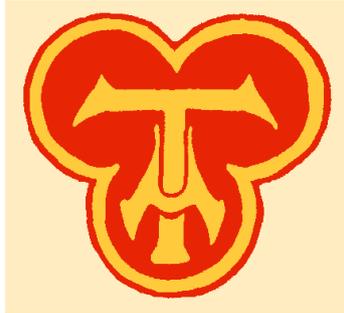


Promoted for and on behalf of Cycling Time Trials, under its rules and regulations
Handicapped from CTT Tables.

TRICYCLE ASSOCIATION (EAST)



AUTUMN 25 *for the* COVINGTON TROPHY

Scratch and Handicap 25 mile Time Trial

Sunday, 3rd October 2021 at 08 :30 Course E1 / 25b

EVENT SECRETARY: Michael Keen, 33 South Green, Mattishall, Dereham, NR20 3JY **Mobile 07498 297373**

TIMEKEEPERS: Frida Wezel and Ian Taylor, Lea Valley CC and TA

AWARDS: Fastest on Scratch -The Jack Covington Trophy and TA Medal Fastest on Handicap TA Medal

RACE HQ: Lea Valley CC Hut, North Hall Road, Ugley, CM22 6JD

CTT ADVISORIES and LOCAL REGULATIONS

In the interests of your own safety, Cycling Time Trials and the Event Organisers you are strongly advised to wear a Hard Shell Safety Helmet that meets an internationally recognized standard. All Juniors under 19 must wear a suitably approved helmet. This is the responsibility of the Rider, or Parent/Guardian, if under 18

4.8.2 NO U TURNS allowed within sight of the Start / Finish. Riders carrying out this dangerous manoeuvre are liable to be disqualified from the event and further disciplinary action by London East Committee

You MUST have a functioning flashing or static red rear light, NO LIGHT – NO RIDE

4.8.4 STATIC TRAINERS are not allowed .

No warming up on the course after the event has started

COVID PRECAUTIONS

You may use the Toilet Facilities at Race HQ. There are no Refreshments.

PARKING is not allowed in Race HQ. Park near to the M11 Bridge, or opposite the Huts in North Hall Road.

Do not park at the Start area

Vacate Race HQ as soon as possible. Do not gather in groups

If you or anyone in your Family Bubble are unwell in any way, DO NOT ATTEND.

SIGN ON AND OFF and NUMBERS will be available in the Race HQ.

You MUST sign off, even if you DNF, OR you will be disqualified and may face further action by CTT

No more than 5 to queue at the Start.

Do not leave feeding bottles at the Start. Do not discard gel wraps, etc.

Do NOT approach the Timekeepers.

Do not 'Draught' or take pace. The overtaken Rider must drop back. Pass cleanly and quickly

There is no race support for Riders. You must carry your own pump and spares. Carry a mobile phone, with my number in it. Phone a friend. Marshals are NOT allowed to give Riders a lift.

TIME OF START 08:30 am

Directions to Start; Turn Left out of Race HQ, 1st Right, under Motorway, Climb hill
Turn Right onto B1383. The Start lay-by is then about a mile up the road, at the Quendon sign

COURSE DETAILS

START (GR.513297) at 7th kerb joint from north end of lay-by, south of 34th milestone on the B1383. Proceed north through Quendon and Newport. Straight on at small RAB junction with B1383/B1052, Littlebury, Great Chesterford to Stump Cross RAB (M 9.83m). Turn LEFT at 1st exit onto A1303 to cross straight over at next 2 roundabouts, whilst passing under A11 flyover, continue straight on through Hinxton RAB, (care, offset, sharp exit). Where straight on to Sawston RAB at junction with A505. TURN,(M C 12.25m) taking 4th exit and retrace to pass under A11 to Stump Cross RAB. Turn Right, 3rd exit (M) onto B1383 and retrace along course taking care at Newport RAB (Traffic turns right across you, to Saffron Walden) . Straight on past Start, to FINISH at surface water gully, opposite tree at centre of green, just north of the former Chequers Pub and lane (GR. 512289)

START LIST

No.	Start	Name	Club	Cat	PB	HCP
31	08:31	Mark Vowells	San Fairy Ann CC	V	58:24	17:11
32	:32	Sid Charlton	Lincoln Whlrs CC	V	1:14;08	31:52
33	:33	Lez Young	Lincoln Whlrs CC	V	1:15;30	33:08
34	:34	Michael Keen	Lea Valley CC	V		N/A

We are still maintaining some covid regulations

I wish you all an excellent and safe ride.

Michael

The TA would like to record their thanks to the Lea Valley, for lending us their event.