

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

FOUNDED 1969

## Frank Truman Memorial 25mile Solo & 2Up TTT

Sunday 10<sup>th</sup> March 2024 09:00 E1/25D

Due to long term roadworks around the Hinxton Roundabout at the north of the E1/25B course, the **backup E1/25D variant will be used for this event** (turns right at Stumps roundabout to Little Chesterford, instead of left to Sawston)

Please see course description and CTT course link below  
(similar start point to E1/25B but finish is ~1.4 miles further south on B1383)

### Headquarters

Lea Valley CC Club Hut  
North Hall Road, Ugley, Essex CM22 6JD

Turn off the B1383 at the Chequers PH and follow the road round passing underneath the M11 to the T-junction at the end. Turn left and the Race HQ is on the right 50 yards along. The best place to park is along North Hall Road or under the motorway bridge. Parking is not allowed in Widdington Lane and on the B1383 between Stansted Mountfitchet and Newport.

Numbers and the signing-on sheet are held at the Race HQ. Please sign-on before you start and **return to Race HQ to sign-off when you've finished** (otherwise DNF as per CTT regulations). Signing on desk will be open from 8am.

Please allow at least 15 minutes to get from the Race HQ to the start.

**Also note updated CTT Regulations 14(i+j) & 15 making both a front white light and red rear light compulsory, along with a Helmet. NO LIGHTS OR HELMET- NO RIDE**

### General Protocols – PLEASE READ

- Sign-on/off will be inside HQ, although there will be no formal refreshments offered at the event (Results will be posted online ASAP).
- Standard reusable numbers will be used for the event - please bring your own pins if required.
- Toilet access and limited changing facilities will be available at HQ.
- There will be a pusher off at the start line, although let them know if you wish to start yourself.

## Course E1/25D

<https://www.cyclingtimetrials.org.uk/course-details/e1-25d>

- If you are not familiar with the course, please review the roundabouts near the far end. Marshals will be at the Stumps Cross and Sawston (the turn) roundabouts with directions. **If in doubt/no marshal or signage, go straight over.**
- As per the general state of UK roads, there are numerous potholes and surface defects within the course. **PLEASE BE VIGILANT, LOOK AHEAD AND TAKE CARE TO AVOID, EVEN MORE SO IN THE WET WHERE THEY MAY BE OBSCURED.**  
*Notable areas are:*
  - o around Stumps Cross Roundabouts (~Mile 10 Out/13 Back)
  - o Saffron Walden Roundabout (~Mile 4 Out/19 Back)

### Description

START on B1383 10 yards north of Belcham's Lane leading to Rickling Green which is 0.25m north of Chequers PH. Proceed north through Quendon and Newport, straight on at roundabout junction B1383/B1052, Littlebury, Gt. Chesterford, to Stump Cross roundabout where turn right onto B184 and continue to Lit Chesterford Rbt (11.75m). where TURN and retrace to Stump Cross Rbt. Turn left onto B1383 and retrace along course past start point to FINISH at centre of layby which is just past Pennington lane and approx 0.1m N of 32nd MS.

## Lea Valley Cycling Club Prizes

### Men & Women's Solo Time Trials

1<sup>st</sup> £25  
2<sup>nd</sup> £20  
3<sup>rd</sup> £15

### 2Up Team Time Trial

1<sup>st</sup> £20 each rider

## Notices and Regulations

U TURNS are not permitted within sight of the Start or Finish. Riders carrying out this dangerous manoeuvre are liable to disqualification and further disciplinary action by the District Committee.

LITTER – riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders may be liable to disciplinary action by the District Committee.

