LOCAL RULES:

No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.

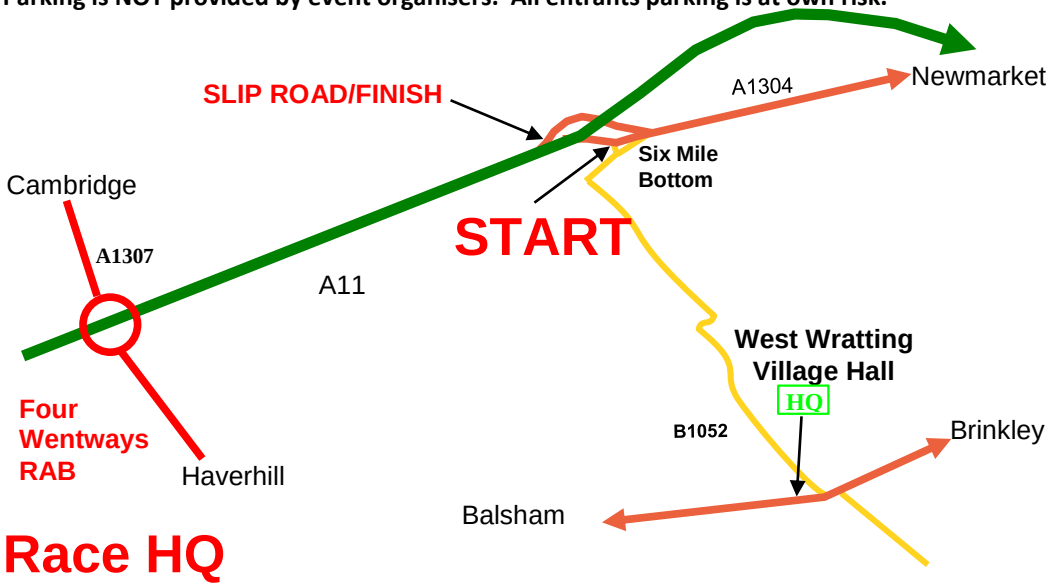
No warming up on the course once the event has started.

Riders MUST NOT wait on the carriageway when waiting to start.

No vehicles to park or stop on slip road or verges at Start or Finish; the road is a Clearway and stopping is an offence.

Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

Parking is NOT provided by event organisers. All entrants parking is at own risk.



Race HQ

https://www.google.co.uk/maps/@52.1458951,0.342208,3a,75y,183.85h,94.05t/data=!3m6!1e1!3m4!1s2Gq4ueOar3ZEBbqL8LwFGQ!2e0!7i13312!8i6656?hl=en

West Wratting Village Hall, 79 High Street , West Wratting. CB21 5LU

In the interest of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. ALL junior and/or riders under the age of 19 years are required to wear a suitably approved helmet.

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

Start GR: 573562 **Finish GR:** 571560 **Police:** C **Local Regs:** 4.7 & 4.8

START at paint mark at end of feeder road from West Wratting just before junction with A1304 (1 kerb joint before drain near 'Give Way' sign). Bear left onto A1304 and thence onto A11 southbound. Continue to take slip road to Four Went Ways interchange, A1307, and circle elevated roundabout (5.14m), taking fourth exit onto A11 northbound. Retrace to Six Mile Bottom, where take A1304 slip road to FINISH at paint mark 5 yards past end of island between old road and slip road (at 6th kerb joint past plastic phone indicator post marked '85/0').

Note to Competitors: When starting, take note of traffic entering slip road from your right. Give way if necessary.

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

FOUNDED 1968

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

Start Cover Sheet

Lea Valley Cycling Club

Tandem, Middle Markers & Solo open 10 mile TT

Course E2/10 4th May 2019 Start Time 14:00

Event Secretary
Mark Freeman

Time Keepers
Mike Keen
Freda Wezel
Asst Time Keeper
Ian Taylor

Thank you to all Marshall's, timekeepers and helpers from the Lea Valley Cycle Club for their contribution on the day.