

# **East Anglian VTTA (Preference to 50 EAVTTA members)**

**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 – Wednesday 22nd JUNE 2022 - STARTS  
AT 19:01**

**22/06/2022 19:00**

**E2/10**

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## **Headquarters**

**Westley Waterless Village Hall, CB8 0RH**

**Hall open from 5.45pm.**

**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.

## **Route from HQ to 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 Wrating. Start is immediately in front of you. Park carefully along WC/WW road.

## **Course details**

START (GR 573562) at paint mark in feeder road from West Wrating 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.

## Local regulations

phone indicator post marked '85/0').

**Lights and helmets: Working front and rear lights are now compulsory, as is a cycling helmet. Without complying with these requirements, riders cannot start.**

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.

## Organiser contact details

Harry Moore  
105 Lansdowne Drive London  
07885736383  
0207 249 4712  
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## Time keepers/officials

**Timekeepers: Tim Groves and Wally Groves**

## Course records

### Solo Male

00:17:20  
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 Male (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)

## **Awards/prizes**

The rules for EA VTTA events are as follows:

1. Awards will be made on standard "plus" or "vets' handicap", with separate results lists for men and women.
2. In order to ensure broad equality of access to awards, the number of awards offered in each category will be determined by the number of entrants. First place will be awarded in each category irrespective of the number of entries. Thereafter, one award will be offered for each subsequent entrant.
3. Awards will be identical in value, place, for place, for men and women as follows: 1st: £30; 2nd: £25; 3rd: £20.
4. There will be separate team awards on aggregate standard or vets' handicap for men and women. Men's team awards will be based on the top three finishers in each category.

Based on 5 female entrants and 66 males there will be one prize for female VTTA members

and 6 for Male VTTA members.

## **NOTES TO COMPETITORS:**

### **17. Signing-on Sheet and Signing-out Sheet**

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## East Anglian VTTA (Preference to 50 EAVTTA members)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Rory Havis	Ely & District CC/B&T Motor Repairs		
2	07:02:00	Clinton Butcher	Cambridge CC		
3	07:03:00	Denese Hallahan	Wisbech Whs		
4	07:04:00	Andrew Porter	Welwyn Whs		
5	07:05:00	Brian Martin	Ciclos Uno		
6	07:06:00	Adam Fisher	Cambridge CC		
7	07:07:00	Stephen Watson	Hertfordshire Whs		
8	07:08:00	Lee Hellen	Newmarket Cycling & Triathlon Club		
9	07:09:00	Shay Giles	VC Elan - Harry Perry Cycles		
10	07:10:00	Vida Sutova	Redbridge CC		
11	07:11:00	Alison Fox	Ely & District CC/B&T Motor Repairs		
12	07:12:00	Andy Poulton	Welland Valley CC		
13	07:13:00	Glen Clark	Ely & District CC/B&T Motor Repairs		
14	07:14:00	Robert Tillott	St Ives CC		
15	07:15:00	David Hodsman	Dulwich Paragon CC		
16	07:16:00	Dominic Whitehead	Cambridge CC		
17	07:17:00	William Phillips	VTTA (East Anglia Group)		
18	07:18:00	Bob Quarton	Wolsey RC		
19	07:19:00	Graham Pepperdine	Verulam CC		
20	07:20:00	Kevin Humphreys	Sherwood CC		
21	07:21:00	Richard Mellor	Team Bottrill		
22	07:22:00	Andrew Grant	Chelmer CC		
23	07:23:00	Andrew Clarke	North Shropshire Wheelers		
24	07:24:00	Patrick Charlton	Wolsey RC		
25	07:25:00	Michael Allen	Team Enable - M.I. Racing - McCann		
26	07:26:00	Gerrard Rafferty	Bedfordshire Road CC		
27	07:27:00	Roger Porter	Verulam CC		
28	07:28:00	Kevin Wood	Sherwood CC		

Start Number	Start Time	Rider	Club	Gender	Category
29	07:29:00	Chris Dyason	Cambridge CC		
30	07:30:00	John Dowling	Hemel Hempstead CC		
31	07:31:00	Simon Butteriss	Ely & District CC/B&T Motor Repairs		
32	07:32:00	Mark Halliday	North Bucks RC		
33	07:33:00	James Lawler	Bedfordshire Road RT		
34	07:34:00	Steven Loraine	Legato Racing Team (LRT)		
35	07:35:00	Will Shepherd	Ely & District CC/B&T Motor Repairs		
36	07:36:00	Stuart Lemanski	VTTA (East Anglia Group)		
37	07:37:00	Jackie Field	CC Ashwell		
38	07:38:00	Chris Tye	Plomesgate CC		
39	07:39:00	Michael Cope	Kettering CC		
40	07:40:00	Adrian Gower	Hitchin Nomads CC		
41	07:41:00	Shaun Woodley	Newmarket Cycling & Triathlon Club		
42	07:42:00	Murat Ozdenya	Team Vision Racing - Silverhook		
43	07:43:00	Geoff Reynolds	Hemel Hempstead CC		
44	07:44:00	Jez Willows	Sherwood CC		
45	07:45:00	Gary Pamment	CC Sudbury		
46	07:46:00	Neil Dowie	Shorter Rochford RT		
47	07:47:00	Mark Hamer	Stratford Cycling Club		
48	07:48:00	Robert Watson	Cambridge CC		
49	07:49:00	Mark Woolford	Team Swindon Cycles		
50	07:50:00	Iain Boardman	Dulwich Paragon CC		
51	07:51:00	Ian Short	Team Salesengine.co.uk		
52	07:52:00	Andrew Grant	Cambridge CC		
53	07:53:00	Terry Garlinge	Easterley Road Club		
54	07:54:00	Ben Redman	Cambridge CC		
55	07:55:00	Antony Brown	George Fox Cycling Solutions		
56	07:56:00	Max Sahota	Team Bottrill		
57	07:57:00	Keith Dorling	Team Bottrill		
58	07:58:00	Matt Donovan	Bedfordshire Road RT		
59	07:59:00	Ann Shuttleworth	Cambridge CC		
60	08:00:00	Mark Arnold	VTTA (East Anglia Group)		
61	08:01:00	Colin McDermott	Festival Road Club		
62	08:02:00	Nick Morgan	Hitchin Nomads CC		
63	08:03:00	Paul Jay	DRAG2ZERO		
64	08:04:00	Matt O'Brien	Loose Cannon's Conditioning		
65	08:05:00	Matt Steel	Pronto Bikes		

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
66	08:06:00	Matthew Peck	Ipswich BC		
67	08:07:00	Kevin Tye	VeloRefined Rule 5		
68	08:08:00	Sam Brown	6AM Cycling		
69	08:09:00	Mark Jones	DRAG2ZERO		
70	08:10:00	Alan Murchison	HUUB WattShop		
71	08:11:00	Matthew Smith	DRAG2ZERO		