



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 Trials

East Anglian VTTA (70 riders) (Preference to 40 VTTA members)

Course E2/10. Wednesday 3rd July Starts at 19:31

Your Safety At the roundabout turn you should get to the middle of the roundabout as soon as it is safe to do so. If you ride on the outside of the roundabout you are at risk from vehicles leaving at each exit. You should NOT enter the roundabout if the way is not clear; you MUST give way to any vehicle from the right and give a clear signal as to your intended route.

EVENT HQ – Westley Waterless Village Hall, CB8 0RH

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Hall open from 6.15pm

HQ is under new management – they have requested “Please can I request that you ask your members to park respectfully on the side of the road and not to block the pavements. We do have farm tractors/traffic using the road, so need to make sure they leave enough for the large vehicles to pass.”

Also please do keep to the speed limits – we don’t want to lose this HQ.

Lights and helmets: Working front and rear lights are now compulsory, as is a cycling helmet. Without complying with these requirements, riders cannot start.

NOTES TO RIDERS - The following national and 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. Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and slip road, but should be located at the start of the slip road.
 3. NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee.
 4. No warming-up by competitors is allowed along any part of the designated course, after the event has started.
 5. Numbers will be situated in the HQ.
 6. 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.
 7. Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.
- When finishing, please do not return to the finishing area or communicate with the timekeepers.
 - Results will be posted online as soon as is practical.
 - There will be no refreshments available at HQ

Timekeepers: Tim Groves and Wally Groves

**Event Secretary: Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT
07873707826**

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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.

PARKING - There is plenty of parking near to the start.

DIRECTIONS TO START - Turn right out of HQ – drive/ride carefully through village for approx. 1 mile. At cross-roads go left. Drive/ride for approx. ½ mile – you will have passed a large farm building on your left. At cross-roads go right. Drive/ride for approx. 1½ miles – passing over railway level-crossing – into Six Mile Bottom. At cross-roads go left. Pass over railway level crossing. Bear left towards Weston Coville/West Wratting. Start is immediately in front of you. Park carefully along WC/WW road.

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').

If you cannot ride please notify me.

If you are running late and miss your slot please call me on 07973707826 – I should be able to find a space for you.

Start Time	NO	NAME	CLUB	Class	CAT	AGE	Machine	VTTA GROUP	VTTA adj
19:31	1	Robert Watson	Cambridge CC	O	V	63	TT Bike	East Anglia	2:14
19:32	2	Ian Short	CC Sudbury	O	V	50	TT Bike	East Anglia	0:38
19:33	3	Sam Brown	6AM Cycling	O	V	40	TT Bike		
19:34	4	Matt O'Brien	Loose Cannon's Conditioning	O	V	46	TT Bike	East Anglia	0:19
19:35	5	Terry Garlinge	Easterley Road Club	O	V	54	TT Bike	East Anglia	1:02
19:36	6	Hannah O'Brien	Loose Cannon's Conditioning	F	V	47	TT Bike	East Anglia	2:41
19:37	7	Michael Allen	Team Enable - M.I. Racing	O	V	77	TT Bike	North Midlands	5:12
19:38	8	Paul Vergette	Godric CC	O	V	77	Road Bike	East Anglia	5:12
19:39	9	Claire Lee	Shaftesbury CC	F	V	54	TT Bike		
19:40	10	Andrew Porter	Welwyn Whs	O	V	62	TT Bike	East Anglia	2:05
19:41	11	Shay Giles	Thanet RC	O	V	79	TT Bike	Kent	5:47

