

AWARDS

Winner: The Fuller Perpetual Trophy,

Men: 1st £40 - 2nd £30 - 3rd £20 - 4th £10

Women: 1st The Rosslyn Ladies Cup and £40 - 2nd £30 - 3rd £20

Junior or Juvenile £10

Handicap: 1st £30 - 2nd £20 - 3rd £10

Fastest Team of Three: The Alf Auburn Cup and £10 each

Course Start (o/s 513297), which is 2.5mls from Event HQ. turn R onto B1383 at the Chequers Pub

START at 7th kerb joint from northern end of lay-by south of 34th milestone on the B1383. Proceed north through Quendon, Newport, Newport RAB. Littlebury, Great Chesterford, to Stump Cross roundabout (9.83m)(M). Turn left at 1st exit onto A1301 to cross straight over next two roundabouts, whilst passing under A11 flyover, to the Hinxton Hall roundabout (care) where straight on to the Sawston roundabout at the junction with the A505. Turn RIGHT AROUND (M&C)(12.25m) to retrace to pass under the A11 to Stump cross roundabout. Turn right (M), 2nd exit, onto B1383 and retrace along course to **FINISH** at surface water gully at centre of green just north of "Chequers" PH. (o/s 512289)

Please take care at Newport RAB, and at Hinxton RAB, going out.

4.8.6 .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.

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.

We strongly advise the use of flashing front and rear lamps

SIGN IN AND SIGN OUT

Your Number and the Signing On Sheet will be available at event HQ. When returning your No. you MUST sign off. Failure to do so will result in disqualification. It is YOUR RESPONSIBILITY to be available if Doping Control requires you!

PARKING: Is available in the lane below the motorway bridge,
At the Lea Valley Hut and the Essex Roads Race HQ

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

The Lea Valley Cycling Club

IN OUR 50TH YEAR

Presents the

OPEN SCRATCH, TEAM, HANDICAP & TANDEM

COMET 25

Incorporating the Rosslyn Ladies' Cup



FOUNDED 1904

Sunday 6th October 2019, 8:20 am

COURSE E1/25b

A SPOCO SE Group 2 event

Timekeeper

Miss Frida Wezel

Assistant Timekeeper

Ian Taylor, Esq.

Event secretary Tel: **07498 297373**

Michael Keen

33, South Green, Mattishall

Dereham

Norfolk NR20 3JY

Event HQ: ESSEX ROADS/COMRADES HUT, North Hall Lane,
CM22 6JD OS Map 167 G.R. 526294

Refreshments are available from 7:15 am