

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 20<sup>th</sup> 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

1<sup>st</sup> £40  
2<sup>nd</sup> £30  
3<sup>rd</sup> £20

### 2Up Team Time Trial

1<sup>st</sup> £20 each rider  
2<sup>nd</sup> £15 each rider

### Tandem Time Trial

1<sup>st</sup> £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



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