19:42	12	Glen Clark	Ely & District CC/B&T Motor Repairs	O	V	56	TT Bike	East Anglia	1:16
19:43	13	Brian Martin	Ciclos Uno	O	V	75	TT Bike	East Anglia	4:40
19:44	14	Sarah Kelman	St Ives CC	F	V	53	TT Bike	East Anglia	3:01
19:45	15	Andrew Vaughan	City RC (Hull)	O	V	58	TT Bike	Yorkshire	1:31
19:46	16	Richard Mellor	Team Bottrill	O	V	55	Road Bike	East Anglia	1:09
19:47	17	Nick Hickman	Bedfordshire Road CC	O	V	57	TT Bike	East Anglia	1:23
19:48	18	Chris Nudds	CC Breckland	O	V	76	TT Bike	East Anglia	4:56
19:49	19	Patrick Charlton	Wolsey RC	O	V	66	TT Bike	East Anglia	2:45
19:50	20	Julia Freeman	Easterley Road Club	F	V	60	TT Bike	East Anglia	3:53
19:51	21	Stewart Harrison	Team Bottrill	O	V	57	TT Bike	East Anglia	1:23
19:52	22	Dominic Whitehead	Cambridge CC	O	V	65	TT Bike	East Anglia	2:34
19:53	23	Claire Hall	Parenesis- ToughHuman Cycling	F	V	50	TT Bike	East Anglia	2:49
19:54	24	Matthew Cook	Bedfordshire Road RT	O	V	54	TT Bike	East Anglia	1:02
19:55	25	Peter Noble	Ely & District CC/B&T Motor Repairs	O	V	57	TT Bike	East Anglia	1:23
19:56	26	Susan Triplow	CC Sudbury	F	V	57	TT Bike	East Anglia	3:26
19:57	27	Mark Welch	Oxted Cycle Club	O	V	61	TT Bike	Surrey/Sussex	1:56
19:58	28	Martin Osborne	Hub Velo	O	V	51	TT Bike		
19:59	29	Chris Dyason	Cambridge CC	O	V	76	TT Bike	East Anglia	4:56
20:00	30	Michael Weaver	Rockingham Forest Wheelers	O	V	55	Road Bike	Notts & E.Mids	1:09
20:01	31	Gerrard Rafferty	Bedfordshire Road CC	O	V	57	TT Bike	London & Home Counties	1:23
20:02	32	Tom Cosgrove	VTTA (London & Home Counties)	O	V	57	TT Bike	London & Home Counties	1:23
20:03	33	John Watson	Hitchin Nomads CC	O	V	58	Road Bike	East Anglia	1:31
20:04	34	David Prom	Abellio - SFA Racing Team	O	V	54	TT Bike	Kent	1:02
20:05	35	Steven Loraine	Legato Racing Team (LRT)	O	V	68	TT Bike	Midlands	3:07
20:06	36	Chris Shaw	Fenland Clarion CC	O	V	61	TT Bike	East Anglia	1:56
20:07	37	Alex Garner	VéloElite RC	O	V	48	TT Bike	Notts & E.Mids	0:28
20:08	38	Adrian Gower	Hitchin Nomads CC	O	V	61	TT Bike	East Anglia	1:56
20:09	39	Oswin Grady	Bedfordshire Road RT	O	V	49	TT Bike		
20:10	40	Gary Pamment	CC Sudbury	O	V	53	TT Bike	East Anglia	0:55
20:11	41	Paul Smith	VeloRefined Rule 5	O	V	52	TT Bike	Kent	0:49
20:12	42	Mark Woolford	ZeroBC Race Team	O	V	58	TT Bike	East Anglia	1:31

20:13	43	Kevin Baumber	Shaftesbury CC	O	V	50	TT Bike	East Anglia	0:38
20:14	44	Matthew Smith	Gemini BC	O	V	44	TT Bike	Kent	0:11
20:15	45	Matthew Peck	Ipswich BC	O	V	42	TT Bike	East Anglia	0:05
20:16	46	Stu Wright	API/Anglia Sport	O	V	56	TT Bike	Notts & E.Mids	1:16
20:17	47	Richard O'Rourke	Team Vision Racing - Silverhook	O	V	50	TT Bike	East Anglia	0:38
20:18	48	Murat Ozdenya	Team Vision Racing - Silverhook	O	V	51	TT Bike	East Anglia	0:43
20:19	49	Mark Hamer	Legato Racing Team (LRT)	O	V	49	TT Bike	Midlands	0:33
20:20	50	Ben Farrer	Bedfordshire Road CC	O	S	36	TT Bike		
20:21	51	Martin Reynolds	Cambridge CC	O	V	61	TT Bike	East Anglia	1:56
20:22	52	Matthew Reader	Verulam CC	O	V	54	TT Bike	London & Home Counties	1:02
20:23	53	Max Sahota	Team Bottrill	O	S	29	TT Bike		
20:24	54	Matt Donovan	Bedfordshire Road RT	O	V	41	TT Bike	East Anglia	0:02
20:25	55	Stefan Gloyn	Army Cycling	O	S	39	TT Bike		
20:26	56	Paul Schofield	Ely & District CC/B&T Motor Repairs	O	V	44	TT Bike	East Anglia	0:11
20:27	57	Mark Ellis	Mercedes AMG Petronas CC	O	V	60	TT Bike	East Anglia	1:47
20:28	58	Richard Harrison	DRAG2ZERO	O	V	46	TT Bike	East Anglia	0:19
20:29	59	Paul Jay	DRAG2ZERO	O	V	47	TT Bike	East Anglia	0:23
20:30	60	Matt Steel	Pronto Bikes	O	V	49	TT Bike	East Anglia	0:33
20:31	61	Kevin Tye	VeloRefined Rule 5	O	V	62	TT Bike	Kent	2:05
20:32	62	Mark Jones	DRAG2ZERO	O	V	52	TT Bike	East Anglia	0:49
20:33	63	Richard Oakes	Team Ohten Aveas	O	V	55	TT Bike	Notts & E.Mids	1:09
20:34	64	Piotr Zulawski	Cambridge CC	O	S	30	TT Bike		
20:35	65	Matthew Smith	DRAG2ZERO	O	V	46	TT Bike	East Anglia	0:19
20:36	66	Michael Martin	CC Ashwell	O	V	59	TT Bike	East Anglia	1:39