Promoted for, and on behalf of Cycling TimeTrials, under their Rules and Regulations

The Lea Valley Cycling Club



CRESCENT SOLOS & TANDEMS

30 Mile Time Trial

Sunday, 15th September 2024 at 8am

Course E1/30E Emergency

**incorporating ECCA Championship 30 Cup**

**and SPOCO SE Group 2 event**

**and incorporating the TA South East INVICTA trophy**

**for Tandem Trikes**

Timekeeper Event secretary

Frida Wezel Michael Keen

07498 297373 **HQ:** Lea Valley CC Race HQ, North Hall Road, Ugley CM22 6JD

Open from 6:30

Welcome to the historic Crescent 30, presented by the Lea Valley CC. Thanks as always to the members and others who work hard to run our events.

**Prizes: Men : 1st  £35 2nd £25 3rd £15**

**Women: 1st  £35 2nd £25**

**Road Bike: 1st £25**

PLEASE BE AWARE, THIS IS A NEW COURSE

Due to new roadworks on E1 B, E33 and E2

The Start is about 5 miles from Race HQ AND there are roadwork traffic lights in Newport. PLEASE allow at least 35 mins to get to the Start.

Course Details for the E1/30 E (Emergency)

START: on B1383, by grooved section of pavement just North of bus lay-by,

Immediately North of the former Fighting Cocks PH. Proceed South to the Newport/B1052 Rbt where TURN (CARE). Proceed North on B1383 through Littlebury and Great Chesterford to STUMP CROSS Rbt. Where RIGHT (CARE) on B184 to Little Chesterford Rbt where TURN and retrace to Stump X Rbt, Where LEFT on B1383 to retrace along course, past Start (14.7m) to Newport/B1052 Rbt.TURN (CARE) and retrace to repeat circuit via Stump X, Little Chesterford Rbt TURN and retrace to Newport/B1052 Rbt for the third time. Continue South (Straight over, CARE), on B1383, and in 200 yds

FINISH at the 38th Milestone, just south of cottages.

PLEASE BE AWARE OF CRAP ROAD SURFACES, ESPECIALLY GOING INTO AND AROUND STUMPS AND NEWPORT ROUNDABOUTS.

TAKE CARE ENTERING NEWPORT Rbt, TRAFFIC WILL BE TURNING ACROSS YOU INTO THE B1052 to SAFFRON WALDEN

COURSE RESTRICTIONS AND SAFETY NOTES

ALL riders must have a helmet, and working front and rear lights

No **U turns** within sight of the start and finish. If you do this using a layby, you MUST stop before re-entering the carriageway.

Do NOT use static trainers on the course.

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Do not drop litter. A bag for rubbish will be at the start

Please collect your Number, and sign on at Race HQ, and sign OFF after the race, (EVEN IF YOU PACK). If you don’t, you will be disqualified. Some refreshments will be available at the HQ

Have a Good Race.