[ERC Midweek TT Series](https://www.strava.com/clubs/1522688) | https://www.strava.com/clubs/1522688

Summer 10 Mile Series:

🕐Time and Location	📅Dates and courses	
Sign on 6.30-6.50 Starbucks, Gladsmuir EH33 1EL (Except Lang Whang - layby on A70 SW of B7031 turnoff)) ⏲Starts from 7.01	13/5/26 20/5/26 27/5/26 3/6/26 10/6/26 17/6/26 24/6/26 1/7/26	Double Hokey Pokey (10 mile) Double Hokey Pokey (10 mile) Double Hokey Pokey (10 mile) Left Hand Turny (10 mile) Double Hokey Pokey (10 mile) Double Hokey Pokey (10 mile) Double Hokey Pokey (10 mile) Lang Whang (29.1 mile)

The best **5** events of 8 in the series will count (number will reduce by 1 for every cancelled event).
To qualify for series awards, each rider needs to carry out **1** volunteering role (these can be at the same event - i.e. signs and marshalling, and includes volunteering for cancelled events.)

Autumn Hillclimb Cup:

🕐Time and Location	📅Dates and courses	
Sign on 6.30-6.50 ⏲Starts from 7.01	26/8/26 2/9/26 *9/9/26* 16/9/26 23/9/26	Arthur's Seat Flotterstone *McCulloch Trophy (Double Hokey Pokey - not a hill!)* Yak (Haddington) Kaimes Road

The best **3** events of 5 in the series will count (number will reduce by 1 for every cancelled event).
To qualify for series awards, each rider needs to carry out **1** volunteering role (these can be at the same event - i.e. signs and marshalling, and includes volunteering for cancelled events.)

New to time trialling - read the CTT info guide here.

Sign-up: CTT website, https://www.cyclingtimetrials.org.uk/series/Bpf1dFwAuYqOLvzkXJFL online entries close end of Tuesday before each event. Sign-up on the day is possible.

Sign-on: (other than hillclimb) Starbucks, Gladsmuir EH33 1EL (volunteers - can get a free drink! Speak to the organiser.) Toilets, first aid facilities available. **Please do not park at Starbucks during the event - there is limited space and it is for patrons (charges apply after 90 mins unless registered in the shop).**

Results: by start/finish

Parking

- **10 mile "Double Hokey Pokey" and "Left Hand Turny" courses** - Gladsmuir layby EH33 1ED
- **29.1 mile "Lang Whang" course.** tbc

Hillclimb parking - on street parking on Dunbar Road/Herdmanflatt Haddington EH41 3PH

Volunteer roles

Rota: 2026 Dates

Marshals - please stay safe and off the road - **wear a hi-viz bib**. Positions are roughly by the red dots on the maps - please stand where visible to riders approaching and cars that will have priority over the riders. The role is to warn riders of oncoming traffic and traffic of riders (but there is **no power to stop cars and don't attempt to do so**). Also try to indicate the route direction to riders. Report any incidents or breaches of highway code to the organiser. In the event of any serious incident or injury, call 999 first. **It is ultimately the riders' responsibility to ride safely, including checking for cars at junctions and giving way if necessary - they should not rely on marshals!**

Signs - this role really needs a car. It takes about an hour from the loch centre to put up, so be there no later than 5.30. Place at blue points on the map (facing traffic heading towards course). More info, and guide for Left Handy Turny course: guide Signs are kept in the Loch Centre, Tranent, EH33 2JX (with Marshal bibs and stopwatches etc - please collect and pass on at sign-on)

