**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 22nd August 2020 - 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 A REAR FACING FLASHING RED LIGHT MUST BE 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 car park. Bring a pen to sign on please the event. No catering this year due to Covid 19.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.**

**Timekeepers: Michael and Frida Keen-Wezel and Ian Taylor.**

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

**Huntingdon, Cambs, PE29 2DY**

**Home: 01480 380297**

**Mobile: 07504 439362**

**EVENT HQ – Westley Waterless Village Hall CB8 0RQ**

**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.**

**Please note that this event is being run under the new CTT rules and guidelines for Covid 19. For the latest rules and risk assessments please visit the CTT website.**

**Certain aspects of the event will be different to normal circumstances and I would ask all riders to follow requests from marshals and officials. We are grateful to Westley Waterless Village for allowing us use of the hall. Please respect the village and spend as little time as possible in the hall and its surrounds.**