



Promoted for and on behalf of Cycling Time Trials under their rules and regulations

The START SHEET for the East Anglia VTTA 25 mile Individual & Tandem Time Trials (Preference to VTTA members)

Course F2C/25. Saturday 21st September: Starts at 14:01

Event Organiser:	Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT 07873 707826
Timekeepers:	Tim and Wally Groves
Headquarters:	Toft People's Hall, School Lane, Toft, Cambridge CB23 2SA. The hall will be open from 1:00pm and signing-on will start at 1:00pm.
Course F2C/25	<p>START at the end of the Armco on the westbound A428 on-slip from Hardwick, proceed on A428 westbound to exit at Cambourne off-slip (CTT arrows here but NO MARSHAL).</p> <p>TURN by taking the 3rd exit at the first roundabout, crossing the A428 to the second roundabout and taking the 3rd exit to rejoin A428 eastbound.</p> <p>Proceed on A428 past Hardwick and take the A1303 slip road (CTT arrows here but NO MARSHAL) signed Cambridge.</p> <p>TURN at Madingley roundabout taking 4th exit to rejoin A428 westbound.</p> <p>Proceed on A428 past Hardwick junction to exit at Cambourne off-slip (still no marshal) to TURN (for second circuit) by crossing the dual carriageway and rejoining the A428 eastbound.</p> <p>Proceed to A1303 slip road and TURN again at Madingley roundabout.</p> <p>Rejoin A428 westbound and exit again at Cambourne of-slip to TURN</p>

	<p>(for 3rd time) by crossing the dual carriageway and rejoining the A428 eastbound. Proceed on A428 to FINISH at 2nd lay-by, at paint mark level with first drain grid past first drain gully in raised dividing strip. (this is the same finish point as is used in the F2/15).</p> <p>There will be no marshals directing riders off the dual carriageway, for safety reasons. There will be multiple CTT arrows so no excuses for missing the turns.</p>
HQ to start:	3¼ miles of slightly uphill or flat road. From the HQ turn right and then left towards Hardwick. Continue to a T-junction where turn left onto St Neots Road and follow this to the first roundabout (the Hardwick junction). The start is on the westbound (to Bedford) slip road onto the A428. Signs will mark the route.
Finish to HQ:	4½ miles. Continue to the next slip road and exit to Hardwick junction. Cross over the dual carriageway and at the roundabout take the first exit, St Neots Road. Follow this and turn right onto Cambridge Road, signed Toft. Follow that to the T junction, turn right and the HQ is on your left. Signs will mark the route.
Parking:	No parking at the finish or close to the start. There is limited parking in a car park opposite the HQ but many riders choose to park along St Neots Road closer to the start and finish. There is plenty of space to park along St Neots Road but please don't park in front of houses.
Lights:	Working front and rear lights, flashing or constant, are compulsory and any rider without one will not be allowed to start.
Helmets:	Helmets are compulsory and any rider without one will not be allowed to start.
Warming-up:	No warming up along the course by competitors once the event has started. St Neots Road is ideal for warming up.
Refreshments:	A drink will be available free of charge at the HQ. Home-made cakes will also be available so please bring plenty of £1 coins.
Results Screen:	There will be a results screen at HQ.
Marshals:	Please acknowledge their dedication as you pass.
New Course:	This is a new course so appreciate any feedback.
Pot Holes and Safety:	Note the surface on the three roundabouts is "not great", so take care . Highways are scheduled to resurface the Madingley roundabout this week and next so you might find the surface has been scraped.
Bushes at Top of Cambourne Slip Road	Take care at top of slip road entering roundabout as visibility is limited due to bushes/undergrowth.

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.
- 8, When finishing, please do not return to the finishing area or communicate with the timekeepers.
- 9, Results will be posted online as soon as is practical.

If you cannot ride please notify me.

If you are running late and miss your slot please call me on 07873707826 – I should be able to find a space for you.

