



Ely and District Cycling Club – B&T Motor Repairs

31st "Hardriders" 25 Mile Time Trial

10th February 2018

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Event Secretary: Mr Martin Holland 01353 740833
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Aldreth, Ely
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Timekeepers: Brian Cooper and Mike Wiseman

The HQ is Little Downham Village Hall which is on the corner of School Lane and Main Street. (Grid reference TL525842, postcode CB6 2ST). Here you will find the signing on sheet, numbers and refreshments. After the event, you can exchange your number for a free drink. There is a car park next to the hall and more parking down the lane beside the hall. If you park in Main Street, please be considerate.

Course BS19 (revised 2003): Start at the grassy triangle Townsend near the W end of Main Street (B1411) Little Downham. Head W. Bear left into unclassified road (0.3 miles M) and follow through Coveney to join the A142 near Wentworth (5.9 miles M). *Care: busy road.* Left onto A142 and follow around Witchford and straight on at a roundabout to join A10 (9.0 miles M). Left onto A10 and follow to A1101 near Littleport (14.6 miles M). Left onto A1101 and follow to B1411 at the 100 Foot Drain (17.9 miles M). Left onto B1411 *Care: sharp turn with blocked view to left* and follow to junction with minor road Pymore Lane in Pymore (22.0 miles M). Left onto minor road *Care: sharp turn* and follow to outskirts of Little Downham. Immediately after Little Downham sign bear left onto another minor road Brickkiln Lane (M) and finish where Bield Drove and another farm lane come out on left just before the right-hand bend (25.2 miles).

To return to the HQ continue to T junction and turn right.

Please take care on the 1st section of the Course prior to joining the A142, there are two downhill sections that have bends at the bottom. Please be aware, you won't win the race in the first 6 miles, but you could well lose it!! The first 6 & the last 7 miles are unclassified rural roads & as such are subjected to heavy farm traffic & very little maintenance. There are pot holes, patches of mud & gravel & puddles the use of very light wheels & tyres is not recommended. We don't use the term "Hardriders" lightly. I personally would recommend a road bike over a TT bike.

At 22 miles there is a left turn on a left bend, in previous years, despite the best efforts of two Marshals riders have gone straight on. Please take notice of the direction the Marshals are indicating.

Numbers: Please pin your number where it can easily be seen by the timekeepers and not half way up your back. Either on the shorts of your skinsuit (if you are that brave) or the bottom edge of your top. Shouting your number as you pass the finish helps. If the Time Keeper cannot see your number, you may not get a time

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hardshell helmet that meets an internationally accepted standard. Cycling Time Trials strongly recommends that riders use a rear light, either flashing or constant, visible to following road users and active while the machine is in use.

Prizes

One rider, one prize except for team prize

	Overall	Vets Std	Ladies	U-23
1 st	£40	£40	£40	£30
2 nd	£30	£30	£30	£20
3 rd	£15	£15	£15	£10

1st Road Bike £15 (drop bars, no tri-bars)

Team prize for fastest 3 riders £10 each

Local regulations

U-turns (see note below)

U-turns will not be permitted on the course or roads adjacent to the start and finish while a race is in progress.

Note: Any breaking of this regulation in the first case will mean disqualification from the event. Further cases will be referred to the District Committee.

Definition: A U-turn is defined as a 180-degree turn completed within the Highway while astride the machine.

(It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with the machine walk across the road).

Numbers will be at the H.Q. and not at the start.

Warming up: No warming up along the course by competitors once an event has started.

Turbo trainers: The use of Turbo Trainers is banned at all events with a.m. start times.

This is a qualifying event for Spoco East 2019

Organiser of Spoco East: Chris Willmets
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www.team-cambridge.co.uk/spocoeast/

Map I have included a copy of my map. A posher version can be found on line with www.mapmyride.com under BS19.

