

# **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**

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## **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 determined by the number of entrants. First place will be awarded in each category irrespective of the number of entries. Thereafter, one award will be offered for each subsequent entrant.
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.

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 Hodsman	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

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

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
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