



Eastern Counties Cycling Association

Championship 25 mile time trial

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

START SHEET

Sunday, May 28th, 2017

Course E2/25

- Event Organiser: Chris Dyason (Cambridge CC) 2 Primes Corner, Histon, Cambridge CB24 9AG cdyason@hotmail.com 07970-093019 01223-236239
- Timekeepers: John Cottee, Becki Groves
- Headquarters: Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk CB8 0EA
- Course: START (GR.657637) at paint mark on A142 just before slip road to A14 westbound. Take slip road and continue onto A14 westbound and stay in left lane onto A11 where A14 diverges. Continue to Four Went Ways (12.77m), where take slip road to elevated roundabout and circle to rejoin A11 northbound. Retrace via A11 and A14 to FINISH (GR.658632) at last drain cover before 'Give way in 100 yds' sign on slip road to A142.
Note: No vehicles to park on slip road or verge; it is a Clearway and stopping is an offence.
- HQ to start: About 2 miles of flat road. Turn left out of the Leisure Centre car park onto Exning Road. Follow and turn right into Studlands Park Avenue and follow that bearing right onto Willie Snaith Road. Follow that straight over one roundabout then 1st left at the next roundabout onto A142 Fordham Road. Follow that road and the start is just before the A14 junction. **Please wait on the verge at the start, not on the road.**
- Finish to HQ: **Take great care** at the top of the slip road after the finish to turn right over the A14 and retrace.
- Parking: No parking at the finish or on the road close to the start. Plenty of parking at the HQ and also near the start (over the A14 and 1st right after the eastbound slip road).
- Warming up: No warming up along the course by competitors once the event has started. No U-turns in view of the start.

- Prizes:** Fastest man: Championship medal and Brunwin Cup for one year.
Fastest woman: Championship medal and Florence Lang Cup for one year.
2nd – 6th fastest solo: Championship medals.
2nd fastest woman: Championship medal.
Fastest veteran: Championship medal.
Fastest club team: Championship medals.
- Safety note:** LED rear lights – it is strongly recommended that a working rear light is used by all riders, flashing or constant. It could save your life.
- Cycling helmets:** CTT and the event promoters strongly advise you wear a hard-shell helmet that meets an internationally accepted safety standard. All competitors under the age of 19 on the 31st December next must wear properly affixed protective helmets of a hard/soft shell construction.
- Litter:** Riders are reminded that dropping litter (such as gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.
- Numbers:** Will be at the HQ an hour before the first start. When you return your number you will get a free cuppa (this will be in the room, not at the café). Cakes and goodies will be available and all receipts will be donated to East Anglian Air Ambulance Service. You may need their help one day, so be generous!
- Signing out:** REMEMBER – it is now compulsory to sign out after the event and failure to do will exclude any rider from having an official time.
- Ride safe:** The intention is to cross the finish line as quickly as possible and there's no prize for crashing at the highest speed. Vehicles do stop on dual carriageways so stay alert.