

## LOCAL RULES:

No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.

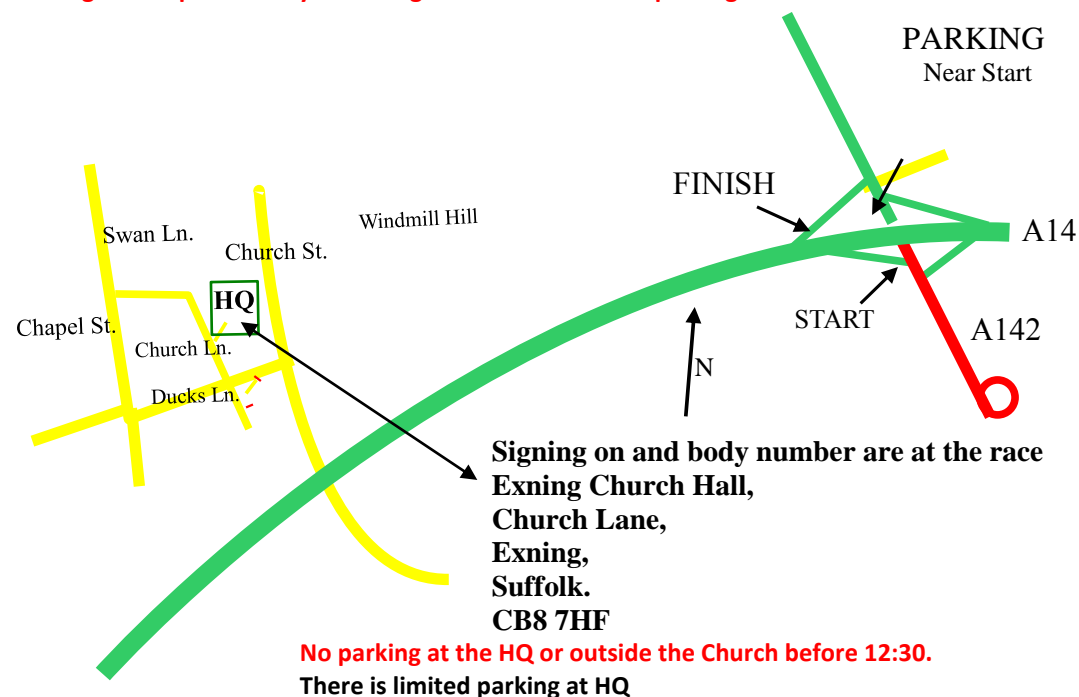
No warming up on the course once the event has started.

Riders **MUST NOT** wait on the carriageway when waiting to start.

No vehicles to park or stop on slip road or verges at Start or Finish; the road is a Clearway and stopping is an offence.

Marshals placed to direct competitors off the main carriageway **MUST NOT** stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.

Parking is **NOT** provided by event organisers. All entrants parking is at own risk.



In the interest of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. ALL junior and/or riders under the age of 19 years are required to wear a suitably approved helmet.

We strongly advise the use of a rear lamp, whether flashing or constant.

**START** (OS: TL 635,659) at paint mark on A142 just before slip road to A14 westbound. Proceed onto slip road to join A14. Continue on A14 westbound and after approximately 5 miles **KEEP IN LEFT LANE** to join A11 where the A14 diverges. **NOTE: You must NOT stay in the middle lane. If you do you will stay on the A14, go off course and BE AT HIGH RISK FROM PASSING VEHICLES.**

Continue to Four Went Ways where take slip road (M) for A1307 to elevated roundabout (12.54 mls). Circle roundabout taking 4th exit (M) to re-join A11 northbound.

Retrace via A11 and A14 to **FINISH** (OS: TL 632,659) at 4th drain cover on slip road to A142.

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

# Lea Valley Cycling Club

## Gordon Attwell Memorial

### TANDEM & SOLO 25 mile TT

(BBAR Qualifying Event)

Incorporating

### MEDIUM GEAR (72") 25 mile TT

(Medium Gear League Qualifying Event 3)

Course E2/25 8th April 2017 Start Time 14:00

Event Secretary  
Mark Freeman and  
John Summerhayes

Time Keepers  
Mike Keen  
Freda Wezel  
Asst Time Keeper  
Ian Taylor

## AWARDS

### Solo

#### Mens Prize

1<sup>st</sup> £50

2<sup>nd</sup> £40

3<sup>rd</sup> £30

4<sup>th</sup> £25

5<sup>th</sup> £20

6<sup>th</sup> £10

#### Womens Prize

1<sup>st</sup> £50

2<sup>nd</sup> £40

3<sup>rd</sup> £30

### Tandem

#### Prize (per machine)

1<sup>st</sup> £20

### MG 72"

1<sup>st</sup> £20

2<sup>nd</sup> £10

#### Course Record

E2/25

Alex Dowsett

44.29

2016

#### Previous Record

Matt Bottrill

45-43

#### Last Year's winner

Matthew Smith

47:57

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