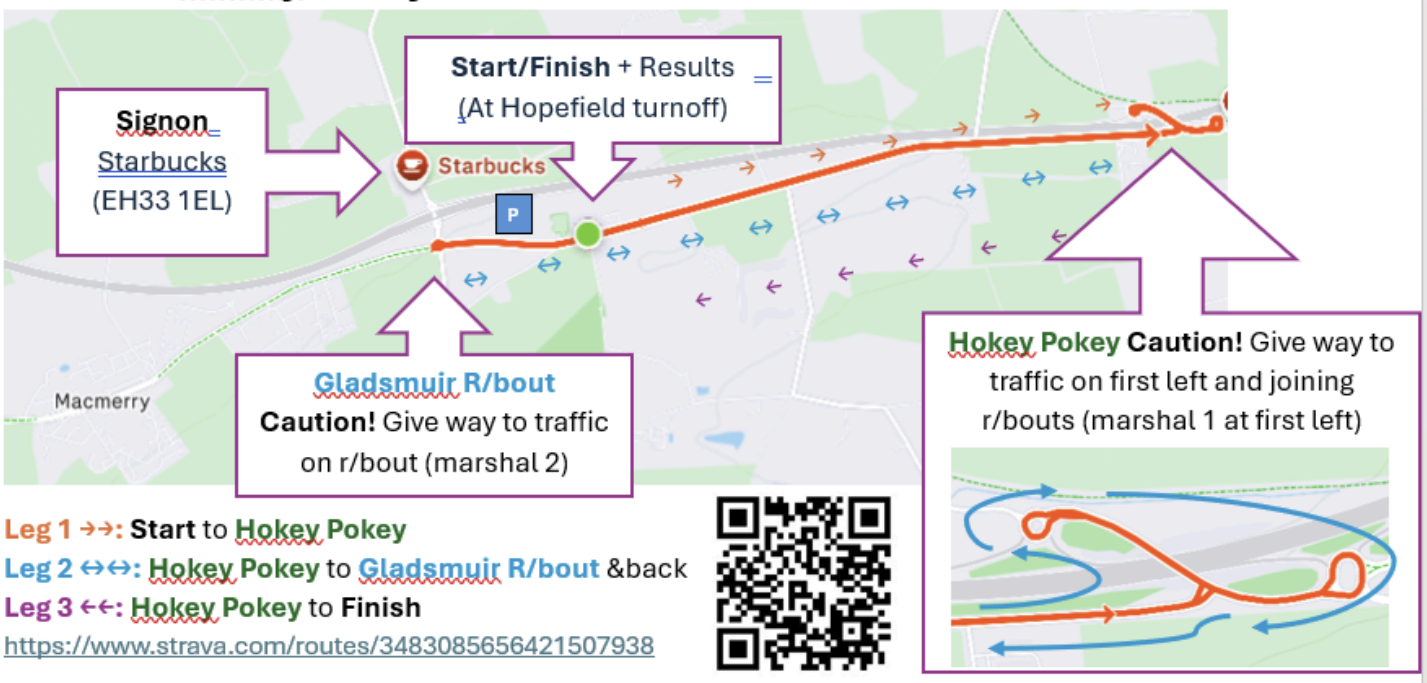
Start/finish timekeepers - Set riders off at 1 minute intervals, record rider times to nearest second (round up) There are two stopwatches, clipboards, pens and paper in the kit.

Summer 10 Series points and awards

Points will be awarded for each position in class, 40 points for 1st down to 1 point for 40th.

Open	TT	Road bike	Youth (<16)	Junior (16-18)	Espoir (18-22)	Veteran (40+)	Veteran (50+)
Women	TT	Road bike	Youth (<16)	Junior (16-18)	Espoir (18-22)	Veteran (40+)	Veteran (50+)

“Double Hokey Pokey” 10 miles / 16km | 6.30pm signon | starts from 7pm



Leg 1 →→: **Start** to **Hokey Pokey**
Leg 2 ↔↔: **Hokey Pokey** to **Gladsmuir R/bout** &back
Leg 3 ←←: **Hokey Pokey** to **Finish**
https://www.strava.com/routes/3483085656421507938

“Left Hand Turny” (10 miles / 16km)

6.30pm signon | starts from 7pm

Caution! Give way to traffic when joining A199 (marshal 4)

