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 15th March 2020 09:00 E1/25b

Headquarters

The Comrades/Essex Roads CC Club Hut
(Right next door to 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 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 Hinxton Hall roundabout by the Genome Centre as it is off-set making it easy to clip the kerb on your way out. **Also note updated CTT Regulation 14(i) making a red rear light compulsory (see next page).**

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 (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'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.

Please be aware of updated CTT Regulation 14(i):
No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **NO REAR LIGHT – NO RIDE.**

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	09:01:00	Adam	Bishop	Lea Valley CC	Male	Veteran
2	09:02:00	Andrew	Turnock	Finsbury Park CC	Male	Veteran
3	09:03:00	Sarah	Kelman	St Ives CC	Female	Veteran
4	09:04:00	Mark	Halliday	North Bucks RC	Male	Veteran
5	09:05:00	Matthew	Saunders	Team Vision Racing - Silverhook	Male	Veteran
6	09:06:00	Ian	Braybrook	Basildon CC	Male	Veteran
7	09:07:00	Matt	Wilmington	Icknield RC	Male	Veteran
8	09:08:00	David	Dearlove	Oxford University CC	Male	Senior
9	09:09:00	Stephen	Thompson	Lea Valley CC	Male	Senior
10	09:10:00	Alistair	Golby	Cambridge University CC	Male	Senior
11	09:11:00	Graeme	Garner	Essex Roads CC	Male	Veteran
12	09:12:00	Sean	O'Sullivan	Eagle Road Club	Male	Senior
13	09:13:00	Tom	Bishop	Cambridge University CC	Male	Senior
14	09:14:00	Antonio	Paolino	Essex Roads CC	Male	Veteran
15	09:15:00	Daniel	Homer	London Phoenix CC	Male	Veteran
16	09:16:00	Anneleen	Bosma	Team LDN	Female	Senior
17	09:17:00	Harry	Osborn	Rapha Cycling Club	Male	Senior
18	09:18:00	David	Martin	Becontree Wheelers CC	Male	Veteran
19	09:19:00	Caroline	Soubayroux	Lea Valley CC	Female	Senior
20	09:20:00	William	Wallace	CC London	Male	Veteran
21	09:21:00	Craig	Chappell	Team Vision Racing - Silverhook	Male	Veteran
22	09:22:00	Jerome	Watts	Team Salesengine.co.uk	Male	Veteran
23	09:23:00	Oliver	Moseley	Cambridge University CC	Male	Senior
24	09:24:00	Deborah	Beare	Icknield RC	Female	Senior
25	09:25:00	Colin	Ross	Lea Valley CC	Male	Senior
26	09:26:00	Dave	Bell	Cambridge University CC	Male	Senior
27	09:27:00	Sophie	Lewis	Flamme Rouge Cycling Team	Female	Junior
28	09:28:00	Rob	Weston	Elite Cycling	Male	Veteran
29	09:29:00	Anna	Lawson	Serpentine Running Club	Female	Senior
30	09:30:00	Ashley	Cox	Team Bottrill	Male	Senior
31	09:31:00	Grant	Orsborn	Bedfordshire Road RT	Male	Veteran
32	09:32:00	Andrew	Beaman	Victoria Cycling Club	Male	Veteran
33	09:33:00	Peter	Anstey	Welwyn Whs	Male	Veteran
34	09:34:00	Daniel	O'Riordan	Cambridge University CC	Male	Espoir
35	09:35:00	Andrew	Hastings	Haste CC	Male	Senior
36	09:36:00	David	Ross	LFGSS CC	Male	Senior
37	09:37:00	Matt	Price	Icknield RC	Male	Veteran
38	09:38:00	Neil	Davies	Lea Valley CC	Male	Senior
39	09:39:00	Stephen	Chen	Cambridge University CC	Male	Espoir
40	09:40:00	Julian	Elliott	Finsbury Park CC	Male	Veteran
41	09:41:00	Wolfgang	Emmerich	London Phoenix CC	Male	Veteran
42	09:42:00	Tony	Summers	Athlon CC	Male	Veteran
43	09:43:00	Euan	Tebbutt	Cambridge University CC	Male	Espoir
44	09:44:00	James	Quigley	Cambridge University CC	Male	Espoir
45	09:45:00	Iain	Boardman	Dulwich Paragon CC	Male	Veteran
46	09:46:00	Hugo	Hocknell	Team Salesengine.co.uk	Male	Veteran
47	09:47:00	Sean	Odonnell	CC London	Male	Veteran
48	09:48:00	Alfie	Salmon	Lee Valley Youth CC	Male	Juvenile
49	09:49:00	Alan	Harvey	Finsbury Park CC	Male	Veteran
50	09:50:00	Harley	Matthews	D A P Cycling Club	Male	Senior
51	09:51:00	Abid	Hussain	Icknield RC	Male	Veteran
52	09:52:00	Nick	Hickman	Team Salesengine.co.uk	Male	Veteran
53	09:53:00	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
54	09:54:00	Louise	Douglass	Essex Roads CC	Female	Senior
55	09:55:00	Max	Sahota	Team Bottrill	Male	Senior
56	09:56:00	Samuel	Thienel	Shaftesbury CC	Male	Senior

Number	Start Time	Firstname	Lastname	Club	Gender	Category
2-UP TEAMS						
59	10:00:00	Alison	Hinds	Welwyn Whs	Female	Veteran
60	10:00:00	Howard	Ashmore	Welwyn Whs	Male	Veteran
61	10:02:00	Nick	Elson	Woolwich CC	Male	Senior
62	10:02:00	Alex	Pearson	Woolwich CC	Male	Veteran
63	10:04:00	Jeremy	Parker	Metropolitan Police Cycle Club	Male	Veteran
64	10:04:00	Nick	Taylor	Metropolitan Police Cycle Club	Male	Veteran
65	10:06:00	Mark	McGee	Maldon & District CC	Male	Veteran
66	10:06:00	Darren	Wood	Maldon & District CC	Male	Veteran
67	10:08:00	Lee	Kennedy	Army Cycling	Male	Senior
68	10:08:00	Edd	Charlton-Weed	Army Cycling	Male	Senior
69	10:10:00	Euan	Davies	Dulwich Paragon CC	Male	Senior
70	10:10:00	Matt	Lawes	Crystal Palace Triathletes	Male	Senior
71	10:12:00	Oliver	Smee	Ilkeston Cycle Club	Male	Senior
72	10:12:00	Harry	Thompson	Leicestershire RC	Male	Senior
73	10:14:00	James	Conway	Metropolitan Police Cycle Club	Male	Veteran
74	10:14:00	Adam	Lowe	Metropolitan Police Cycle Club	Male	Veteran
75	10:16:00	David	McCarthy	Lea Valley CC	Male	Veteran
76	10:16:00	Mark	Freeman	Lea Valley CC	Male	Veteran
77	10:18:00	James	Moss	North Road CC	Male	Veteran
78	10:18:00	Daniel	Ryan	North Road CC	Male	Senior
79	10:20:00	Andrew	Horner	VC Revolution	Male	Veteran
80	10:20:00	Leigh	Brooksbank	Colchester Rovers CC	Male	Veteran