Start Time	NO	NAME	CLUB	Class	CAT	AGE	Machine	VTTA GROUP	VTTA adj
14:02	2	Rachael Elliott	Newbury Velo	F	V	46	TT Tandem	London & Home Counties	05:27
14:02	2	Ian Greenstreet	Newbury Velo	O	V	60	TT Tandem	London & Home Counties	05:27
14:04	4	John Swanbury	VC Baracchi	O	V	77	TT Tandem	East Anglia	10:38
14:04	4	Allistair Banks	VC Baracchi	O	V	69	TT Tandem	East Anglia	10:38
14:05	5	Ian Short	CC Sudbury	O	V	51	TT Bike	East Anglia	1:53
14:06	6	Robert Watson	Cambridge CC	O	V	64	TT Bike	East Anglia	6:13
14:07	7	Ann Shuttleworth	Cambridge CC	F	V	58	TT Bike	East Anglia	9:06
14:08	8	James Wood	West Suffolk Wheelers	O	V	61	TT Bike	East Anglia	5:00
14:09	9	Mark Thomas	Bigfoot CC	O	V	61	TT Bike	East Anglia	5:00
14:10	10	Roger Porter	Verulam CC	O	V	77	TT Bike	London & Home Counties	13:32
14:11	11	Simon Geraci	VTTA (Yorkshire)	O	V	56	TT Bike	Yorkshire	3:16
14:12	12	Ron Naman	Shaftesbury CC	O	V	79	TT Bike	East Anglia	15:03
14:13	13	Andrew Merchant	Southend Wheelers	O	V	59	TT Bike		
14:14	14	John J Murphy	Gloucester City Cycling Club	O	V	84	TT Bike	West	19:29
14:15	15	Andrew Porter	Welwyn Whs	O	V	62	TT Bike	East Anglia	5:23
14:16	16	Patrick Claridge	Chelmer CC	O	V	60	Road Bike	East Anglia	4:37
14:17	17	Brian Martin	Ciclos Uno	O	V	75	TT Bike	East Anglia	12:09
14:18	18	Michael Weaver	Rockingham Forest Wheelers	O	V	55	Road Bike	Notts & E.Mids	2:58
14:19	19	Chris Last	Rotherham Wheelers Cycling Club	O	V	60	TT Bike		
14:20	20	Paul Wright	Army Cycling	O	V	57	TT Bike	East Anglia	3:35
14:21	21	Garry Shuker	Walsall Roads Cycling Club	O	V	69	TT Bike	Midlands	8:36
14:22	22	Stanley Worrell	VC Baracchi	O	V	64	TT Bike	East Anglia	6:13
14:23	23	Jen Clegg	Team Bottrill	F	V	70	TT Bike	Notts & E.Mids	16:39
14:24	24	Deborah Sheridan	...a3crg	F	V	67	TT Bike	Midlands	14:31
14:25	25	Richard Hutt	Harp RC	O	V	67	Road Bike		
14:26	26	Emily Varley	Hitchin Nomads CC	F	S	30	TT Bike		
14:27	27	Richard Mellor	Team Bottrill	O	V	55	TT Bike	East Anglia	2:58
14:28	28	Matthew Smith	Gemini BC	O	V	44	TT Bike	Kent	0:29

