

Course Start (o/s 515276) CTT Rules 4.8 apply

START on B1383 where the dropped curb ends at the northern edge of track leading to Bollington Hall, in line with public bridleway signpost. Proceed north on B1383, through Newport, Littlebury and Great Chesterford to junction with A1301. Turn left at roundabout (11.1m) and straight across the next two roundabouts, passing under the A11 flyover. Take second exit at Hinxton Hall roundabout and continue along A1301 to Sawston roundabout at junction with A505 (13.4m). Turn left onto A505 and continue straight over new roundabout to turn at interchange roundabout with M11(15.4m). Retrace to Sawston roundabout, USING GREAT CARE when taking third exit onto A1301 and continue to roundabout at junction with B1383 (19.75m)(M). Take second exit onto B1383 and retrace to FINISH at paint mark at first drain, 20 yards north of lane situated beside Chequers PH.

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. Cycling Time Trials and the event promoters recommend the use of flashing rear light whilst competing

LOCAL REGULATIONS

4.8.2, No U Turns allowed within sight of start or finish. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by London East District.

You are welcome to use the facilities at the HQ for changing and our extensive refreshments menu.

If you wish to stay at the HQ (extremely basic acc.) the night before the event, please contact the event secretary.

Your Number and the Signing On Sheet will be available at the HQ

WARNING HINXTON RAB, PLEASE EXERCISE CAUTION

There have been a number of accidents to riders at Hinxton RAB, which is the 4th one you will come to on the way out. The RAB is offset so that on the way out the turn out of the RAB is somewhat severe and riders have been caught out, clipping the kerb when exiting the RAB.

Littlebury road works: watch out for updates during the week, and notices at hq on the day.

*Incorporating
Comet Cycling Club
Crescent Wheelers
University Cycling Club*



FOUNDED 1968

UNDER CTT REGULATIONS

The Lea Valley Cycling Club



CRESCENT SOLOS & TANDEMS

30 Mile Time Trial

Sunday 29th September 2019 at 8am

COURSE E1/30

incorporating **ECCA Championship 30 Cup**
and a **SPOCO SE Group 2 event**

Timekeeper
Frida Wezel
Asst. Timekeeper
Ian Taylor

Event secretary
Dave McCarthy
07973181314

Event HQ: **Lea Valley CC Race HQ, North Hall Lane, Ugley.**
CM22 6JD OS Map 167 G.R. 526294

Course Record ; 01:01:27;

Colin Ward from Essex Roads CC Sept 2018

**Best womens for the event 01:14:47 ; Julia
Freeman Easterley RC Sept 2015**

Last Years Winners

**Womens; Katie-Anne Elliston; Southend Wheelers
01:25:52**

Men ; Colin Ward; Essex Roads CC 1:01:27

AWARDS

Solo

**Crescent 30 Trophy (to be held for one year) and
two complimentary tickets for the Lea Valley CC Awards
Dinner on 2nd December 2018**

Mens Cash Prize		Womens Cash Prize		Tandem	
1 st	£40	1 st	£40	1st	£40
2 nd	£25				
3 rd	£20				
4 th	£10				

Thank you to all Marshall's and helpers from the
Lea Valley Cycle Club for their contribution on
the day.

This event may be subject to a Doping Control

It is your responsibility to check.

As soon as you have finished you should return to the event HQ and sign out of the event as it is **your responsibility to check** if you are requiring Doping Control and if your number is displayed you should report immediately. Any entrant who does not sign out will be disqualified.