

East Anglian VTTA (Preference to 50 EAVTTA members)

**Promoted for and on behalf of Cycling Time Trials under
their rules and regulations The START SHEET for the East
Anglia VTTA 10 mile Individual & Tandem Time Trials
COURSE E2/10 – Wednesday 22nd JUNE 2022 - STARTS
AT 19:01**

22/06/2022 19:00

E2/10

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



Headquarters

Westley Waterless Village Hall, CB8 0RH

Hall open from 5.45pm.

Note: the start is approximately 3 miles from the HQ, please allow enough time to get to the start on time, there are also adequate areas near the start to park & warm up.

PARKING - There is plenty of parking near to the start.

Route from HQ to start

DIRECTIONS TO START - Turn right out of HQ – drive/ride carefully through village for approx. 1 mile. At cross-roads go left. Drive/ride for approx. ½ mile – you will have passed a large farm building on your left. At cross-roads go right. Drive/ride for approx. 1½ miles – passing over railway level-crossing – into Six Mile Bottom. At cross-roads go left. Pass over railway level crossing. Bear left towards Weston Coville/West Wrating. Start is immediately in front of you. Park carefully along WC/WW road.

Course details

START (GR 573562) at paint mark in feeder road from West Wrating just before junction with A1304 (1 kerb joint before drain near 'Give Way' sign). Bear left onto A1304 and thence onto A11 southbound. Continue to take slip road to Four Went Ways interchange (A1307) and circle elevated roundabout (5.14m), taking fourth exit onto A11 northbound. Retrace to Six Mile Bottom, where take A1304 slip road to FINISH (GR 571560) at paint mark 5 yards past end of island between old road and slip road (at 6th kerb joint past plastic phone indicator post marked '85/0').

All dual carriageway. A bit rolling, but only one fast roundabout turn. A quick course.

Local regulations

phone indicator post marked '85/0').

Lights and helmets: Working front and rear lights are now compulsory, as is a cycling helmet. Without complying with these requirements, riders cannot start.

NOTES TO RIDERS - The following national and local regulations must be adhered to: -

1. No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride.
2. Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and slip road, but should be located at the start of the slip road.
3. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
4. No warming-up by competitors is allowed along any part of the designated course, after the event has started.
5. Numbers will be situated in the HQ.
6. Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.

Organiser contact details

Harry Moore
105 Lansdowne Drive London
07885736383
0207 249 4712
harry_louise@btinternet.com

Time keepers/officials

Timekeepers: Tim Groves and Wally Groves

Course records

Solo Male

00:17:20
Alex Dowsett

30-May-14 | ECCA 10

Solo Female

00:19:31

Joanna Patterson

23-Jun-21 | East Anglian VTTA (Preference to EA VTTA members)

Solo Male (Junior)

00:18:46

Thomas Day

31-Aug-19 | RTTC National 10 mile Championship (London East DC)(Women & Juniors)(Entries close 03/08/19)

Solo Female (Junior)

00:20:40

Elynor Backstedt

31-Aug-19 | RTTC National 10 mile Championship (London East DC)(Women & Juniors)(Entries close 03/08/19)

Tandem

00:18:06

Glenn Taylor, Mark Arnold

05-May-18 | lea valley cc (3 events - 180 machines)(tandems)(fee per rider)

Awards/prizes

The rules for EA VTTA events are as follows:

1. Awards will be made on standard "plus" or "vets' handicap", with separate results lists for men and women.
2. In order to ensure broad equality of access to awards, the number of awards offered in each category will be the same for men and women. First place will be awarded in each category irrespective of the number of entries. Thereafter, one award will be offered for each subsequent place.
3. Awards will be identical in value, place, for place, for men and women as follows: 1st: £30; 2nd: £25; 3rd: £20.
4. There will be separate team awards on aggregate standard or vets' handicap for men and women. Men's team awards will be based on the top 3 riders in each category and women's team awards will be based on the top 3 riders in each category.

Based on 5 female entrants and 66 males there will be one prize for female VTTA members

and 6 for Male VTTA members.

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

East Anglian VTTA (Preference to 50 EAVTTA members)

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|-------------------|-------------------------------------|--------|----------|
| 1 | 07:01:00 | Rory Havis | Ely & District CC/B&T Motor Repairs | male | Vet |
| 2 | 07:02:00 | Clinton Butcher | Cambridge CC | male | Vet |
| 3 | 07:03:00 | Denese Hallahan | Wisbech Whs | female | Vet |
| 4 | 07:04:00 | Andrew Porter | Welwyn Whs | male | Vet |
| 5 | 07:05:00 | Brian Martin | Ciclos Uno | male | Vet |
| 6 | 07:06:00 | Adam Fisher | Cambridge CC | male | Vet |
| 7 | 07:07:00 | Stephen Watson | Hertfordshire Whs | male | Vet |
| 8 | 07:08:00 | Lee Hellen | Newmarket Cycling & Triathlon Club | male | Vet |
| 9 | 07:09:00 | Shay Giles | VC Elan - Harry Perry Cycles | male | Vet |
| 10 | 07:10:00 | Vida Sutova | Redbridge CC | female | Vet |
| 11 | 07:11:00 | Alison Fox | Ely & District CC/B&T Motor Repairs | female | Vet |
| 12 | 07:12:00 | Andy Poulton | Welland Valley CC | male | Vet |
| 13 | 07:13:00 | Glen Clark | Ely & District CC/B&T Motor Repairs | male | Vet |
| 14 | 07:14:00 | Robert Tillott | St Ives CC | male | Vet |
| 15 | 07:15:00 | David Hodsmen | Dulwich Paragon CC | male | Senior |
| 16 | 07:16:00 | Dominic Whitehead | Cambridge CC | male | Vet |
| 17 | 07:17:00 | William Phillips | VTTA (East Anglia Group) | male | Vet |
| 18 | 07:18:00 | Bob Quarton | Wolsey RC | male | Vet |
| 19 | 07:19:00 | Graham Pepperdine | Verulam CC | male | Vet |
| 20 | 07:20:00 | Kevin Humphreys | Sherwood CC | male | Vet |
| 21 | 07:21:00 | Richard Mellor | Team Bottrill | male | Vet |
| 22 | 07:22:00 | Andrew Grant | Chelmer CC | male | Vet |
| 23 | 07:23:00 | Andrew Clarke | North Shropshire Wheelers | male | Vet |
| 24 | 07:24:00 | Patrick Charlton | Wolsey RC | male | Vet |
| 25 | 07:25:00 | Michael Allen | Team Enable - M.I. Racing | male | Vet |
| 26 | 07:26:00 | Gerrard Rafferty | Bedfordshire Road CC | male | Vet |
| 27 | 07:27:00 | Roger Porter | Verulam CC | male | Vet |
| 28 | 07:28:00 | Kevin Wood | Sherwood CC | male | Vet |
| 29 | 07:29:00 | Chris Dyason | Cambridge CC | male | Vet |