14:29	29	Andrew Vaughan	City RC (Hull)	O	V	58	TT Bike	Yorkshire	3:55
14:30	30	Ian Auger	Fenland Clarion CC	O	V	61	TT Bike		
14:31	31	Simon Ward	Welland Valley CC	O	V	54	TT Bike	Notts & E.Mids	2:40
14:32	32	Peter Noble	Ely & District CC/B&T Motor Repairs	O	V	57	TT Bike	East Anglia	3:35
14:33	33	Simon Murphy	St Neots CC	O	V	48	TT Bike		
14:34	34	Andrew Gibson	Gravesend CC	O	V	56	TT Bike	Kent	3:16
14:35	35	Matthew Cook	Bedfordshire Road RT	O	V	54	Road Bike	East Anglia	2:40
14:36	36	Peter Iffland	Chippenham & District Wheelers	O	V	60	TT Bike	West	4:37
14:37	37	Mark Welch	Oxted Cycle Club	O	V	61	TT Bike	Surrey/Sussex	5:00
14:38	38	Stewart Harrison	Team Bottrill	O	V	58	TT Bike	East Anglia	3:55
14:39	39	Roger Sewell	Wisbech Whs	O	V	77	TT Bike	East Anglia	13:32
14:40	40	Chris Dyason	Cambridge CC	O	V	76	TT Bike	East Anglia	12:50
14:41	41	Cliff Voller	VTTA West Group	O	V	73	TT Bike	West	10:52
14:42	42	John Watson	Hitchin Nomads CC	O	V	58	Road Bike	East Anglia	3:55
14:43	43	Louis Tate-Harris	Bedfordshire Road RT	O	S	30	TT Bike		
14:44	44	Stephen I'Anson	Buxton CC/Sett Valley Cycles	O	V	68	TT Bike	Manchester & NW Group	8:05
14:45	45	Paul Birkin	Buxton CC/Sett Valley Cycles	O	V	62	TT Bike	Manchester & NW Group	5:23
14:46	46	Roger Whittle	Gloucester City Cycling Club	O	V	55	TT Bike	West	2:58
14:47	47	Nick Esser	Beccles Tri Club	O	V	52	TT Bike		
14:48	48	Anthony Westwood	Gravesend CC	O	V	58	TT Bike	Kent	3:55
14:49	49	Nicholas Coe	Verulam Really Moving	O	V	66	TT Bike	London & Home Counties	7:07
14:50	50	Mick Stevens	Melton Olympic CC	O	V	74	TT Bike	Notts & E.Mids	11:30
14:51	51	Matthew Holland	D A P Cycling Club	O	E	22	TT Bike		
14:52	52	Sean Bradley	Team Trident	O	S	35	TT Bike		
14:53	53	Andrew Halliday	Westerley Cycling Club	O	V	52	TT Bike	London & Home Counties	2:08
14:54	54	Jonathan Durnin	Welland Valley CC	O	V	52	TT Bike	Notts & E.Mids	2:08
14:55	55	Gary Pamment	CC Sudbury	O	V	53	TT Bike	East Anglia	2:24
14:56	56	Paul Williamson	St Neots CC	O	V	54	Road Bike	East Anglia	2:40
14:57	57	Louise Robinson	Shaftesbury CC	F	V	48	TT Bike	East Anglia	6:55
14:58	58	Chris Lord	Brighton Excelsior CC	O	V	72	TT Bike	Surrey/Sussex	10:16
14:59	59	Lee Turner	VeloRefined Rule 5	O	V	55	TT Bike	East Anglia	2:58

