

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 & Tandem Sunday 20th June 2021 09:00 E1/25b

Headquarters

Lea Valley CC Club Hut
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 the 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. Signing on desk will be open from 8am.

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

Take care at the Hinxtton Hall roundabout by the Genome Centre as it is off-set making it easy to clip the kerb on your way out. **Also note CTT Regulation 14(i) making a red rear light compulsory NO REAR LIGHT - NO RIDE.**

COVID Protocols - PLEASE READ

The event is being run in line with the current CTT COVID-19 Risk Assessment available [here](#):

- Sign-on/off will be outside HQ with hand sanitiser. **NO PENS WILL BE PROVIDED** - please bring your own. There will be no results board or refreshments offered at the event.
- Disposable numbers will be provided but **NO PINS** - please bring your own if required.
- Managed toilet access will be available at HQ but **NO CHANGING FACILITIES.**
- There will be no pusher off at the start line. **NO PERSONAL BELONGINGS MAY BE LEFT WITH TIME KEEPERS OR OFFICIALS.**
- Ensure adequate spacing to other competitors and officials at all times, especially during sign-on/off, warm up and at the start area (do not arrive more than 3-4 minutes early).
- Please limit socialising/congregating before and after the event, being mindful of how large groups may be perceived by passing members of the public.

Course E1/25b

START (GR 513297) at 7th kerb joint from northern end of lay-by south of 34th milestone on the B1383. Proceed north through Quendon, Newport, Roundabout at junction with B1052, Littlebury, Great Chesterford, to Stump Cross roundabout (9.83m). Turn left at 1st exit onto A1301 to cross straight over next two roundabouts, whilst passing under A11 flyover, to the Hinxton Hall roundabout where straight on to the Sawston roundabout at the junction with the A505. Turn (12.25m) to retrace to pass under the A11 to Stump Cross roundabout. Turn right , 2nd exit, onto B1383 and retrace along course to FINISH (GR 512289) at surface water gully at centre of green just north of "Chequers" PH.

Lea Valley Cycling Club Prizes

Men & Women's Solo Time Trials

1st £40
2nd £30
3rd £20

2Up Team Time Trial

1st £20 each rider
2nd £15 each rider

Tandem Time Trial

1st £20 each rider

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.

Event Secretary:

David Veitch
38 Leybourne Road
London E11 3BT
07795 810705

Time Keepers:

Michael Keen
Frida Wezel

Assistant Time Keeper:

