

Cambridge Cycling Club

Open 10 mile time trial promoted for and on behalf of Cycling Time Trials under their rules and regulations

START SHEET

Saturday, April 29th, 2017

Course F2D/10

- Event Organiser: Chris Dyason (Cambridge CC) 2 Primes Corner, Histon, Cambridge CB24 9AG cdyason@hotmail.com 07970-093019
- Timekeepers: Tim Groves (Cambridge CC), Becky Groves
- Headquarters: 'The Hub' Community Centre, High Street, Cambourne, Cambridge CB23 6GW No cleats in the main hall please!
- Course: START (GR.TL322603) on old A428, 350 yards east of Cambourne flyover at 12th drain east of double gates, entrance to Water Tower. Proceed westwards on old A428 to RAB and take 1st exit (care) onto A428 eastbound. About 1 mile after Hardwick flyover bear left onto sliproad for A1303, signed Cambridge, pass over A428 to TURN (5.05 miles) at Madingley RAB where take 4th exit onto sliproad to rejoin A428. Retrace on A428 westbound to leave at sliproad to Cambourne. At the RAB (care) take the 1st exit to FINISH (GR.TL318601) about 170 yds after roundabout, 6 yds past Cambourne sign and 30 yds before lamppost 35. Please note there will be an observer at the final roundabout and chasing a time will not be a valid excuse for dangerous riding.
- HQ to start: About 1 mile of flat road. From The Hub go out of the village centre on Sackville Way and Back Lane, passing Cambridge Belfry on the right then take Cambridge Road to the twin RABs at the A428 junction. At the 2nd RAB take St Neots Road towards Bourn and the start is just up there. (This road is a good place to warm up).
- Finish to HQ: Continue on past the finish and retrace to HQ via Back Lane and Sackville Way.
- Parking: No parking at the finish or on the road close to the start. At the HQ, careful overflow parking on the grass is okay.
- Warming up: No warming up along the course by competitors once the event has started. No U-turns in view of the start.

- Prizes: Fastest £50. 2nd £35. 3rd £25. 4th £20. 5th £15. 6th £10.
Women: fastest £50. 2nd £35. 3rd £20. 4th £10
Vets on Standard: 1st £50. 2nd £35. 3rd £25. 4th £20. 5th £15. 6th £10.
Improvements on LTS time: 1st £30, 2nd £20. 3rd £15. 4th £10.
Tandem: fastest £10 each.
Club team of 3: fastest £15 each.
Apart from the team award, one prize per rider.
- Safety note: LED rear lights – it is strongly recommended that a working rear light is used by all riders, flashing or constant. It could save your life.
- Cycling helmets: CTT and the event promoter strongly advise you wear a hard-shell helmet that meets internationally accepted safety standards.
- All competitors under the age of 16 and/or juniors must wear properly affixed protective helmets which must be hard/soft shell construction. Helmets must conform to recommended standard such as SHELL B95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078
- It is the responsibility of the rider (or parent/guardian if the rider is under 18 years of age) to:
- a) Select a standard of protective headgear that offers protection against head injury and does not restrict the rider's vision or hearing.
 - b) Ensure that the headgear is properly fitted, is undamaged and in good condition.
- Numbers: Will be at the HQ an hour before the first start. When you return your number you will get a free cuppa. Other cakes and goodies will be available and all receipts will be donated to East Anglian Air Ambulance Service. You may need their help one day, so be generous!
- Signing out: REMEMBER – it is now compulsory to sign out after the event and failure to do will exclude any rider from having an official time.
- VERY IMPORTANT There are 15 reserves waiting to hear from me so please, as soon as you know you will be a DNS, please let me know (this applies to reserves also so I can reduce the waiting list).