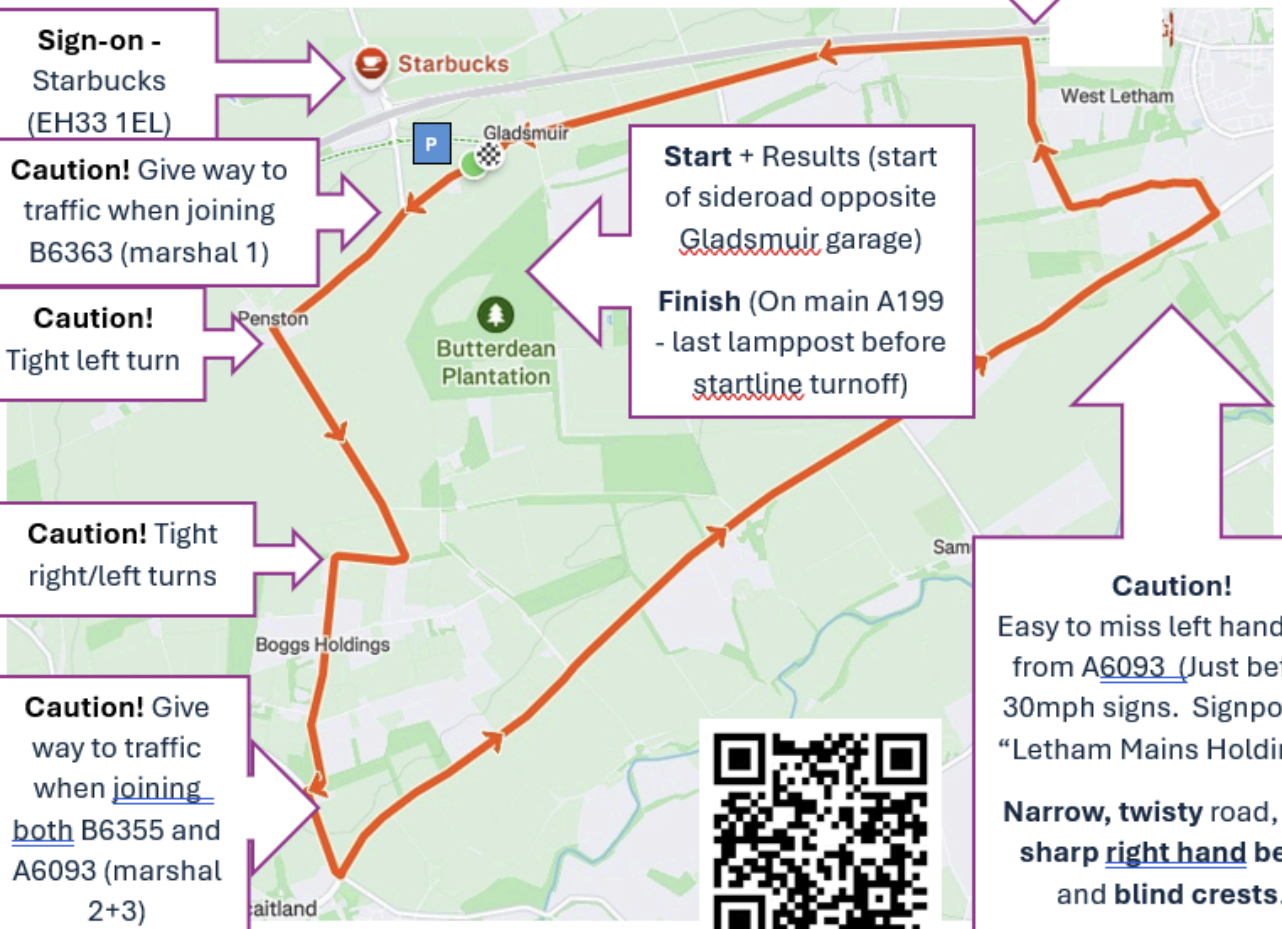
Sign-on - Starbucks (EH33 1EL)

Caution! Give way to traffic when joining B6363 (marshal 1)

Caution! Tight left turn

Caution! Tight right/left turns

Caution! Give way to traffic when joining both B6355 and A6093 (marshal 2+3)



Start + Results (start of sideroad opposite Gladsmuir garage)

