

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

Handicapped from the CTT tables.

TRICYCLE ASSOCIATION (EAST)

Scratch and Handicap 25 mile Time Trial

SUNDAY 7th OCTOBER, 2018 -- COURSE E1/25b

Timekeepers:	Event Secretary:	Home phone:
Frida Wezel	Michael Keen	01362 288944
Ian Taylor	33, South Green,	Mobile 07910 33 22 44
Lea Valley CC	Mattishall, Dereham	or 07498 29 73 73
	NR20 3JY	

AWARDS: Fastest Scratch and Fastest on Handicap, TA Medals
Handicapped from the CTT Tables

Lea Valley C.C. Race HQ

North Hall Road, Ugley, CM22 6JD - OS Map 167 GR: TL526294

SIGN ON and COLLECT NUMBERS AT RACE HQ

Bacon Butties and other refreshments will be available from 7:30 am

LOCAL REGULATIONS

4.8.2 NO 'U' TURNS IN SIGHT OF THE START AND FINISH POINTS

Riders carrying out this dangerous manoeuvre are liable for Disqualification and further action by the District Committee

4.8.6 **IN THE INTERESTS OF YOUR OWN SAFETY, CTT and the Event Promoters strongly advise you to wear a Hard Shell Safety Helmet which meets internationally accepted safety standards**

We also strongly advise the use of **FLASHING REAR and FRONT LIGHTS**

HINXTON ROUNDABOUT Please exercise caution on the 5th RAB on the outward leg. The exit angle is very tight, and has caused riders to hit the left hand kerb on the outward bound exit

Run in conjunction with the Lea Valley CC's

COMET 25

TIME OF START : 09:40 am

Directions to start : Left out of HQ, 1st right, under M11. Climb hill. Turn R. at Pub, onto B1383 (old A11). The start lay-by is about a mile up the road at the Quendon sign

----- COURSE DETAILS -----

START (GR.513297) at 7th kerb joint from north end of lay-by, south of 34th milestone on the B1383. Proceed north through Quendon and Newport, straight on at RAB junction B1383/B1052, Littlebury, Gt. Chesterford to Stump Cross RAB (.9.83m), Turn left **M** at 1st exit onto A1301 to cross straight over next two RAB's, whilst passing below A11 flyover, to the Hinxton RAB (CARE **see note above**), where straight on to the Sawston RAB at the junction with the A505.

Turn (12.25m) **M** to retrace to pass under A11 to Stump Cross RAB. Turn Right, 3rd exit **M** onto B1383 and retrace along course, past start, to FINISH at surface water gully, opposite tree at centre of green, just north of the Chequers PH. (GR.512289)

START LIST

No.	Name	Club	Hcp	Start Time
101	Ian Pike	Lincoln Whlrs	12m 08secs	9:41
102	Gavin Hinxman	Club Drag2Zero	53:17	:42
103	Mark Vowells	CC Bexley	14:39	:43
104	Lez Young	Lincoln Whlrs	19:08	:44
105	Michael Gelder	TA SouthWest	20:56	9:45
106	Ian Mackenzie	Southend Whlrs	36:24	:46
107	Sid Charlton	Lincoln Whlrs	28:56	:47

**** We wish you all a safe and fast ride****

IT IS YOUR RESPONSIBILITY TO CHECK:

DRUG CONTROL: Riders must return to HQ on finishing to sign out. If your Number has been selected for Doping Control, you must report immediately.

ACCOMMODATION: If you wish to overnight at the Hut, please phone me on my mobile 07910 332294 (day and evening), or

Email : keenhandengraving@gmail.com

The Hut, Behind The Ash, Burton End, Stansted, CM24 8UQ Grid Ref TL 531 237

WEEKEND AND ACCOMMODATION AT THE HUT.

5th, 6th and 7th October 2018.

FOR THOSE WHO WISH TO STAY AT THE LEA VALLEY MARSHALS HUT
ON SATURDAY NIGHT, OR FOR THE WEEKEND.

Bed nights; Seniors, £4:00, OAP and under 18 £3:00, per night.
Please pay on arrival. Donations always welcome.

FRIDAY: The Hut will be open from 3pm . Dinner will be a take-away, circa 7:30

SATURDAY: Breakfast at 9ish (see below)

THE RUN, starts at The Hut, at about 11:30 am, is about 12 miles long and should
finish at about 3;30pm

BRUNCH / LUNCH, Around 1pm, at ROSEYLEA's TEA ROOM, Wickham Hall,
Hadham Road, Bishop's Stortford CM23 1JG, Grid Ref. 475 231
Access from the A1250.

Vehicular Access about .25 mile East of the A120/A1184 roundabout. From RAB
Take 1st left along edge of construction site. The tea room does all day breakfast,
Scones, bagels, jackets and cakes, teas and coffees

Tea and Cake on return to the Hut

DINNER: 7:30pm Cooked up by Frida, Meatballs in Sauce with Pasta.

SUNDAY . Up at 6am for the Lea Valley CC Comet 25. Tea available. Breakfast can be
purchased at the tea stall at Race HQ, including Bacon Sarnies. Or bring cereal.

NOTES

Race HQ is about 4 miles from the Hut

We provide milk, tea, bread and Margarine. Please bring breakfast for Saturday,
and Sunday lunchtime, or in the Ash pub.

And, if you drink, bring beer etc for the evening

Please bring a sleeping bag and wash kit. We supply pillows and blankets

The Hut grid ref: TL 531 237, Ash post code CM24 8UQ. Follow track alongside Ash
carpark. There is ample parking at the Hut.

Mikes Mobile **07498 297373**

