



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 8th JUNE 2022 - STARTS AT 19:01

Course details E2/10 - START at paint mark at end of feeder road from West Wrattling 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').

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.

7. Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.

- When finishing, please do not return to the finishing area or communicate with the timekeepers.
- We hope to have a results board. No prize presentations will take place. Results will be posted online as soon as is practical. Prizes will be paid electronically.
- There will be no refreshments available at HQ

Timekeepers: Tim Groves and Wally Groves

**Event Secretary: Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT
07873707826**

EVENT HQ – 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.

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 Wratting. Start is immediately in front of you. Park carefully along WC/WW road.

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 and separate prize lists.
2. In order to ensure broad equality of access to awards, the number of awards offered in each category will be proportional to the number of entries in that category according to the following formula:

First place will be awarded in each category irrespective of the number of entries. Thereafter, one award will be added for every 10 entries per category. Thus, a field with 90 male competitors and 30 female competitors would have 10 awards for men and 4 awards for women.

3. Awards will be identical in value, place, for place, for men and women as follows: 1st: £30; 2nd: £25; 3rd: £20; 4th: £15; 5th and all subsequent places: £10. Riders placed 1st, 2nd or 3rd may opt to receive a medal in lieu of a monetary prize. These values will be kept under annual review.

4. There will be separate team awards on aggregate standard or vets' handicap for men and women. Men's teams will comprise the best three male riders on standard from one club. Women's teams will comprise the best two female riders on standard from one club.

Based on 7 female entrants and 56 males there will be one prize for female VTTA members and 6 for Male VTTA members.

HQ is under new management – they have requested “Please can I request that you ask your members to park respectfully on the side of the road and not to block the pavements. We do have farm tractors/traffic using the road, so need to make sure they leave enough for the large vehicles to pass.”

Also please do keep to the speed limits – we don't want to lose this HQ.

If you cannot ride please notify me.

If you are running late and miss your slot please call me on 07973707826 – I should be able to find a space for you.

Start Time	NO	NAME	CLUB	GEN	CAT	AGE	VTTA GROUP	STD
19:04	4	Ann Shuttleworth	Cambridge CC	F	V	55	East Anglia	29:54
19:05	5	Denese Hallahan	Wisbech Whs	F	V	67	East Anglia	31:36
19:06	6	Ian Short	Team Salesengine.co.uk	M	V	48	East Anglia	26:41
19:07	7	Julian Bosley	Stowmarket & District CC	M	V	51	East Anglia	26:56
19:08	8	Peter Horsnell	Chelmer CC	M	V	92	East Anglia	36:59
19:09	9	John Hassall	Bossard Whs	M	V	77	London & Home Counties	30:49
19:10	10	Andrew Porter	Welwyn Whs	M	V	60	East Anglia	27:51
19:11	11	Brian Martin	Ciclos Uno	M	V	73	East Anglia	29:54
19:12	12	Lucia Borradaile	CC Weymouth	F	V	64	Wessex	31:06
19:13	13	Andy Poulton	Welland Valley CC	M	V	56	Notts & E.Mids	27:24
19:14	14	Kevin Humphreys	Sherwood CC	M	V	62	Notts & E.Mids	28:06
19:15	15	Michael Allen	Team Jewson - MI Racing ~Poly Pipe~McCann	M	V	75	North Midlands	30:20
19:16	16	John Dowling	Hemel Hempstead CC	M	V	65	London & Home Counties	28:30
19:17	17	James Lawler	Bedfordshire Road RT	M	V	47	East Anglia	26:36
19:18	18	Derek Ricketts	Ely & District CC/B&T Motor Repairs	M	V	59	East Anglia	27:44

