

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 Trial

**COURSE E2/25 – SATURDAY 23<sup>rd</sup> SEPTEMBER 2023- STARTS AT 14:01**

**Course details E2/25 -** START (GR 657637) at paint mark on A142 just before slip road to A14 westbound. Take sliproad & continue onto A14 westbound, and stay in left lane onto A11 where A14 diverges. Continue to Four Went Ways (12.77m), where take slip road to elevated roundabout and circle to rejoin A11 northbound. Retrace via A11 and A14 to FINISH (658632) at last drain cover before 'Give way in 100Yds' sign on slip road to A142.

NOTE: No vehicles to park on slip road or verge, it is a clearway and stopping is an offence.

**HELMETS ARE COMPULSORY. NO HELMET NO RIDE.**

**WORKING FRONT AND REAR LIGHTS, FLASHING OR CONSTANT, ARE COMPULSORY AND ANY RIDER WITHOUT BOTH WILL NOT BE ALLOWED TO START.**

**NOTES TO RIDERS - The following 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. **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.**
3. **Numbers will be situated in the HQ; these can be exchanged for a hot or cold drink after the event. NO cars to stop or park at the start or finish areas, the finish is a clearway.**
4. **No warming-up by competitors is allowed along any part of the designated course, after the event has started. NOTE: NO Riders allowed in the start area more than 5 minutes before starting.**
5. **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.**
6. **Riders are required to both sign on and off. Failure to do so will result in a rider being disqualified from the results.**

**Timekeepers: Tim Groves and Wally Groves.**

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

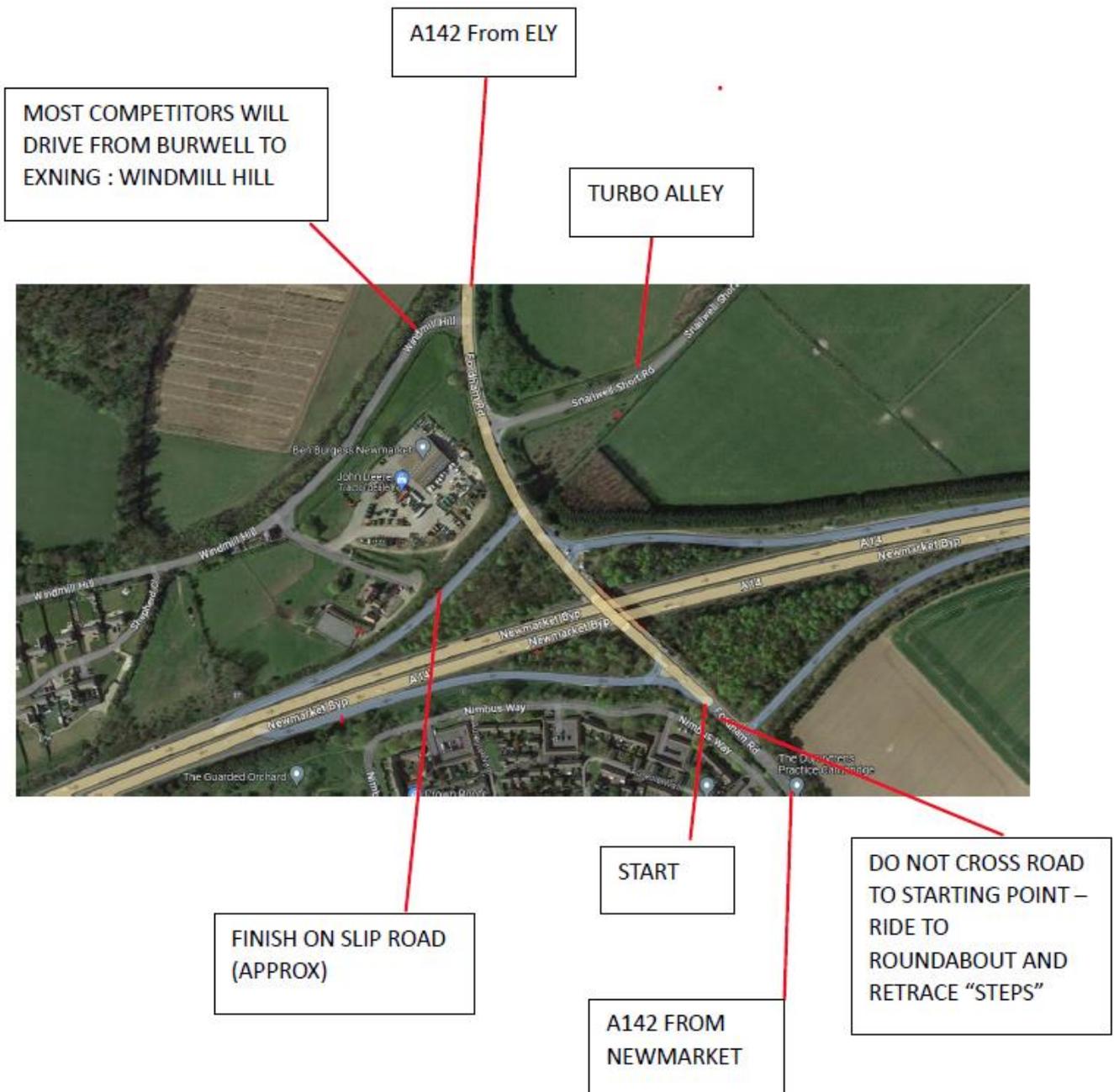


Proceeds from the catering will be donated to this charity

**EVENT HQ – Mandeville Hall, Tan House Lane (Off Reach Road), Burwell CB25 0AR.** [This is the Cambridge end of Burwell]

**HQ open from 12.30pm latest: NO CLEATS IN THE HALL PLEASE**

There are various routes from HQ to the start – none will be marked. Please study maps carefully. There is another event at the hall so likely to be limited parking. Most competitors drive to the start and park and warm up in Snailwell Short Road i.e. “turbo alley”. See map below



The key point to note is that this is a fast DC and you must ride in the left hand lane/ "slow" lane, inside lane at all times. **The A14 splits at 4.5 miles and you MUST bear left onto the A11 [M11] towards London and Harlow.**



#### **SIGNING-OUT**

Please return to HQ to sign-out and return your number. Don't forget to sign out. Failure to do so can lead to disqualification.

#### **REFRESHMENTS – Tea/Coffee and Cakes**

These will be provided by the Isabel Hospice. There will be a free drink for all riders and helpers. Please bring cash to support the Hospice by purchasing cakes.



#### **SCREEN**

There will be a screen at HQ where results will be displayed. Note results are only provisional until signed-off by the time-keepers.

#### **MARSHALS:**

Marshals will be at the turn. Please acknowledge their dedication as you pass.