

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



The start sheet for the

VTTA National Championship 25m TT

Also includes Ladies BBAR event

COURSE E2/25 – SATURDAY 8th JULY 2017 - STARTS AT 14:01

Course details E2/25 - START at paint mark on A142 just before slip road to A14 westbound. Take slip road and continue onto A14 westbound and **KEEP LEFT** onto A11 where A14 diverges. Continue to Four Went Ways (12.77m), where take slip road to elevated roundabout and circle to rejoin A11 northbound. Retrace via A11 and A14 to FINISH on slip road before 'Give way in 100 yards' to A142. **Turn left at the top of slip road to make your way back to the HQ.**

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 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

NOTES TO RIDERS - The following 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. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
3. Numbers will be situated in the HQ; these can be exchanged for a hot or cold drink after the event at the leisure centre café, give them your number.
4. NO cars to stop or park at the start or finish areas, the finish is a clearway.
5. No warming-up by competitors is allowed along any part of the designated course, after the event has started. **NOTE:** NO Riders allowed in the start area more than 5 minutes before starting.
6. I have returned 137 entries; please make every effort to start, should you not be able to start, please contact me ASAP as I have 21 very hopeful reserves waiting in the wings.

PLEASE NOTE: YOUR NUMBER WILL BE GIVEN TO A RESERVE IF IT'S NOT PICKED UP WITHIN 30 MINS OF YOUR START TIME.

Timekeepers: Trevor Pedley, Wendy Dorling & Eric Angell

Organiser on the day: Chris Holmes Mobile: 07850 468341

Event Secretary: John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT

Mobile: 07709 328113

Womans event

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
1	962	Tracy	Rowlinson	Lyme Racing Club	52	1:13:55	Manchester/NW	01:00:12	14:01
2	2310	Alison	Vessey	Mickey Cranks Cycling Club	63	1:17:01	West	01:00:28	14:02
3	733	Leanne	Cutler	Hitchin Nomads CC	44	1:12:10	East Anglia	01:00:59	14:03
4	7272	Gillian	Reynolds	Willesden CC	68	1:19:06	L&HC	01:03:39	14:04
5	877	Katie	Crowe	Dulwich Paragon CC	41			00:56:25	14:05
6	2346	Claire	Lee	Momentum Cycles RC	47			00:57:46	14:06
7	1457	Susan	Semple	Born to Bike - Bridgtown Cycles	51	1:13:41	Midlands	00:58:04	14:07
8	2523	Jenny	York	Mid Shropshire Wheelers	59	1:15:43	Merseyside	00:59:59	14:08
9	2498	Rebecca	Murley	Wisbech Whs	42	1:11:43	East Anglia	01:00:20	14:09
10	5942	Danuta	Tinn	Maidenhead & District CC	52	1:13:55	L&HC	00:56:07	14:10
11	3612	Claire	Emons	Newbury RC	48	1:13:02	L&HC	00:57:44	14:11
12	1137	Zoe	Whiteside	Team Bottrill / HSS Hire	43	1:11:56	North Lancs/Lakes	00:58:00	14:12
13	16237	Rachel	Holman	Tri- Anglia Triathlon Club	42	1:11:43	East Anglia	00:59:08	14:13
14	7373	Claire	Clementson	Wigan Whs CC	40	01:11:14	North Lancs/Lakes	00:59:53	14:14
15	3472	Anna	Dearing	Chelmer CC	43	1:11:56	East Anglia	00:55:50	14:15
16	3374	Karen	Taylor	Vertex Biemme RT	50	1:13:28	Yorkshire	00:57:20	14:16
17	1355	Denise	Hurren	Sole Bay Cycle Sport	52	1:13:55	East Anglia	00:57:59	14:17
18	501	Helen	Gravatt	Twickenham CC	53	1:14:09	L&HC	00:59:00	14:18
19	3712	Sue	Rust	Kettering CC	53	1:14:09	East Anglia	00:59:17	14:19
20	2075	Chris	Melia	Born to Bike - Bridgtown Cycles	53	1:14:09	North Midlands	00:55:11	14:20
21	1004	Liz	Powell	Mike Vaughan Cycles	42	1:11:43	Midlands	00:56:50	14:21
22	3970	Kathryn	Morris	Dulwich Paragon CC	38			00:57:54	14:22
23	2508	Ann	Shuttleworth	Chelmer CC	50	1:13:28	East Anglia	00:58:48	14:23
24	1532	Jennifer	Smart	VC Norwich	44	1:12:10	East Anglia	00:59:13	14:24
25	404	Bronwen	Ewing	Rye & District Wheelers CC	51	1:13:41	Kent	00:55:11	14:25
26	1291	Susan	Triplow	Essex Roads CC	50	1:13:28	East Anglia	00:56:39	14:26
27	2989	Tina	Reid	Trainsharp	52	1:13:55	East Anglia	00:57:48	14:27
28	6504	Lynn	Hanson	Seacroft Whs	50	1:13:28	Yorkshire	00:58:55	14:28
29	2328	Lisa	Hurrell	Maldon & District CC	36			00:59:57	14:29
30	229	Rachael	Elliott	DRAGZZERO	39			00:51:51	14:30

