	Tim	Wood	Chelmer CC	Male	

It is your responsibility to check.

As soon as you have finished you should return to the event HQ as it is **your responsibility to check** if you are required for Doping Control and if your number is displayed you should report immediately.

AWARDS

Solo

Crescent 30 Trophy (to be held for one year) and two complimentary tickets for the Lea Valley CC Awards Dinner on 4th December 2016

Mens Cash Prize

1 st	£40
2 nd	£25
3 rd	£20
4 th	£10
5 th	£5
6 th	£5
7 th	£5
8 th	£5

Womens Cash Prize

1 st	£40
2 nd	£25
3 rd	£20

Tandem

Cash Prize (per machine)

1 st	£10
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Thank you to all Marshall's and helpers from the Lea Valley Cycle Club for their contribution on the day.

This event may be subject to a Doping Control