

*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

1 st	£50
2 nd	£40
3 rd	£30
4 th	£20
5 th	£10

Women's Solo Time Trial

1 st	£50
2 nd	£40

2Up Team Time Trial

1 st	£25 each rider
2 nd	£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



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FOUNDED 1890