Reserves (ladies event)

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
100	5312	Zena	Palgrave	Ely & District CC	42	1:11:43	East Anglia	01:02:18	
101	6227	Arja	Scarsbrook	Team Echelon	69	1:19:36	West	01:02:38	
102	6583	Michelle	Morley	Team Swift	51	1:13:41	Yorkshire	01:02:47	
103	6139	Joanna	Wells	Hounslow & District Whs	56			01:02:51	
104	6803	Amy	Pritchard	Giant Camden Team Liv	39			01:03:00	
105	17267	Karen	Dennett	Bishop's Stortford CC	60	1:16:01	East Anglia	01:07:07	

The ladies reserves numbers will be orange

Note for ALL reserves

Hopefully I will be able to allocate you a number and start time before the event, but 21 total reserves is a lot if it's a good day. You need to turn up at the HQ and hopefully a number will be available, there will be an official there to guide you.

Mens event

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
31	2947	Paul	Byford	Crawley Wheelers	51	1:08:14	Surrey & Sussex	00:52:10	14:31
32	211	Colin	Lizieri	Cambridge CC	61	1:10:38	East Anglia	00:53:35	14:32
33	160	John	Golder	Chelmer CC	64	1:11:36	East Anglia	00:55:35	14:33
34	168	Kenneth	Stevens	South Pennine RC	86	1:28:25	Notts & E.Mids	01:06:55	14:34
35	5176	John	Lacey	Hemel Hempstead CC	53	1:08:39	L&HC	00:51:28	14:35
36	795	Richard	Williams	Bigfoot CC	53	1:08:39	Kent	00:52:49	14:36
37	386	Phil	Barnes	Team Swift	62	1:10:57	Yorkshire	00:53:41	14:37
38	1792	Gary	Hunt	Hartlepool CC	54	1:08:52	North	00:55:31	14:38
39	1253	Phil	Guy	North Shropshire Wheelers	69	1:13:37	Merseyside	00:58:13	14:39
40	644	Ian	Greenstreet	Newbury RC	53	1:08:39	L&HC	00:50:51	14:40
41	1638	Paul	Vickers	West Suffolk Whs & TC	46	1:07:15	East Anglia	00:51:39	14:41
42	907	Andy	Newham	Lincoln Wheelers CC	44	1:06:51	North Midlands	00:53:25	14:42
43	8985	Richard	Weatherstone	GS Stella	50	1:08:02	Surrey & Sussex	00:54:34	14:43
44	5345	John	Royle	Fenland Clarion CC	70	1:14:06	Notts & E.Mids	01:04:28	14:44
45	1138	Simon	Henderson	Thanet RC	54	1:08:52	Kent	00:51:23	14:45
46	3836	David	Evans	Team Echelon	60	1:10:21	South Wales	00:52:48	14:46
47	5708	David	Procter	Team Velovelocity	55	1:09:05	East Anglia	00:53:56	14:47
48	4082	Chris	Henderson	Nottingham Clarion CC	51	1:08:14	Midlands	00:54:32	14:48
49	1626	Kevin	Gill	Ciclos Uno	69	1:13:37	East Anglia	00:58:29	14:49
50	18130	Jeremy	Archer	RT 316	45	1:07:03	Surrey & Sussex	00:50:16	14:50
51	390	Martin	Reynolds	Cambridge CC	54	1:08:52	East Anglia	00:52:08	14:51
52	1063	Geoff	Reynolds	Hemel Hempstead CC	51	1:08:14	East Anglia	00:53:08	14:52
53	23	Jamie	Carson	Chorley Cycling Club	51	1:08:14	North Lancs & Lakes	00:54:35	14:53