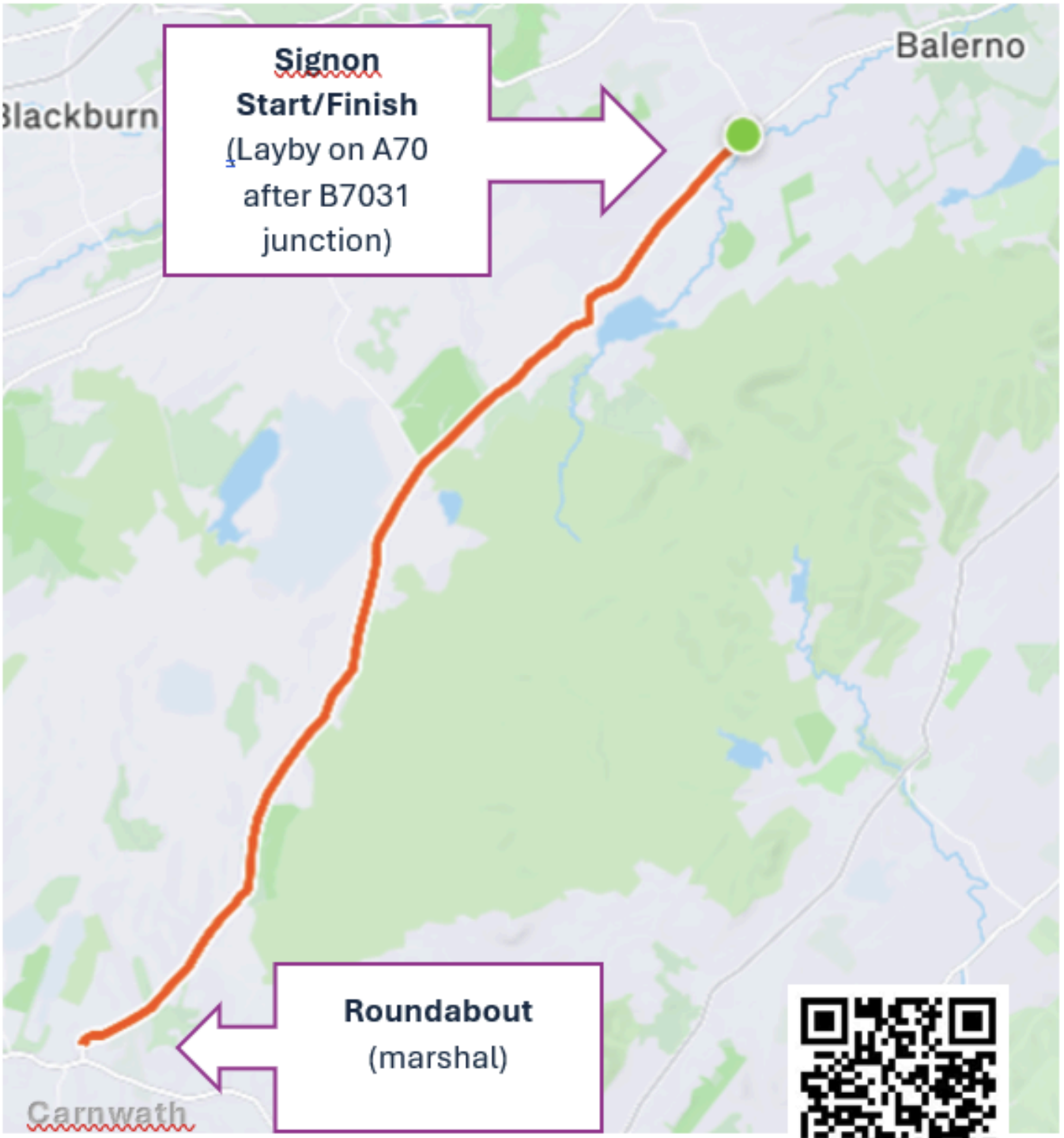
Finish (On main A199 - last lamppost before startline turnoff)

Caution!
Easy to miss left hand turn from A6093 (Just before 30mph signs. Signposted “Letham Mains Holdings”)

Narrow, twisty road, with **sharp right hand bend** and **blind crests**.

https://www.strava.com/routes/3350535233404056972

“Lang Whang” (29.1 miles / 46.8km)



https://www.strava.com/routes/3436062173087557514