

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 Hinxtion 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, showers and our extensive refreshments menu.

If you wish to stay at the HQ 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

There have been a number of accidents to riders at Hinxtion 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.

PLEASE EXERCISE CAUTION

*Incorporating
Comet Cycling Club
Crescent Wheelers
University Cycling Club*



UNDER CTT REGULATIONS

The Lea Valley Cycling Club



CRESCENT SOLOS & TANDEMS

30 Mile Time Trial

Sunday 30th September 2018 at 8am

COURSE E1/30

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

Timekeeper

Michael Keen

Asst. Timekeeper

Frida Wezel/ Ian Taylor

Event secretary

Mark Freeman

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

Promoted for and behalf of Cycling Time Trials (CTT) under their rules and regulations

SOLOS

bib	start time	name	club	cat
1	08:01	Jon Mitchell	Lea Valley CC	Male Vet
2	08:02	John Iszatt	Team Vision Racing - Silverhook	Male Vet
3	08:03	Matthew Cove	Charlotteville Cycling Club	Male Vet
4	08:04	Ian Mackenzie	Southend Wheelers	Male Vet
5	08:05	Rob Chaplin	East London Velo	Male Vet
6	08:06	David Carey	Southend Wheelers	Male Vet
7	08:07	Hugh Williams	Redbridge CC	Male Vet
8	08:08	Patrick Osborne	Becontree Wheelers CC	Male Vet
9	08:09	John Loxley	Colchester Rovers CC	Male Vet
10	08:10	Colin Ross	Lea Valley CC	Male Sen
11	08:11	Daniel Homer	London Phoenix CC	Male Vet
12	08:12	David Halliday	Newmarket Cycling & Triathlon Club	Male Sen
13	08:13	Gary Boyd	Hub Velo	Male Vet
14	08:14	Katie-ann Elliston	Southend Wheelers	Female Jun
15	08:15	Andy Stuart	Velo Club St Raphael	Male Vet
16	08:16	Carl Stephens	Basildon CC	Male Vet
17	08:17	Gregory Smith	Finsbury Park CC	Male Vet
18	08:18	David Martin	Becontree Wheelers CC	Male Vet
19	08:19	Richard Pimlott	Finsbury Park CC	Male Vet
20	08:20	Richard Price	London Phoenix CC	Male Vet
21	08:21	Alister Campbell	Eagle Road Club	Male Vet
22	08:22	Timothy Chilvers	Maldon & District CC	Male Sen
23	08:23	Simon Neatham	Finsbury Park CC	Male Vet
24	08:24	Colin Doe	Ford CC	Male Vet
25	08:25	Peter Harding	Chelmer CC	Male Sen
26	08:26	Samuel Thienel	Shaftesbury CC	Male Sen
27	08:27	Ian Damant	Becontree Wheelers CC	Male Vet
28	08:28	Dominic Ross	Finsbury Park CC	Male Vet
29	08:29	Robin Johnson	Brighton Mitre CC	Male Vet

30	08:30	David Harding	Chelmer CC	Male Sen
31	08:31	Gareth Wignall	Hertfordshire Whs	Male Sen
32	08:32	Peter Baker	Lewes Wanderers CC	Male Vet
33	08:33	Stewart Kirk	CC Sudbury	Male Vet
34	08:34	Edmund Spurgeon	Colchester Rovers CC	Male Vet
35	08:35	Rob Young	Team Vision Racing - Silverhook	Male Vet
36	08:36	David Warlow	Essex Roads CC	Male Vet
37	08:37	Nicholas Knight	Basildon CC	Male Vet
38	08:38	Gareth Davies	London Phoenix CC	Male Vet
39	08:39	James Bromley	Becontree Wheelers CC	Male Vet
40	08:40	Tim Lynch	Aspire Velo Racing Team	Male Sen
41	08:41	Wolfgang Emmerich	London Phoenix CC	Male Vet
42	08:42	Peter Tibbitts	Ford CC	Male Vet
43	08:43	Simon Constable	Basildon CC	Male Vet
44	08:44	Gary Lane	Hainault RC	Male Vet
45	08:45	Colin Ward	Essex Roads CC	Male Vet
46	08:46	Dominic Bray	Finsbury Park CC	Male Vet
47	08:47	Graham Pepperdine	Verulam CC	Male Vet

Course Record ; 01:02:33;

Colin Ward from Essex Roads CC Sept 2016

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

Last Years Winners

Junior; Nicholas Candy; North Road CC 1:12:00

Womens; Susan Triplow; Essex Roads CC 1:15:28

Men ; Colin Ward; Essex Roads CC 1:03:17

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

1 st	£40
2 nd	£25
3 rd	£20
4 th	£10

Womens Cash Prize

1 st	£40
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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 required for Doping Control and if your number is displayed you should report immediately. Any entrant who does not sign out will be disqualified.