



**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**

**COURSE E2/10 – THURSDAY 13<sup>TH</sup> JUNE 2019 - STARTS AT 19:01**

Course details E2/10 - START at paint mark at end of feeder road from West Wrattling 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').

**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 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.**

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 maneuver 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; these can be exchanged for a hot or cold drink after the event.
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.

**Timekeepers: Tim Groves and Becki Groves**

**Event Secretary: Antony Stapleton 35 Whitlock Drive CO9 4EE**

**Telephone: Home: 07881 502505**

**EVENT HQ – Westley Waterless Village Hall, CB8 0RH**

**Hall open from 5pm latest**

**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**