### Event Secretary:

David Veitch  
38 Leybourne Road  
London E11 3BT  
07795 810705

### Time Keepers:

Michael Keen  
Frida Wezel  
**Assistant Time Keeper:**  
Ian Taylor



FOUNDED 1903



FOUNDED 1904



FOUNDED 1890

Number	Start Time	Firstname	Lastname	Club	Machine	Gender	Category
<b>SOLOS</b>							
1	09:01	Tom	Bishop	Walden Velo	TT Bike	Open	Veteran
2	09:02	Adrian	Tovey	Maldon & District CC	TT Bike	Open	Veteran
3	09:03	Richard	Parrotte	Shaftesbury CC	TT Bike	Open	Veteran
4	09:04	Robin	Johnson	Brighton Mitre CC	TT Bike	Open	Veteran
5	09:05	Mark	Thurlow	Shaftesbury CC	Road Bike	Open	Veteran
6	09:06	Nicholas	Roughan	Lea Valley CC	TT Bike	Open	Veteran
7	09:07	Richard	Pimlott	Finsbury Park CC	TT Bike	Open	Veteran
8	09:08	Phillip	Brant	Southend Wheelers	TT Bike	Open	Veteran
9	09:09	Stuart	Jago	Southend Wheelers	Road Bike	Open	Veteran
10	09:10	Kevin	Wood	Sherwood CC	TT Bike	Open	Veteran
11	09:11	Sean	McDougall	Icknield RC	TT Bike	Open	Veteran
12	09:12	Sebastian	Harrison	Islington Cycling Club	Road Bike	Open	Veteran
13	09:13	Robert	Jones	Cardiff 100 Miles RCC	TT Bike	Open	Veteran
14	09:14	Marc	Brant	Basildon CC	Road Bike	Open	Veteran
15	09:15	Wolfgang	Emmerich	Team Bottrill	TT Bike	Open	Veteran
16	09:16	Jack	Shuttleworth	Cambridge University CC	TT Bike	Open	Senior
17	09:17	Nick	Hickman	Bedfordshire Road CC	TT Bike	Open	Veteran
18	09:18	Graham	Hurrell	Basildon CC	TT Bike	Open	Veteran
19	09:19	Ali	Ataie	VELOSPORT CC	Road Bike	Open	Veteran
20	09:20	Andrew	Turnock	Finsbury Park CC	TT Bike	Open	Veteran
21	09:21	Ian	Braybrook	Basildon CC	TT Bike	Open	Veteran
22	09:22	Peter	Tibbitts	Ford CC	TT Bike	Open	Veteran
23	09:23	Paul	Ruffy	Eat Plants Not Pigs CC	TT Bike	Open	Veteran
24	09:24	Rachel	Halamandres	Basildon CC	TT Bike	Female	Veteran
25	09:25	Martin	Fisher	Melton Olympic CC	TT Bike	Open	Veteran
26	09:26	James	Thompson	Lea Valley CC	TT Bike	Open	Veteran
27	09:27	Sarah	Kelman	St Ives CC	TT Bike	Female	Veteran
28	09:28	Alexa	Forbes	London Dynamo	TT Bike	Female	Veteran
29	09:29	Matthew	Rowe	Hitchin Nomads CC	TT Bike	Open	Senior
30	09:30	Matthew	Saunders	Team Vision Racing - Silverhook	TT Bike	Open	Veteran
31	09:31	Mick	Stevens	Melton Olympic CC	TT Bike	Open	Veteran
32	09:32	Dominic	Bray	Finsbury Park CC	TT Bike	Open	Veteran
33	09:33	Claire	Lee	Shaftesbury CC	TT Bike	Female	Veteran
34	09:34	Terry	Garlinge	Easterley Road Club	TT Bike	Open	Veteran
<b>2-UP TEAMS</b>							
35	09:36	Abigail	Corsie	Walden Velo	Road Bike	Female	Senior
36	09:36	Ariane	Lismer	Walden Velo			
37	09:38	Antony	Stapleton	Parenesis-ToughHuman Cycling	TT Bike	Open	Veteran
38	09:38	Claire	Hall	Parenesis-ToughHuman Cycling			