19:19	19	Issy Zimmerman	Verulam Really Moving	M	V	55	London & Home Counties	27:18
19:20	20	Terry Garlinge	Easterley Road Club	M	V	52	East Anglia	27:01
19:21	21	Richard Harrison	DRAG2ZERO	M	V	44	East Anglia	26:23
19:22	22	Paul Jay	DRAG2ZERO	M	V	45	East Anglia	26:27
19:23	23	Matt O'Brien	Loose Cannon's Conditioning	M	V	44	East Anglia	26:23
19:24	24	Mark Jones	DRAG2ZERO	M	V	50	East Anglia	26:51
19:25	25	Stephen Watson	Hertfordshire Whs	M	V	58	East Anglia	27:37
19:26	26	Shay Giles	VC Elan - Harry Perry Cycles	M	V	77	Kent	30:49
19:27	27	John Royle	Fenland Clarion CC	M	V	75	East Anglia	30:20
19:28	28	Paul Breeze	Peterborough CC	M	V	55		
19:29	29	Vida Sutova	Redbridge CC	F	V	50		
19:30	30	Anthony Bye	Wisbech Whs	M	V	67	East Anglia	28:49
19:31	31	Dominic Whitehead	Cambridge CC	M	V	63	East Anglia	28:13
19:32	32	Bob Quarton	Wolsey RC	M	V	68	East Anglia	28:58
19:33	33	Rosie Simmons	Southampton University Road Cycling Club (SURC)	F	E	21		
19:34	34	Susan Triplow	CC Sudbury	F	V	55	East Anglia	29:54
19:35	35	Graham Pepperdine	Verulam CC	M	V	58	East Anglia	27:37
19:36	36	Andrew Grant	Chelmer CC	M	V	63	East Anglia	28:13
19:37	37	Richard Mellor	Team Bottrill	M	V	53	East Anglia	27:07
19:38	38	Oliver Handley	Orwell Velo	M	S	27		
19:39	39	Patrick Charlton	Wolsey RC	M	V	64	East Anglia	28:22
19:40	40	Chris Nudds	CC Breckland	M	V	73	East Anglia	29:54
19:41	41	Ian Stokes	Team Salesengine.co.uk	M	V	62	East Anglia	28:06
19:42	42	Antony Stapleton	North Essex Velo	M	V	56	East Anglia	27:24
19:43	43	Karl Read	North Norfolk Whs	M	V	55	East Anglia	27:18
19:44	44	Chris Dyason	Cambridge CC	M	V	74	East Anglia	30:07
19:45	45	Will Shepherd	Ely & District CC/B&T Motor Repairs	M	V	48	East Anglia	26:41
19:46	46	Jackie Field	CC Ashwell	F	V	57	East Anglia	30:08
19:47	47	Mike Watson	Lowestoft Wheelers Cycling Club	M	V	58	East Anglia	27:37
19:48	48	Ian Cardy	Chelmer CC	M	V	58	East Anglia	27:37
19:49	49	Gary Pamment	CC Sudbury	M	V	51	East Anglia	26:56
19:50	50	Daniel Homer	London Phoenix CC	M	V	51	London & Home Counties	26:56
19:51	51	Mark Hamer	Stratford Cycling Club	M	V	47	Midlands	26:36
19:52	52	Robert Watson	Cambridge CC	M	V	61	East Anglia	27:58
19:53	53	Roger Sewell	Wisbech Whs	M	V	74	East Anglia	30:07
19:54	54	Matthew Peck	Ipswich BC	M	V	40	East Anglia	26:06
19:55	55	Iain Boardman	Dulwich Paragon CC	M	V	48	East Anglia	26:41
19:56	56	Matthew Reader	Verulam CC	M	V	52	London & Home Counties	27:01

19:57	57	Rory Havis	Ely & District CC/B&T Motor Repairs	M	V	40	East Anglia	26:06
19:58	58	Andrew Grant	Cambridge CC	M	V	69	East Anglia	29:08
19:59	59	Grant Orsborn	Bedfordshire Road RT	M	V	61	East Anglia	27:58
20:00	60	Robert Golding	Ely & District CC/B&T Motor Repairs	M	V	48	East Anglia	26:41
20:01	61	Max Sahota	Team Bottrill	M	S	27		
20:02	62	Matt Donovan	Bedfordshire Road RT	M	S	39		
20:03	63	Adam Fisher	Cambridge CC	M	S	39		
20:04	64	Matt Steel	Pronto Bikes	M	V	46	East Anglia	26:32
20:05	65	Matthew Smith	DRAG2ZERO	M	V	44	East Anglia	26:23