Promoted for, and on behalf of Cycling TimeTrials, under their Rules and Regulations

The Lea Valley Cycling Club



 CRESCENT SOLOS & TANDEMS

30 Mile Time Trial

Sunday 17 September 2023 at 8am Course E1/30B

**incorporating ECCA Championship 30 Cup**

**and a SPOCO SE Group 2 event**

**and incorporating the TA South East INVICTA trophy**

**for Tandem Trikes**

 Timekeeper Event secretary

 Frida Wezel Michael Keen

 Asst:Timekeeper 07498 297373

 Ian Taylor

**HQ:** Lea Valley CC Race HQ, North Hall Lane, Ugley CM22 6JD

Welcome to the historic Crescent 30, presented by the Lea Valley CC. Thanks as always to the members and others who work hard to run our events.

**Prizes: Men : 1st £35 2nd £25 3rd £15**

**Women: 1st £35 2nd £25**

 **Tandem: 1st £20 each**

PLEASE BE AWARE, THIS IS A NEW COURSE

PLEASE SEE ACCOMPANYING MAP

And COURSE DETAILS

ROADWORKS IN GREAT CHESTERFORD

THERE ARE CONTINUING ROSDWORKS IN THE VILLAGE

WITH TRAFFIC LIGHTS. These MUST legally be obeyed.

There will be two Marshals to assist. and record riders who go straight through a RED light. We will do our best to get you through them with minimum loss of time.

We apologies if you are affected by the Lights, We have talked to the Contractors, who were sympathetic, but it would cost us £600 to remove them. We were led to believe that the works would be finished

in early September. However ,when the work was finished at point A,

the Contractor moved them up to point B. The job is open ended,

without a final date and no other information available.

COURSE RESTRICTIONS AND SAFETY NOTES

ALL riders must have a helmet, and working front and rear lights

No **U turns** within sight of the start and finish. If you do this using a layby, you MUST stop before re-entering the carriageway.

Do NOT use static trainers on the course.

The Start area is in the village. Please be quiet.

Do not drop litter. A bag for rubbish will be at the start

Please collect your Number, and sign on at Race HQ, and sign OFF after the race, even if you pack. If you don’t, you will be disqualified. Some refreshments will be available at the HQ

Have a Good Race.