

# LEN WATERS MEMORIAL 25

## A LEA VALLEY CC PROMOTION

### ON BEHALF OF THE 32ND ASSOCIATION

**Saturday 26th September 2015 3.00pm**

Timekeeper:  
Michael Keen, Esq.  
Lea Valley C.C.

Event Secretary:  
Michael Keen  
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**ON THE DAY SECRETARY – FRIDA WEZEL, MOBILE: 07981 745 598**

Event HQ: Lea Valley CC Race HQ, North Hall Road, Ugley CM22 6JD

**Numbers, signing on sheet, and refreshments are available at the event HQ from 1: 30 pm**

**AWARDS:** The best team of 5 riders will hold the Len Waters Memorial Trophy for one year.

Fastest Lady will receive the Rosslyn Ladies 25 Cup to hold for one year

E1/25c Course Start (GR o/s 519359) START by paint mark approx. 170yds south of roundabout, junction of B1383 and B1052, approx. 1 mile north of Newport.

Proceed north through Littlebury & Great Chesterford, to Stump Cross roundabout. Turn left at 1st exit onto A1301 to keep straight on at next two roundabouts, to the Hinxton Hall roundabout where straight on to the Sawston roundabout. Turn right onto A505 & continue to join A11, **keep left on slip road** to elevated roundabout at Four Went Ways. TURN (4<sup>th</sup> exit) and rejoin A11 southbound and **keep in left lane/slip road, road works - see notes**, over A11, to A505 and Sawston roundabout. Left onto A1301 retrace to Stump Cross roundabout. STRAIGHT OVER to Little Chesterford roundabout. TURN and retrace to Stump Cross roundabout and take first exit (LEFT) onto B1383 and retrace along outward route to FINISH by paint mark opposite centre of Rookery Lane, just before roundabout at junction of B1383 and B1052.

NOTE: Maximum of two cars on verge at start and finish. **RIDERS: Please wait on verge at the start.**

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.

**JUNIORS AND YOUNGER MUST WEAR A SUITABLE HELMET**

### 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.

4.8.1, Marshals MUST NOT stand at the apex between the carriageway and slip road, but should stand at the start of the slip road.

**The Lea Valley CC strongly recommend the use of a strong rear led lamp,**

### **WARNING ..... HINXTON RAB**

There have been a number of accidents to riders at Hinxton RAB, which is the 5th 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**

## Riders Notes;

On the return from Four Went Ways roundabout, the slip road, **which you stay on**, has had the left hand lane coned off. Extra signage will be deployed to increase safety.

**IT'S 3 MILES TO THE START, just north of Newport on the B1383  
SO LEAVE HQ IN GOOD TIME**

**RIDERS MUST WAIT ON THE GRASS VERGE AT THE START.**

**TAKING PACE, OR DRAUGHTING, IS A PUNISHABLE OFFENCE.☹**

ORDER OF START				
No.	NAME	CLUB	TIME OF START	RESULT
1	GARY JACKSON	SHAFTESBURY CC	15.01	
2	TIM MASON	EAGLE RC	15.02	
3	JAMES HODGES	LEA VALLEY CC	15.03	
4	SONIA DAVIS W	SHAFTESBURY CC	15.04	
5	DAVID VEITCH	LEA VALLEY CC	15.05	
6	LAURENCE BELLAMY	SHAFTESBURY CC	15.06	
7	SAM THIENEL	SHAFTESBURY CC	15.07	
8	TONY MEADER	EAGLE RC	15.08	
9	PAUL HAXELL	SHAFTESBURY CC	15.09	
10	WAYNE GREVE	SHAFTESBURY CC	15.10	
11	BRIAN FARROW	SHAFTESBURY CC	15.11	
12	JOHANNES DOUGLAS	LEA VALLEY CC	15.12	
13	GEOFF FLETCHER	SHAFTESBURY CC	15.13	
14	SARAH CROUCH	EAGLE RC	15.14	
15	JULIAN BOULTER	EAGLE RC	15.15	
16	TIM HOLMES	LEA VALLEY CC	15.16	
17	ADRIAN BINNS	EAGLE RC	15.17	
18	JAMES GREEN	SHAFTESBURY CC	15.18	
19	HOWARD GRACE	EAGLE RC	15.19	
20	STEVE MURPHY	SHAFTESBURY CC	15.20	
21	MATT STEEL	SHAFTESBURY CC	15.21	
22	IAN O'NEILL	SHAFTESBURY CC	15.22	
23	ALAN CLEMENTS	SHAFTESBURY CC	15.23	
24			15.24	
25	DAMIEN FOY	EAGLE RC	15.25	
26	RALPH MULLAN	SHAFTESBURY CC	15.26	
27	ALEX SWEETING	LEA VALLEY CC	15.27	
28	JAMIE FAKE	LEA VALLEY CC	15.28	
29	SOREN HANSEN	LEA VALLEY CC	15.29	
30	ALISTAIR CAMPBELL	EAGLE RC	15.30	
31				
32				

**32<sup>ND</sup> ASSOCIATION CLUB RIDERS ENTRY FEES ARE TO BE PAID TO THEIR OWN CLUB SECRETARY  
PRIVATE ENTRIES £5:00 PAYABLE TO THE SIGN-ON STEWARD ON THE DAY  
32<sup>ND</sup> ASSOC. CLUBS ARE RESPONSIBLE FOR THEIR OWN RIDERS CTT LEVY**

Thanks to all the 'volunteers' who make this event possible.

**FORTHCOMING LEA VALLEY CC / 32<sup>ND</sup> ASSOCIATION EVENT**  
Sunday, 1st November at 10am --- Mott Street Hill Climb, Epping Forest