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, 2nd October 2022 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

**All riders must wear a helmet**

**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 front and 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**

**RACE H Q**

**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**

 **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, except the Start TK**

**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 spare.**

 **Carry a mobile phone, with my number in it. *Phone a friend.***

**TIME OF START O8:30 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 08:30 Adrian Hills Eastbourne Rovers CC V Yes 58:56 . 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 Mark Vowells San Fairy Ann CC V 58:24 17:11

 We are still maintaining some covid precautions

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.*

**Be aware of road works affecting J8 on the M11. It has caused long holdups**

**on the interchange roundabouts. There are still works scheduled for Sunday on the**

 **London side of the flyover and possible lane restrictions. This may affect you if you**

**are coming from the North or South. Either come of at Stump X or Duxford, or,**

**from London, take J8a, Keeping left towards Long Term Parking, left to Stansted,**

**and follow signs to B1351 Quendon. HQ post code: CM22 6JD**