

*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 10th March 2019 09:00 E1/25b

Headquarters:

The Comrades/Essex Roads CC Club Hut
right next door to....

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 piece of homemade cake back at the Race HQ (sorry no bacon butties this year!)

Course E1/25b

START (O/S 513297) at 7th kerb joint from northern end of lay-by south of 34th 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 1st 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), 2nd 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 Keeper:

Sean Kerrigan
Assistant Time Keeper:
Ian Taylor



FOUNDED 1903



FOUNDED 1904



FOUNDED 1890