54	4657	David	England	Crabwood CC	74	1:16:20	Wessex	00:59:22	14:54
55	267	Sean	Taylor	RAF Cycling Association	46	1:07:15	East Anglia	00:51:17	14:55
56	17275	Philip	Brown	Walsall Roads Cycling Club	65	1:11:58	Midlands	00:52:47	14:56
57	3750	Adrian	Humpage	Lyme Racing Club	54	1:08:52	Manchester & NW	00:54:00	14:57
58	4538	Chris	Nudds	CC Breckland	69	1:13:37	East Anglia	00:55:36	14:58
59	8532	Steve	Shore	Southend Wheelers	70	1:14:06	East Anglia	00:57:46	14:59
60	961	Jim	Moffatt	CC Luton	60	1:10:21	L&HC	00:50:38	15:00
61	236	Keith	Dorling	Team Bottrill / HSS Hire	58	1:09:49	East Anglia	00:52:08	15:01
62	1098	Thomas	Pfeiffer	Dulwich Paragon CC	46	1:07:15	L&HC	00:53:24	15:02
63	3342	David	Hargreaves	North Lancs RC	70	1:14:06	North Lancs & Lakes	00:55:08	15:03
64	6909	Michael	Hennessy	Southend Wheelers	76	1:17:41	East Anglia	01:02:06	15:04
65	2461	Angus	MacInnes	RAF Cycling Association	52	1:08:26	Surrey & Sussex	00:50:46	15:05
66	3512	Matthew	Reader	Verulam CC	47	1:07:26	L&HC	00:52:41	15:06
67	225	Steve	Clarke	TMG Horizon Cycling Team	62	1:10:57	East Anglia	00:54:01	15:07
68	250	Richard	Hutt	Harp RC	60	1:10:21	L&HC	00:55:46	15:08
69	4461	Mervyn	Wilson	North Lancs RC	60	1:10:21	North Lancs & Lakes	00:57:40	15:09
70	14107	Paul David	Fleming	Preston Whs	52	1:08:26	North Lancs & Lakes	00:50:24	15:10
71	1473	Damon	Day	CC Sudbury	51	1:08:14	East Anglia	00:52:03	15:11
72	3202	David	Rumm	Southborough & Dist. Whs	50	1:08:02	L&HC	0:53:14	15:12
73	2222	Jim	Reed	Colchester Rovers CC	68	1:13:10	East Anglia	00:54:37	15:13
74	9474	Tony	Baxter	Withington Wheelers	71	1:14:36	Manchester & NW	01:00:57	15:14
75	611	Mark	Newton	Elite Cycling	50	1:08:02	East Anglia	00:50:45	15:15
76	1486	John	Dowling	Hemel Hempstead CC	60	1:10:21	L&HC	00:52:38	15:16
77	1196	Tim	Childs	Westerley Cycling Club	55	1:09:05	L&HC	00:54:10	15:17
78	760	Chris	Roberts	Team PedalRevolution.co.uk	72	1:15:09	East Anglia	00:55:47	15:18
79	82	Graham	Green	Team Bottrill / HSS Hire	74	1:16:20	Notts & E.Mids	00:57:18	15:19
80	242	Dave	Green	Team Velovelocity	53	1:08:39	East Anglia	00:50:35	15:20
81	1743	Carl	Ferri	Dulwich Paragon CC	47	1:07:26	East Anglia	00:51:59	15:21
82	1375	Jim	Trevor	Hull Thursday RC	45	1:07:03	Yorkshire	00:53:09	15:22
83	251	Mike	O'Gorman	Worthing Excelsior CC	65	1:11:58	Surrey & Sussex	00:54:43	15:23
84	171	Cliff	Beldon	Selby CC	70	1:14:06	Yorkshire	01:00:36	15:24
85	222	Dave	Lazenby	Baines Racing Silverstone Cycle	53	1:08:39	East Anglia	00:51:50	15:25
86	2282	Joseph	Costello	Walsall Roads Cycling Club	58	1:09:49	Midlands	00:52:32	15:26

