



Ely & District CC **Open 10 Mile Time Trial**

To be held on Sunday 6th June 2021 starting at 08:04hrs on course B1/10R

The event is promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Event Organiser: Will Shepherd, The Old Coach House, Main St, Coveney, Ely, Cambs, CB6 2DJ
Tel: 01353 774928 or 07501 469387, Email: willshepherd27@gmail.com

Timekeepers: Martin Holland and Sharon Bennett

Course B10/1R Course Record - Ollie Jones 20.18 (2017)
Ladies - Verity Smith 23.34 (2017)

Start approx 50yds from A142 on Mepal access road, turn left on to A142 (**TAKE EXTREME CARE WHEN JOINING A142**) and proceed along A142, straight over first RAB (Sutton) to Lancaster Way Roundabout (Witchford), retrace outward route to finish on A142 at gateway to shooting club at the top of the hill (just after the road straightens after the bend).

HQ & Parking Mepal Community Pavillion, Witcham Road, Mepal, Ely, CB6 2AG. Turn off the A142 into Mepal village and take the first right hand turn after 100 yards towards Witcham. HQ is on the left by the playing field after 200 yards. Toilet facilities will be available on the day. HQ will be open from 06:30hrs. The HQ is only 250 yards from the start. Turn right out of the Pavillion car park and left after 200 yards. The start is 50 yards on the left.

Signing on Signing on will take place outside the Pavillion building, unless it is raining. Please bring your own pen to sign on, after which you will be given your number.

Signing out Please remember to sign back in at the Pavillion buidng. Otherwise a time will not be given. Please drop your number into the box so they can be washed later.

Refreshments Due to Covid-19 restrictions, there will be no refreshments available.

Marshalls Members and Friends of Ely & District CC

Prizes Prizes, one per rider (except team), will be sent with the result sheets

1 st	£30.00	1 st Vet Std	£30.00
2 nd	£20.00	2 nd Vet Std	£20.00
3 rd	£15.00	3 rd Vet Std	£15.00
4 th	£10.00	4 th Vet Std	£10.00
1 st Lady	£30.00	1 st Lady Vet Std	£30.00
2 nd Lady	£20.00	2 nd Lady Vet Std	£20.00
3 rd Lady	£15.00	3 rd Lady Vet Std	£15.00
4 th Lady	£10.00	4 th Lady Vet Std	£10.00

Team x 3 Riders £10 Each

Prize Money Sponsored by B&T Motor Repairs – Ely

Local Regulations

Warming Up

U turns will not be permitted on the course or adjacent roads to the start or finish whilst the 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.

A U-turn is defined as a 180 degree turn completed within the highway whilst 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.

No warming up on the course by competitors once an event has started.

Rear Lights

A working rear light, flashing or constant, is compulsory and any rider without one will not be allowed to start.

Helmets

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet which must be of a hard/soft shell construction. Helmets should conform to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-654, CPSC or EN1078. It is the responsibility of the rider (or the parent or guardian if the rider is under 18 years of age) to:- Select a helmet that offers protection against head injury and does not restrict the riders vision or hearing. Ensure that the helmet is properly fitted, is undamaged and in good condition.

In the interest of your safety, Cycling Time Trials and the event promoters strongly advise you wear a HARD SHELL HELMET that meets an internationally accepted safety standards.

PLEASE TAKE CARE ON THE ROUNDABOUTS AND HAVE A SAFE RIDE

Number	Name	Club	Cat	Start Time	Vets Standard
4	Martin Brown	Ely & District CC/B&T Motor Repairs	V	08:04	27:14
5	Andy Kennedy	Ipswich BC	V	08:05	27:14
6	Joseph Adlam-Cook	Cambridge University CC	E	08:06	
7	Simon Plant	Newmarket Cycling & Triathlon Club	V	08:07	26:27
8	Caroline Wyke	CC Sudbury	LV	08:08	30:31
9	Amy Sole	Full Moo Cycling	LV	08:09	28:34
10	Jordan Black	Loose Cannon's Conditioning	S	08:10	
11	Elliot Hibell	Kings Lynn CC	S	08:11	
12	Ferenc Vanhoutte	Ely & District CC/B&T Motor Repairs	V	08:12	26:23
13	Sophie Lee	Team Catenary	LV	08:13	28:19
14	Trevor Roberts	Wolsey RC	V	08:14	26:32
15	Robert Watson	Cambridge CC	V	08:15	27:38
16	Dominic Cordner	Deeside Thistle CC	S	08:16	
17	Glen Clark	Ely & District CC/B&T Motor Repairs	V	08:17	26:59
18	Anthony Whale	Harlow CC	V	08:18	27:51
19	Sara Brown	Newmarket Cycling & Triathlon Club	LS	08:19	
20	Darran Bennett	Ely & District CC/B&T Motor Repairs	V	08:20	26:50
21	George MacFarlane	Islington Cycling Club	S	08:21	
22	Chris Brown	Ely & District CC/B&T Motor Repairs	S	08:22	
23	Elspeth Grace	Cambridge University CC	LE	08:23	
24	Rob Goult	Ely & District CC/B&T Motor Repairs	V	08:24	27:09
25	Max Sahota	Team Bottrill	S	08:25	
26	Martin Holmes	Ely & District CC/B&T Motor Repairs	V	08:26	27:04
27	Sam Massey	Cambridge University CC	S	08:27	
28	Aimee Hockley-Righton	Ely & District CC/B&T Motor Repairs	LS	08:28	
29	Lucy Havard	Cambridge University CC	LS	08:29	
30	Martin Reynolds	Cambridge CC	V	08:30	27:26
31	Derek Ricketts	Ely & District CC/B&T Motor Repairs	V	08:31	27:26
32	Nicholas Webber	CC Sudbury	V	08:32	27:44
33	Alan McGuire	Ipswich BC	V	08:33	27:14
34	David Cordner	Newmarket Cycling & Triathlon Club	V	08:34	26:50
35	Rory Havis	Ely & District CC/B&T Motor Repairs	S	08:35	
36	Duncan Gilbert	North Essex Velo	V	08:36	26:27
37	Harry Tozer	Fenland Clarion CC	J	08:37	
38	Sophie Walker Meers	Ely & District CC/B&T Motor Repairs	LS	08:38	
39	Mark Careless	Newmarket Cycling & Triathlon Club	V	08:39	26:41
40	Ben Stancombe	Peterborough CC	S	08:40	