



## Ely and District Cycling Club – B&T Motor Repairs

### 29th "Hardriders" 25 Mile Time Trial

12<sup>th</sup> February 2017

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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Timekeepers: Mr Cooper and Mr 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 1<sup>st</sup> section of the Course prior to joining the A142, there are two downhill sections that have bends at the bottom, last year a few people slid off on these. 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.

Please be aware that there is a section of Roadworks on the A10 by the Roundabout where you will most likely have used to get to the Event. The carriageway is narrower here & there is a 40mph speed limit, so please take care. We will have Marshals in this area to observe, hopefully the traffic will see "Hi-Viz" & also take care.

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.

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 <sup>st</sup>	£40	£40	£40	£20
2 <sup>nd</sup>	£30	£30	£30	£10
3 <sup>rd</sup>	£15	£15	£15	

1<sup>st</sup> 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 2016**

Organiser of Spoco East: Chris Willmets  
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[www.team-cambridge.co.uk/spocoeast/](http://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](http://www.mapmyride.com) under BS19.