15:00	60	Martin Fisher	Melton Olympic CC	O	V	45	TT Bike	Notts & E.Mids	0:39
15:01	61	Thomas Pfeiffer	Dulwich Paragon CC	O	V	54	TT Bike		
15:02	62	Ian Wroblewski	SPRNT	O	V	50	TT Bike	Notts & E.Mids	1:38
15:03	63	Karl Robertson	Worthing Excelsior CC	O	V	49	TT Bike	Surrey/Sussex	1:25
15:04	64	Dan Jenkins	Hart Performance Coaching	O	V	57	TT Bike	East Anglia	3:35
15:05	65	Jeff Roberts	High Wycombe CC	O	V	59	TT Bike	London & Home Counties	4:16
15:06	66	Matthew Peck	Ipswich BC	O	V	42	TT Bike	East Anglia	0:13
15:07	67	Warren Jackson	Congleton CC - MyWindsock	O	V	51	TT Bike		
15:08	68	Simon Higgs	Essex Roads CC	O	V	50	TT Bike		
15:09	69	Thomas Carroll	CC Breckland	O	V	43	TT Bike		
15:10	70	Wolfgang Emmerich	Team Bottrill	O	V	58	TT Bike	London & Home Counties	3:55
15:11	71	Mark Woolford	ZeroBC Race Team	O	V	58	TT Bike	East Anglia	3:55
15:12	72	Richard Gifford	trainSharp	O	V	61	TT Bike	Surrey/Sussex	5:00
15:13	73	Tim Butler	Gloucester City Cycling Club	O	V	50	TT Bike	West	1:38
15:14	74	Paul Smith	VeloRefined Rule 5	O	V	52	TT Bike	Kent	2:08
15:15	75	Kevin Wood	Sherwood CC	O	V	63	TT Bike	Notts & E.Mids	5:48
15:16	76	Colin Currie	Ely & District CC/B&T Motor Repairs	O	V	41	TT Bike	East Anglia	0:06
15:17	77	Matthew Reader	Verulam CC	O	V	55	TT Bike	London & Home Counties	2:58
15:18	78	Nicholas Knight	Hart Performance Coaching	O	V	49	TT Bike		
15:19	79	Adam Fisher	Cambridge CC	O	V	42	TT Bike	East Anglia	0:13
15:20	80	Antony Brown	George Fox Cycling Solutions	O	V	65	TT Bike	East Anglia	6:39
15:21	81	Barrie Whittaker	Lyme Racing Club	O	V	67	TT Bike	Manchester & NW Group	7:35
15:22	82	David Prom	Abellio - SFA Racing Team	O	V	54	TT Bike	Kent	2:40
15:23	83	Keith Dorling	Team Bottrill	O	V	65	TT Bike	East Anglia	6:39
15:24	84	Andy Thomas	Lindsey Roads Cycling Club	O	V	55	TT Bike	North Midlands	2:58
15:25	85	Paul Schofield	Ely & District CC/B&T Motor Repairs	O	V	44	TT Bike	East Anglia	0:29
15:26	86	Richard Harrison	DRAG2ZERO	O	V	47	TT Bike	East Anglia	1:00

15:27	87	Mark Hamer	Legato Racing Team (LRT)	O	V	49	TT Bike	Midlands	1:25
15:28	88	Darran Bennett	Ely & District CC/B&T Motor Repairs	O	V	54	TT Bike	East Anglia	2:40
15:29	89	George Fox	George Fox Cycling Solutions	O	S	30	Road Bike		
15:30	90	William Taylor	Go Fast Turn Left	O	S	32	TT Bike		
15:31	91	Nic Pillinger	St Neots CC	O	V	47	TT Bike	East Anglia	1:00
15:32	92	Kevin Tye	VeloRefined Rule 5	O	V	62	TT Bike	Kent	5:23
15:33	93	Stuart Day	Team Echelon	O	V	55	TT Bike	East Anglia	2:58
15:34	94	Michael Martin	CC Ashwell	O	V	59	TT Bike	East Anglia	4:16
15:35	95	David Ackerley	Stowmarket & District CC	O	V	46	TT Bike		
15:36	96	Deborah Beare	Icknield RC	F	V	42	TT Bike	London & Home Counties	6:28
15:37	97	Ian Braybrook	Basildon CC	O	V	49	TT Bike		
15:38	98	Tom Cosgrove	VTTA (London & Home Counties)	O	V	57	TT Bike	London & Home Counties	3:35
15:39	99	Joseph Costello	Legato Racing Team (LRT)	O	V	65	TT Bike	Midlands	6:39
15:40	100	Sean Epstein	Regents Park Rouleurs	O	S	31	TT Bike		
15:41	101	Grant Orsborn	Bedfordshire Road RT	O	V	64	TT Bike	East Anglia	6:13
15:42	102	Marek Sasura	GS Avanti	O	V	48	TT Bike	Kent	1:12
15:43	103	Ed Tarelli	Race Hub	O	V	52	TT Bike	Notts & E.Mids	2:08