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
87	2944	Tony	May	TMG Horizon Cycling Team	59	1:10:04	East Anglia	00:54:14	15:27
88	1368	Barrie	Whittaker	Lyme Racing Club	60	1:10:21	Manchester & NW	00:55:54	15:28
89	3335	Jason	Davies	West Suffolk Whs & TC	46	1:07:15	East Anglia	00:57:18	15:29
90	574	Peter	Lawrence	Team Bottrill / HSS Hire	45	1:07:03	L&HC	00:49:30	15:30
91	379	Ken	Platts	Cambridge CC	65	1:11:58	East Anglia	00:51:06	15:31
92	5340	Lee	Turner	Sigma Sport.co.uk	48	1:07:38	East Anglia	00:53:08	15:32
93	3487	Andy	Hazell	Mid Shropshire Wheelers	70	1:14:06	Merseyside	00:54:55	15:33
94	6108	Vincent	Jenkins	LeisureLakesBikes.com	77	1:18:26	Midlands	01:00:26	15:34
95	1161	Peter	Greenwood	Team Swift	65	1:11:58	North Lancs & Lakes	00:51:18	15:35
96	76	Andrew	Grant	Cambridge CC	64	1:11:36	East Anglia	00:52:30	15:36
97	4197	Andrew	Clarke	Mid Shropshire Wheelers	58	1:09:49	Merseyside	00:54:28	15:37
98	8646	Shay	Giles	VC Elan - Harry Perry Cycles	72	1:15:09	Kent	0:55:59	15:38
99	3941	Cliff	Voller	Newbury RC	66	1:12:20	West	00:57:12	15:39
100	783	Ian	Guilor	Mapperley CC	49	1:07:50	Notts & E.Mids	00:49:29	15:40
101	4887	Andy	Tyler	Great Yarmouth C C	47	1:07:26	East Anglia	00:52:13	15:41
102	17437	Andrew	Askwith	Bridlington CC	52	1:08:26	Yorkshire	00:53:01	15:42
103	2251	Andy	Robinson	Ashford Whs	58	1:09:49	Kent	00:55:12	15:43
104	1260	Keith	Clarke	Colchester Rovers CC	72	1:15:09	East Anglia	01:00:01	15:44
105	715	Colin	Parkinson	South Western RC/Evans Cycles	55	1:09:05	Notts & E.Mids	00:51:35	15:45
106	135	Simon	Scott	Anglia Velo	40	01:11:14	East Anglia	00:52:22	15:46
107	1280	Stuart	Martingale	Sotonia CC	49	1:07:50	Wessex	00:54:29	15:47
108	1070	Peter	Tibbitts	Ford CC	65	1:11:58	East Anglia	00:56:02	15:48
109	269	Michael	Wood	CC Breckland	65	1:11:58	East Anglia	00:57:09	15:49
110	542	Nick	Dwyer	Lewes Wanderers CC	53	1:08:39	Surrey & Sussex	00:49:05	15:50
111	2225	Chris	Tye	Plomesgate CC	50	1:08:02	East Anglia	00:52:49	15:51
112	1080	Robert	Gilmour	Hounslow & District Whs	65	1:11:58	L&HC	00:55:16	15:52
113	3155	John	Swanbury	VC Baracchi	70	1:14:06	East Anglia	00:59:51	15:53
114	3983	Peter	Horsnell	Chelmer CC	87	1:30:04	East Anglia	01:06:44	15:54
115	1957	Simon	Norman	Bedfordshire Road RT	46	1:07:15	L&HC	00:48:40	15:55
116	1269	Tim	Davies	Icknield RC	49	1:07:50	L&HC	00:52:21	15:56
117	8812	John	Martin	Elmsall Road Club	55	1:09:05	North Midlands	00:54:32	15:57
118	5343	Ray	Retter	North Devon Wheelers	71	1:14:36	West	00:56:18	15:58
119	26	Nigel	Finch	Mercia - Lloyds Cycles CC	62	1:10:57	Notts & E.Mids	00:57:03	15:59
120	3034	Rob	Young	Team Vision Racing - Silverhook	43	1:06:39	East Anglia	00:48:28	16:00
121	545	Robert	Watson	Team Bottrill / HSS Hire	56	1:09:19	East Anglia	00:51:31	16:01
122	2443	Anthony	Ashworth	Wetherby Whs	48	1:07:38	Yorkshire	00:52:49	16:02
123	2179	Stuart	Evans	Port Talbot Whs CC	71	1:14:36	South Wales	00:55:24	16:03
124	5201	Ron	Hallam	South Pennine RC	86	1:28:25	Notts & E.Mids	01:03:21	16:04
125	584	James	Rix	Crawley Wheelers	41	1:06:13	Surrey & Sussex	00:47:33	16:05
126	1244	Andre	Dyason	Cambridge CC	57	1:09:34	East Anglia	00:52:15	16:06
127	3199	Roger	Porter	Verulam CC	70	1:14:06	L&HC	00:54:20	16:07
128	4373	Carmelo	Luggeri	CC Ashwell	61	1:10:38	East Anglia	00:56:27	16:08
129	5516	Chris	Womack	VC Baracchi	70	1:14:06	East Anglia	00:56:47	16:09
130	4124	David	Langlands	Team Bottrill / HSS Hire	51	1:08:14	Notts & E.Mids	00:47:50	16:10
131	4191	Matthew	Rowley	Oxonian CC	49	1:07:50	L&HC	00:51:31	16:11
132	5069	Steven	Bass	Maldon & District CC	49	1:07:50	East Anglia	00:53:37	16:12
133	6975	Brian	Sunter	Condor RC	74	1:16:20	Yorkshire	00:54:36	16:13
134	1849	John	Adams	Stowmarket & District CC	72	1:15:09	East Anglia	00:59:00	16:14
135	4284	Kevin	Tye	VeloRefined.com Aerosmiths	55	1:09:05	Kent	00:47:32	16:15
136	2412	Tim	Kingston	GS Invicta	42	1:06:26	Kent	00:52:15	16:16
137	1109	Tim	Humphries	Team Swift	53	1:08:39	North	00:52:53	16:17
138	4990	Chris	Hall	Born to Bike - Bridgtown Cycles	62	1:10:57	Manchester & NW	00:56:32	16:18
139	3	Chris	Dyason	Cambridge CC	69	1:13:37	East Anglia	00:56:58	16:19
140	679	Liam	Maybank	Twickenham CC	45	1:07:03	L&HC	00:47:01	16:20
141	1373	Scott	Leverington	Springfield Financial RT	44	1:06:51	North Lancs & Lakes	00:50:35	16:21

