# Registration and signing on available from 6.15pm

Please note the circuit cannot be used untill 6.30pm

# Riders must take care

# when crossing the track to the start line.

## First rider off at 7.01pm. Subsequent riders off at 1 minute intervals till 8.30pm. The circuit is 1 mile long so you will need to complete 10 circuits

## to complete your ride. (anti clockwise) You will be held up at the start and given a count down by the start time keeper 30 seconds, 10seconds then 5,4,3,2,1,go. When approaching the start/finish line after the first lap

## please avoid new starters on the left. This will be coned off.

## When you have finished you will advised by an official

## saying( rider your number eg ten finished) you will have to continue

## past the finish and exit the track on the back straight

## next to the Velodrome.

# Please take care when leaving the track.

## When overtaking riders should warn over cyclist of their presence by shouting inside or outside depending on which side they are overtaking.

## Numbers must be pinned securely on the left back pocket of your racing top. These must be returned after you have finished your race.

## This is a club event so Club colours, trade tops etc. Are acceptable.

# Cycle Helmets are mandatory.

# No Helmet no ride.

## Please make cheques payable to LeaValley C.C

## 

## Interested in joining a Cycle Club ?

# Lea Valley Cycle Club

# have a full racing and social programme,

**See the Club website for further information.** [**www.leavalleycc.co.uk**](http://www.leavalleycc.co.uk)



FOUNDED 1969

*Incorporating*

  

## FOUNDED 1903 FOUNDED 1904 FOUNDED 1890

**The Lea Valley Cycling Club**

### VELO PARK TUESDAY TENS

# Evening 10 Mile Time Trials

**To be held at**

**LEE VALLEY VELO PARK**

### Abercrombie Rd. E20 3AB

# May 12th to July 21nd 2015

**Tuesday Evenings - 7pm**

Event Secretary: Joe Mumford

17 Callis Road

Walthamstow. E17 3PN

Email joseph.mumford@virginmedia.com

Tel No. 020 2798680 Mob. 07896244655

Information

C.T.T. regulations make it possible to run time trials on a closed circuit. The Lee Valley Velo Park offers this form of competition with its advantage of a traffic free road plus proper changing room and shower facilities.

A programme of 11 Club time trials has been scheduled for Tuesday evenings. They all begin at 7.00pm on the following dates:

May 12 June 9 July 7

May 19 June 16 July 14

May 26 June 23 July 21

June 2 June 30

A Rider’s best six times from the first 10 events qualify for the overall competition. Night 11 (22nd July) will be a 2-up and solos’ event and Prize Presentation.

To qualify for awards School age under 16, juniors under 18, seniors under 40 and Veterans over 40 years of age on 12th May 2015.

Plaques will be awarded for the best aggregate of 6 times in each of the following categories: Male and Female, School age, Juniors, Seniors and Veterans

Awards will be given for second and third place in each category.

Awards will be given for the 2 up as follows:

1st male pair. 1st female pair. 1st mixed pair. 1st junior pair.

Special medal will be awarded for the Fastest Time of the series.

**Riders are reminded to look after their bikes**

**and to lock them if necessary.**

Ru**le**s

1. The Club shall be called “Velo Park Tuesday Ten Mile Club” and

shall be open to all cyclists.

2. All riders must comply with current CTT regulations.

3. The sole object of the Club shall be to organise Time Trial

competitions at the Lee Valley Velo Park,

4. The Club will not adopt racing colours, nor will its members be

permitted to compete in open or semi-open events on the public

road in the name of the Club.

5. Membership for the series is free

6. Entry fee will be £10.00 per rider for every ride entered

(Under 18 £6)

7. The maximum number of riders allowed on any one night will be

up to the discretion of the timekeepers, (80-90 will be the norm.)

8. Riders under the age of 18 years **MUST** have a signed

parental/guardian consent form for the series.

9 Pacing will **NOT** be allowed and will result in disqualification.

10 Helmets must be worn at all times whilst using the circuit

### AWARDS SUPPLIED BY



**65 Compton Street, London, EC1V 0B**