Ian Taylor



FOUNDED 1903



FOUNDED 1904



FOUNDED 1890

Number	Start Time	Firstname	Lastname	Club	Gender	Category
SOLOS						
1	09:01	Dexter	Mansel-Thomas	Tofauti Everyone Active	Male	Espoir
2	09:02	Pawel	Geczew	Giant Camden Team Liv	Male	Senior
3	09:03	Matt	Rizzo-Naudi	Cambridge University CC	Male	Espoir
4	09:04	Anne-Marie	Bowring	Cambridge University CC	Female	Senior
5	09:05	Euan	Davies	Dulwich Paragon CC	Male	Senior
6	09:06	James	Loneragan	Southend Wheelers	Male	Senior
7	09:07	Andrew	Glessing	Shaftesbury CC	Male	Veteran
8	09:08	Mark	Connelly	Essex Roads CC	Male	Senior
9	09:09	Ellen	Rehnberg	Rapha Cycling Club	Female	Juvenile
10	09:10	Terry	Garlinge	Easterley Road Club	Male	Veteran
11	09:11	George	Spooner	Cambridge University CC	Male	Espoir
12	09:12	Liam	O'Mahoney	East London Triathletes	Male	Senior
13	09:13	Jolyon	Glynn	Cambridge CC	Male	Espoir
14	09:14	Leena	Peltonen	Clapham Chasers	Female	Senior
15	09:15	Graeme	Garner	Essex Roads CC	Male	Veteran
16	09:16	Tom	Elwood	Team LDN	Male	Senior
17	09:17	Rebekah	Nash	Will Houghton Racing Team (WHRT)	Female	Senior
18	09:18	James	Quigley	Cambridge University CC	Male	Espoir
19	09:19	Briony	King	Rapha Cycling Club	Female	Senior
20	09:20	Julia	Freeman	Easterley Road Club	Female	Veteran
21	09:21	Steve	Smith	Redbridge CC	Male	Veteran
22	09:22	Matt	Price	Icknield RC	Male	Veteran
23	09:23	Judy	Reid	Icknield RC	Female	Veteran
24	09:24	Matt	Prince	Icknield RC	Male	Veteran
25	09:25	Trevor	Phillips	Essex Roads CC	Male	Veteran
26	09:26	Elspeth	Grace	Cambridge University CC	Female	Espoir
27	09:27	Zoe	Burrell	Will Houghton Racing Team (WHRT)	Female	Espoir
28	09:28	Lisa Jane	Lait	Peterborough CC	Female	Veteran
29	09:29	Mark	Careless	Newmarket Cycling & Triathlon Club	Male	Veteran
30	09:30	Nick	Partridge	VC Baracchi	Male	Veteran
31	09:31	Alfie	Salmon	Lee Valley Youth CC	Male	Junior
32	09:32	Simon	Hanrahan	Precision Race Team	Male	Veteran
33	09:33	Mark	Perryman	London Clarion	Male	Veteran
34	09:34	Su-Anne	Bullock	Icknield RC	Female	Veteran
35	09:35	David	Warlow	Essex Roads CC	Male	Veteran
36	09:36	Tony	Summers	Athlon CC	Male	Veteran
37	09:37	Joseph	Adlam-Cook	Cambridge University CC	Male	Espoir
38	09:38	Dan	Carter	Essex Roads CC	Male	Veteran
39	09:39	David	Barrett	East London Triathletes	Male	Veteran
40	09:40	Sam	Wightman	Team Bottrill	Male	Veteran
41	09:41	Ian	Braybrook	Basildon CC	Male	Veteran
42	09:42	Dominic	Birch	Kingston Wheelers CC	Male	Senior
43	09:43	Geoff	Bores	Ford CC	Male	Veteran
44	09:44	Paul	Dewberry	Colchester Rovers CC	Male	Veteran
45	09:45	Jack	Kellam	Cambridge University CC	Male	Senior
46	09:46	Adrian	McHale	Peterborough CC	Male	Veteran
47	09:47	Paul	Chase	Shaftesbury CC	Male	Veteran
48	09:48	Simon	Wakinshaw	Lea Valley CC	Male	Veteran
49	09:49	David	Hodsman	Dulwich Paragon CC	Male	Senior
50	09:50	Pete	Dyson	East London Velo	Male	Senior
51	09:51	David	Nearney	Cycling Club Hackney	Male	Senior
52	09:52	Ian	Bartlett	Athlon CC	Male	Senior
53	09:53	Tom	Wade	Cambridge University CC	Male	Senior
54	09:54	Neil	Davies	Lea Valley CC	Male	Senior
55	09:55	Andrew	Turnock	Finsbury Park CC	Male	Veteran
56	09:56	Adrian	Gower	Hitchin Nomads CC	Male	Veteran
57	09:57	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
58	09:58	John	Calvert	Walden Velo	Male	Veteran
59	09:59	Nicola	Smith	Dulwich Paragon CC	Female	Senior
60	10:00	Jack	Brown	UpShift Nutrition Race Team	Male	Espoir
61	10:01	Nicholas	Knight	Hart Performance Coaching	Male	Veteran

Number	Start Time	Firstname	Lastname	Club	Gender	Category
2-UP TEAMS						
63	10:04	Ian	Hall	Serpentine Running Club	Male	Veteran
64	10:04	Siobhan	Reddy	Lea Valley CC	Female	Veteran
65	10:06	Abid	Hussain	Icknield RC	Male	Veteran
66	10:06	Wolfgang	Emmerich	London Phoenix CC	Male	Veteran
67	10:08	Duncan	Gilbert	North Essex Velo	Male	Veteran
68	10:08	Antony	Stapleton	North Essex Velo	Male	Veteran
69	10:10	John	Watson	Hitchin Nomads CC	Male	Veteran
70	10:10	Scott	Horwood	Hitchin Nomads CC	Male	Senior
71	10:12	James	Moss	North Road CC	Male	Veteran
72	10:12	Daniel	Ryan	North Road CC	Male	Senior
73	10:14	Geoff	Reynolds	Hemel Hempstead CC	Male	Veteran
74	10:14	Helen	Reynolds	Hemel Hempstead CC	Female	Veteran
75	10:16	Simon	McCartney	CC London	Male	Veteran
76	10:16	Paul	Harvey	CC London	Male	Veteran
77	10:18	Nick	Giles	Poco Loco Cycling R.T.	Male	Veteran
78	10:18	Nick	Morgan	Hitchin Nomads CC	Male	Veteran
TANDEMS						
79	10:20	David	Shannon	Islington Cycling Club	Male	Veteran
80	10:20	Richard	May	Islington Cycling Club	Male	Veteran
81	10:22	John	Iszatt	Team Vision Racing - Silverhook	Male	Veteran
82	10:22	Dean	Lubin	Team Vision Racing - Silverhook	Male	Veteran