Reserves (mens event)

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
151	262	Andy	Kennedy	Ipswich BC	52	1:08:26	East Anglia	00:55:18	
152	570	Derek	Ricketts	Ely & District CC	54	1:08:52	East Anglia	00:55:46	
153	1119	Alastair	Semple	Stafford RC	49	1:07:50	Midlands	00:54:34	
154	1230	Graham	Hurrell	Basildon CC	58	1:09:49	East Anglia	00:56:16	
155	896	Robert	Golding	Ely & District CC	43	1:06:39	East Anglia	00:53:38	
156	899	Alan	Lang	Hartlepool CC	60	1:10:21	North	00:56:42	
157	1289	Darren	Davis	West Suffolk Whs & TC	46	1:07:15	East Anglia	00:54:08	
158	91	Richard	Sheldrake	Lincoln Wheelers CC	43	1:06:39	North Midlands	00:53:48	
159	5001	Steve	Peck	Newmarket Cycling & TC	59	1:10:04	East Anglia	00:57:15	
160	378	Simon	Geraci	Team Swift	49	1:07:50	Yorkshire	00:54:48	
161	595	Richard	Carrington	West Suffolk Whs & TC	42	1:06:26	East Anglia	00:53:29	
162	1682	Darran	Bennett	Ely & District CC	47	1:07:26	East Anglia	00:54:52	
163	1330	Jeremy	Saynor	PMR @ Toachim House	54	1:08:52	Kent	00:56:09	
164	814	Richard	Parrotte	Shaftesbury CC	52	1:08:26	East Anglia	00:55:52	
165	6502	Nick	Hanson	Seacroft Whs	51	1:08:14	Yorkshire	00:56:31	

