

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*



FOUNDED 1968

UNDER CTT REGULATIONS

## The Lea Valley Cycling Club



# CRESCENT SOLOS & TANDEMS

## 30 Mile Time Trial

**Sunday 30<sup>th</sup> 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

pos	name		club	cat	time
1	Colin	Ward	Essex Roads CC	Male Vet	01:01:27
2	Richard	Price	London Phoenix CC	Male Vet	01:02:55
3	Tim	Lynch	Aspire Velo Racing Team	Male Sen	01:03:00
4	David	Harding	Chelmer CC	Male Sen	01:05:55
5	Peter	Harding	Chelmer CC	Male Sen	01:06:33
6	Rob	Young	Team Vision Racing - Silverhook	Male Vet	01:07:24
7	Rob	Chaplin	East London Velo	Male Vet	01:10:00
8	Gregory	Smith	Finsbury Park CC	Male Vet	01:10:26
9	Timothy	Chilvers	Maldon & District CC	Male Sen	01:10:27
10	David	Halliday	Newmarket Cycling & Triathlon Club	Male Sen	01:10:56
11	Alister	Campbell	Eagle Road Club	Male Vet	01:11:13
12	Wolfgang	Emmerich	London Phoenix CC	Male Vet	01:11:50
13	Daniel	Homer	London Phoenix CC	Male Vet	01:12:07
14	Samuel	Thienel	Shaftesbury CC	Male Sen	01:12:09
15	Dominic	Bray	Finsbury Park CC	Male Vet	01:12:12
16	David	Warlow	Essex Roads CC	Male Vet	01:12:22
17	Simon	Neatham	Finsbury Park CC	Male Vet	01:13:23
18	Peter	Tibbitts	Ford CC	Male Vet	01:14:14
19	Peter	Baker	Lewes Wanderers CC	Male Vet	01:14:27
20	Carl	Stephens	Basildon CC	Male Vet	01:14:28
21	Gareth	Wignall	Hertfordshire Whs	Male Sen	01:15:12
22	Nicholas	Knight	Basildon CC	Male Vet	01:15:35
23	John	Iszatt	Team Vision Racing - Silverhook	Male Vet	01:17:57
24	Stewart	Kirk	CC Sudbury	Male Vet	01:19:41
25	David	Martin	Becontree Wheelers	Male Vet	01:19:47
26	Graham	Pepperdine	Verulam CC	Male Vet	01:19:55
27	Patrick	Osborne	Becontree Wheelers CC	Male Vet	01:20:48
28	Jon	Mitchell	Lea Valley CC	Male Vet	01:21:48
29	Simon	Constable	Basildon CC	Male Vet	01:23:20
30	Ian	Damant	Becontree Wheelers CC	Male Vet	01:25:32
31	Katie-ann	Elliston	Southend Wheelers	Female Jun	01:25:52
32	Edmund	Spurgeon	Colchester Rovers CC	Male Vet	01:25:58
33	John	Loxley	Colchester Rovers CC	Male Vet	01:27:29
34	Robin	Johnson	Brighton Mitre CC	Male Vet	01:36:13
35	Ian	Mackenzie (Trike)	Southend Wheelers	Male Vet	01:48:10
	Matthew	Cove	Charlotteville Cycling Club	Male Vet	00:00:00
	David	Carey	Southend Wheelers	Male Vet	00:00:00
	Hugh	Williams	Redbridge CC	Male Vet	00:00:00
	Colin	Ross	Lea Valley CC	Male Sen	00:00:00
	Gary	Boyd	Hub Velo	Male Vet	00:00:00
	Andy	Stuart	Velo Club St Raphael	Male Vet	00:00:00
	Richard	Pimlott	Finsbury Park CC	Male Vet	00:00:00
	Colin	Doe	Ford CC	Male Vet	00:00:00
	Dominic	Ross	Finsbury Park CC	Male Vet	00:00:00
	Gareth	Davies	London Phoenix CC	Male Vet	00:00:00
	James	Bromley	Becontree Wheelers CC	Male Vet	00:00:00
	Gary	Lane	Hainault RC	Male Vet	00:00:00

**New Course Record 2018; 01:01:27;  
Colin Ward from Essex Roads CC**

**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 2<sup>nd</sup> December 2018

**Mens Cash Prize**

1<sup>st</sup> £40

2<sup>nd</sup> £25

3<sup>rd</sup> £20

4<sup>th</sup> £10

**Womens Cash Prize**

1<sup>st</sup> £40

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

Mike Keen

Frida Wezel

Stan Broome

Adam Bishop

Alan Hedges

Trevor Whittock

Colin Ross

David Veitch

John Summerhayes

Jemma Taylor

Ian Taylor

Daniel Haines

Mark Freeman

Don Keen

Gloria Keen