#### Event promoted for and on behalf of Cycling Time Trials under its rules and regulations

**VTTA/EA**

**10 miles Time Trials**

# for Veterans

#### to be held on

**Saturday 10th April 2021**

# Course E2/10 ~ Start at 2.00 pm

## Timekeepers

Frida Wezel and Michael Keen

**Awards**

####  MEN: 1st: 2nd: 3rd: LADIES: 1st: 2nd: 3rd:

*Event Headquarters (open from 12.30 pm)*

Westley Waterless Village Hall, CB8 0RG

**Event Secretary:** Andrew Beaman, 8 Colson Road, IG10 3RN

 Mobile (on day only): 07723392837 Email: andybeaman@gmail.com

IT IS IMPORTANT THAT YOU READ THE NOTES ON PAGE 2 WHICH DETAILTHEACTIONSNEEDEDBECAUSEOFTHECOVID19PANDEMIC

**COURSE DETAILS E2/10**

Grid References Start: TL57345635 Finish: TL57085600

Interactive map: https://[www.easterncounties.org.uk/maps2.html?E2\_10](http://www.easterncounties.org.uk/maps2.html?E2_10) **START** at paint mark at end of feeder road from West Wratting, just before junction with A1340 (1 kerb joint before drain near ”Give Way” Sign). Bear left onto A1034 and proceed onto A11 southbound. Continue to take slip road to Four Went Ways intersection (A1307) (M), and circle Elevated Roundabout (5.14 miles) Take fourth exit on to A11 northbound (M). Retrace to Six Mile Bottom where take A1304 slip road (M), to **FINISH** at paint mark 5 yards past end of island between old road and slip road (at sixth 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. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.

**Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.**

**NO LIGHT – NO RIDE**

**LONDON EAST LOCAL REGULATIONS**

4.7 No Warming Up by competitors on the course once the event has started.

* + 1. Marshals placed to direct competitors off the main carriageways must not stand at the apex between the carriageway and the slip road, but should be located at the beginning of the slip road.
		2. No U-Turns are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.
		3. 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.

### RIDERS’ NOTES

Please notify Organizer of any improvement in PB.

No parking at either the start or finish, other than timekeepers. Parking is available at and near the Event H.Q. and in the road to West Wratting.

Disposable body numbers will be available at the Event HQ and must be personally signed for after reading any special course instructions.

All competitors are reminded to personally sign the signing-out sheet after finishing; otherwise they may be recorded as DNF.

As numbers are disposable you may sign out at the Village Hall or at the table in the Start area but you **must** sign out.

* + - * CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”. If you haven’t already read them please download them from the CTT website and read them carefully. However the following points plus other instructions are of importance so are repeated here.

##### Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms.

* + - * **AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.**
			* Event Headquarters are at Westley Waterless Village Hall, near Newmarket (see map in course details for directions). Hall will be open at 12.30 pm. **The car park is for use by officials only**. Please park outside the HQ grounds and only to the east of the Village Hall. Please park sensibly and avoid blocking field entrances or pathways by not parking on the verges. Obey the 30 mph speed limit in the village. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters. **This is especially important with regards to horses and riders, give way, slow down and leave plenty of room.**
			* **NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ. Separate Toilet facilities are available for men and women but only one person at a time is allowed in the respective room.** Access is via the lobby next to the main door. To maintain social distance, women will use the right-hand side of the doorway and men the left with separate queues outside if necessary. Signing on and signing out will be in the hall and access is via the exits from the toilets or entrance lobby or as instructed on the day. Once again, one in – one out and queuing if necessary. Exit from the hall is via the fire exit at the end of the hall only. Riders should bring their own pen for signing in and out, numbers will be laid out individually and riders should only handle their own number and, if they haven’t brought their own, any pins required. After the race the number may be placed in the discard containers for later disposal. To save excess traffic in the village there will be an alternative signing out form in the Start area. You can use either that or the one in the Hall.

##### NO SHOEPLATES or SMOKING in the Hall.

* + - * It is also possible to park nearer the Start and Finish, in the road between Six Mile Bottom and West Wratting. PARK HEAD TO TOE, NOT ALONGSIDE. **Remember, this road is a through road to West Wratting. Park on the verges and do NOT stand in the road and do NOT impede progress of any vehicles using the road.**
			* Start is about 4 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to the road leading to West Wratting.
			* **Static warm-ups are permitted but only if it possible to maintain social distancing from any passersby.** Warming up can also be done in the road leading to West Wratting but NOT on the race course.
			* No more than **THREE** riders are allowed to queue at the start, so time your arrival accordingly. There will no Pusher-off. Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HQ.
			* On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.
			* There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed. **DO NOT APPROACH THE TIMEKEEPERS.**
			* No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
			* It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organizer. Please telephone the organizer if you have failed to finish the eve