Tandems

No	CTT ID	Name		Club	Age	Standard	VTTA Group	LTS	Start Time
142	1631	Mike	Penrice	VTTA (Yorkshire)	67	01:25:13	Yorkshire	01:08:20	16:22
	9059	Barbara	Penrice (W)		85				
143	5273	Michael	Ives	Team Jewson - MI Racing	77	01:19:38	Midlands	01:03:27	16:23
	6088	Murray	Kirton	A5 Rangers CC	76				
144	910	Brian	Foran	Lampard RC	57	01:16:55	L&HC	01:01:47	16:24
	7984	Nikki	Hunt (W)	VTTA (L&HC)	72				
145	3902	Kevin	Stokes	Born to Bike - Bridgtown Cycles	54	01:10:30	L&HC	00:49:37	16:25
	8971	Geoff	Perry	VTTA (L&HC)	57				
146	1910	John	Iszatt	Team Vision Racing - Silverhook	58	01:09:54	East Anglia	00:56:58	16:26
	4570	Dean	Lubin		47				
147	1556	Gary	Pamment	Velo Schils Interbike RT	46	01:08:28	East Anglia	00:59:00	16:27
	6544	Barry	McDonald		46				
148	1429	Alex	Deck (W)	Rutland Cycling Club	49	01:12:24	North Midlands	00:53:41	16:28
	913	Richard	Dixon	Team Swift	54				
149	3751	Peter	Oliver	Fairly United Cycling Team	52	01:09:36	Not VTTA	00:53:19	16:29
	8775	Christopher	Edginton		51				
150	1299	Glenn	Taylor	Shorter Rochford RT	49	01:08:27	East Anglia	00:45:50	16:30
	3172	Mark	Arnold	CC Desiragear	43				

NATIONAL VTTA AWARDS

Champion on standard – Gold medal

2nd on Standard – Silver medal

3rd on Standard – Bronze medal

Best woman on Standard – Gold medal

2nd woman on Standard – Silver medal

3rd woman on Standard – Bronze medal

Club team of three on standard – Gold medals

Group team of three on standard – Gold medals

1st tandem on standard – Gold medals

East Anglian VTTA awards

Fastest man - 1st £50 2nd fastest £40 3rd fastest £30 4th fastest £20

Fastest age groups £20 each

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 & 85-89

Club team of three on standard - £60

Ladies BBAR scratch event - 1st £50 2nd £40 3rd £30 4th £20

Tandems – 1st fastest £60 2nd fastest £40 3rd fastest £30 Mixed fastest £40

The Herbie Neville 25 Cup - the best East Anglian Group member on standard



EVENT HQ – Newmarket Leisure Centre, Studio 2, Exning Road, Newmarket, Suffolk, CB8 0EB.

To get to the HQ, turn off the A14 and head into Newmarket on the A142 (the road the event starts in), turn right (2nd exit) at the 2nd roundabout, across next roundabout, through the industrial estate, then left into Exning Road, the leisure centre is on your right approx 1 mile along Exning Road, there is adequate parking, but please be considerate and park sensibly.

Note: the start is approximately 2 miles from the HQ, please allow enough time to get to the start on time, there is adequate areas near the start to also park & warm up.

Changing facilities and showers are available in the Expensive Leisure Centre, please do not change in the car park.