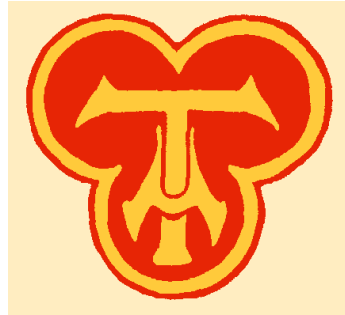


# TRICYCLE ASSOCIATION ( EAST )



## AUTUMN 25 *for the* COVINGTON TROPHY

Scratch and Handicap 25 mile Time Trial  
Sunday, 4<sup>th</sup> October 2020      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 only use the Toilet Facilities at Race HQ. There are no Changing Facilities or 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 quickly 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 at the Rear of 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.**

**Bring your own pen for Sign On / Off. Bring your own Safety Pins, if used.**

## TIME OF START 08:00 am

**Directions to Start;** Turn Left out of Race HQ, 1<sup>st</sup> 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 7<sup>th</sup> kerb joint from north end of lay-by, south of 34<sup>th</sup> 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 1<sup>st</sup> exit onto A1303 to cross straight over at next 2 roundabouts, whilst passing under A11 flyover, continue straight on through Hinxtton RAB, (care, offset, sharp exit). Where straight on to Sawston RAB at junction with A505. TURN,(M C 12.25m) taking 4<sup>th</sup> exit and retrace to pass under A11 to Stump Cross RAB. Turn Right, 3<sup>rd</sup> 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
1	08:01	Lauren Pike	Lincoln Whlrs CC	W		28:00
2	:02	Ian Pike	Lincoln Whlrs CC	V	57:59	16:48
3	:03	Mark Vowells	CC Bexley	V	58:24	17:11
4	:04	Dave Mason	Lincoln Whlrs CC	V	59:19	18:02
5	:05	Paul Blacker	CC Bexley	V	1:40:20	56:19

Unfortunately, due to the Covid Crisis, there isn't a social side to this event.

Nor can we offer accommodation. Lets hope for better things next year.

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.*