



**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 21<sup>st</sup> September: Starts at 14:01**

<b>Event Organiser:</b>	<b>Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT</b> <b>07873 707826</b>
<b>Timekeepers:</b>	Tim and Wally Groves
<b>Headquarters:</b>	Toft People's Hall, School Lane, Toft, Cambridge CB23 2SA.  <b>The hall will be open from 1:00pm and signing-on will start at 1:00pm.</b>
<b>Course F2C/25</b>	<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 <b>(CTT arrows here but NO MARSHAL)</b>.</p> <p>TURN by taking the 3<sup>rd</sup> exit at the first roundabout, crossing the A428 to the second roundabout and taking the 3<sup>rd</sup> exit to rejoin A428 eastbound.</p> <p>Proceed on A428 past Hardwick and take the A1303 slip road (CTT arrows here but <b>NO MARSHAL</b>) 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><b>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.</b></p>
<b>HQ to start:</b>	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.
<b>Finish to HQ:</b>	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.
<b>Parking:</b>	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.
<b>Lights:</b>	Working front and rear lights, flashing or constant, are compulsory and any rider without one will not be allowed to start.
<b>Helmets:</b>	Helmets are compulsory and any rider without one will not be allowed to start.
<b>Warming-up:</b>	No warming up along the course by competitors once the event has started. St Neots Road is ideal for warming up.
<b>Refreshments:</b>	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.
<b>Results Screen:</b>	There will be a results screen at HQ.
<b>Marshals:</b>	Please acknowledge their dedication as you pass.
<b>New Course:</b>	This is a new course so appreciate any feedback.
<b>Pot Holes and Safety:</b>	Note the surface on the three roundabouts is "not great", so <b>take care</b> . Highways are scheduled to resurface the Madingley roundabout this week and next so you might find the surface has been scraped.
<b>Bushes at Top of Cambourne Slip Road</b>	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.