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|------------------|-------------------------------------|--------|----------|
| 30 | 07:30:00 | John Dowling | Hemel Hempstead CC | male | Vet |
| 31 | 07:31:00 | Simon Butteriss | Ely & District CC/B&T Motor Repairs | male | Vet |
| 32 | 07:32:00 | Mark Halliday | North Bucks RC | male | Vet |
| 33 | 07:33:00 | James Lawler | Bedfordshire Road RT | male | Vet |
| 34 | 07:34:00 | Steven Loraine | Legato Racing Team (LRT) | male | Vet |
| 35 | 07:35:00 | Will Shepherd | Ely & District CC/B&T Motor Repairs | male | Vet |
| 36 | 07:36:00 | Stuart Lemanski | VTTA (East Anglia Group) | male | Vet |
| 37 | 07:37:00 | Jackie Field | CC Ashwell | female | Vet |
| 38 | 07:38:00 | Chris Tye | Plomesgate CC | male | Vet |
| 39 | 07:39:00 | Michael Cope | Kettering CC | male | Vet |
| 40 | 07:40:00 | Adrian Gower | Hitchin Nomads CC | male | Vet |
| 41 | 07:41:00 | Shaun Woodley | Newmarket Cycling & Triathlon Club | male | Vet |
| 42 | 07:42:00 | Murat Ozdenya | Team Vision Racing - Silverhook | male | Vet |
| 43 | 07:43:00 | Geoff Reynolds | Hemel Hempstead CC | male | Vet |
| 44 | 07:44:00 | Jez Willows | Sherwood CC | male | Vet |
| 45 | 07:45:00 | Gary Pamment | CC Sudbury | male | Vet |
| 46 | 07:46:00 | Neil Dowie | Shorter Rochford RT | male | Vet |
| 47 | 07:47:00 | Mark Hamer | Stratford Cycling Club | male | Vet |
| 48 | 07:48:00 | Robert Watson | Cambridge CC | male | Vet |
| 49 | 07:49:00 | Mark Woolford | Team Swindon Cycles | male | Vet |
| 50 | 07:50:00 | Iain Boardman | Dulwich Paragon CC | male | Vet |
| 51 | 07:51:00 | Ian Short | Team Salesengine.co.uk | male | Vet |
| 52 | 07:52:00 | Andrew Grant | Cambridge CC | male | Vet |
| 53 | 07:53:00 | Terry Garlinge | Easterley Road Club | male | Vet |
| 54 | 07:54:00 | Ben Redman | Cambridge CC | male | Vet |
| 55 | 07:55:00 | Antony Brown | George Fox Cycling Solutions | male | Vet |
| 56 | 07:56:00 | Max Sahota | Team Bottrill | male | Senior |
| 57 | 07:57:00 | Keith Dorling | Team Bottrill | male | Vet |
| 58 | 07:58:00 | Matt Donovan | Bedfordshire Road RT | male | Senior |
| 59 | 07:59:00 | Ann Shuttleworth | Cambridge CC | female | Vet |
| 60 | 08:00:00 | Mark Arnold | VTTA (East Anglia Group) | male | Vet |
| 61 | 08:01:00 | Colin McDermott | Festival Road Club | male | Vet |
| 62 | 08:02:00 | Nick Morgan | Hitchin Nomads CC | male | Vet |
| 63 | 08:03:00 | Paul Jay | DRAG2ZERO | male | Vet |
| 64 | 08:04:00 | Matt O'Brien | Loose Cannon's Conditioning | male | Vet |
| 65 | 08:05:00 | Matt Steel | Pronto Bikes | male | Vet |
| 66 | 08:06:00 | Matthew Peck | Ipswich BC | male | Vet |

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

| Start Number | Start Time | Rider | Club | Gender | Category |
|---------------------|-------------------|----------------|--------------------|---------------|-----------------|
| 67 | 08:07:00 | Kevin Tye | VeloRefined Rule 5 | male | Vet |
| 68 | 08:08:00 | Sam Brown | 6AM Cycling | male | Senior |
| 69 | 08:09:00 | Mark Jones | DRAG2ZERO | male | Vet |
| 70 | 08:10:00 | Alan Murchison | HUUB WattShop | male | Vet |
| 71 | 08:11:00 | Matthew Smith | DRAG2ZERO | male | Vet |