**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 Trial

**COURSE E2/10 – SATURDAY 9th SEPTEMBER 2017 - STARTS AT 14:01**

**Course details E2/10 - START** at paint mark at end of feeder road from West Wratting just before junction with A1034 (1 kerb joint before drain near ‘Give Way’ sign). Bear left onto A1034 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 the A1034 slip road to **FINISH** 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’).

**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. NO cars to stop or park at the start or finish areas, the finish is a clearway.**
4. **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.**
5. **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.**
6. **Riders are required to both sign on and off. Failure to do so will result in a rider being disqualified from the results.**

**Timekeepers: Tim Groves and Becky Groves.**

**Event Secretary: Dominic Whitehead, 4 Dove House Close, Godmanchester,**

 **Huntingdon, Cambs, PE29 2DY**

**Home: 01480 380297**

**Mobile: 07504 439362**

**Awards (only VTTA Members are eligible for awards)**

**VTTA medals for:**

1st Actual fastest

1st Best on Standard

1st Lady on Standard

1st Team of 3 Best on Standard

Fastest age groups 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 & 85-89

**East Anglia Vets only:**

Memorial Shield for Best on Standard



**Proceeds from the catering will be donated to this charity**

**EVENT HQ – Westerley Waterless Village Hall CB21 5LU**

**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.**

