



**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 19th June 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.

#### **HQ**

**Main Street,  
Westley Waterless,  
Newmarket  
CB8 0RQ**

**///What3Words**

**unsecured.vaulting.emphasis**

“Please can I request that you 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.

Will be open from 18:00 **please absolutely no cleats inside hall! Sorry there will be no refreshments at HQ - if we have the tech we will try and use the ResultSheet service.**

**Route from HQ to start**

**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.

**START** (GR 573562) at paint mark in feeder road from West Wratting just before junction with A1304 (1 kerb joint before drain near 'Give Way' sign). Bear left onto A1304 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 A1304 slip road to **FINISH** (GR 571560) 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'). All dual carriageway. A bit rolling, but only one fast roundabout turn. A quick course.

### **Regulation 14 (j) and (k)**

Riders are also reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

**NO HELMET - NO LIGHT - NO RIDE**

### **LONDON EAST REGULATIONS**

4.5.1 A competitor must not warm up on any part of the course after the event has started.

4.5.2 A competitor must not move out of the first (inside) lane of any multi-lane carriageway to complete the course.

4.5.3 A competitor must not cross the central reservation of a dual carriageway, either on foot or astride a cycle.

Any competitor doing any of the above shall be disqualified from the event and may face further disciplinary action.

4.6.1 Marshals placed to direct competitors off the main carriageways must not stand at the apex between the carriageway and the slip road, but should be located at the beginning of the slip road.

4.6.2 No U-Turns are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

4.6.5 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.

Results will be published on the relevant websites once all are confirmed.

### **Organiser Contact Details**

Harry Moore  
105 Lansdowne Drive London  
07885736383

harry\_louise@btinternet.com

### **Time keepers/officials**

**Time keepers** Tim & Wally Groves.

**Marshalls** members and friends of CCH Louise, Jacqueline, Neil & David - from the VTTA  
Anthony & David - many thanks for giving up your time.

## Course Records

Solo Open  
Alex Dowsett  
30-May-14 | ECCA 10

Solo Female  
00:19:31  
Joanna Patterson  
23-Jun-21 | East Anglian VTTA (Preference to EA VTTA members)

Solo Open (Junior)  
00:18:46  
Thomas Day  
31-Aug-19 | RTTC National 10 mile Championship (London East DC)(Women & Juniors)(Entries close 03/08/19)

Solo Female (Junior)  
00:20:40  
Elynor Backstedt  
31-Aug-19 | RTTC National 10 mile Championship (London East DC)(Women & Juniors)(Entries close 03/08/19)

Tandem  
00:18:06  
Glenn Taylor, Mark Arnold  
05-May-18 | lea valley cc (3 events - 180 machines)(tandems)(fee per rider)