

# EASTERN COUNTIES CYCLING ASSOCIATION

## Open Twelve Hour Time Trial

Incorporating the VTTA East Anglia Group Championship

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

**Sunday 14th August 2016 — Course E2/12 — Start 05.40 hrs**

*Course record — Adam Topham 313.87 miles 2015*

**Main timekeepers: Trevor Pedley and Eric Angell**

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Event Secretary: David Nock, 81 Woodhall Road, Chelmsford, Essex CM1 4AF Telephone: 07939 695523

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### **MORNING AND EVENT HEADQUARTERS**

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Chesterfords Community Centre, Newmarket Road, Great Chesterford, Saffron Walden CB10 1NS  
On B1383 north of Great Chesterford (OS grid ref TL505433). Start is only 200 yards from the HQ.

Open 4.00 am for tea, coffee, drinking water and toilets. Signing-on, Brian Martin

*All day parking and showers after the event.*

*Catering by Nettaprise, return your number for a drink*

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### **Event Awards**

#### **ECCA Awards — All Riders**

1st; £60 ~ 2nd; £50 ~ 3rd; £40 ~ 4th; £30 ~ 5th; £25      1st Lady; £40 ~ 2nd; £30

Best rider from ECCA club; £50 plus the Dunlop Cup for one year

Best team of three from ECCA club; Gilt Medals plus 12 hour Team Shield for one year

John Norris Cup for best ECCA rider under 21 years of age, if none then best ECCA Novice (first ever 12 hour)

Handicap Awards ~ 1st; £35 ~ 2nd; £30 ~ 3rd; £25      1st Lady on Handicap; £30 (Fred Fisher Memorial Fund)

Eddie Engel Memorial Award ~ To the rider with the distance nearest the average distance of all finishers £50

#### **VTTA East Anglia Group Awards**

1st on actual distance ~ 1st on standard ~ 1st team of three on standard

1st on actual distance in age bands ~ 40-44; 45-49; 50-54; 55-59; 60-64; 70-74; 80-84

*Only members of the VTTA are eligible for awards*

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### **Event Officials**

Main Timekeepers: Trevor Pedley and Eric Angell

*50 mile timekeeper: Eric Angell — 100 mile timekeeper: Trevor Pedley*

*Result board mileage (estimated and final): Terry Anderson, Mick Trickett & Val Hester — Result board: David Nock*

*Traffic count: Stan Broom — Check card collection: Dave Nock (Dave will collect cards and advise all marshals on last rider)*

*Handicapper: Terry Anderson 1 Claypits Road, Boreham, Chemsford, Essex CM3 3BZ (to whom all improvements must be sent)*

**Feeding arrangements:** As the demand for food has grown less each year, we will only provide food at the drinks stations, if requested three days before the day of the event

Six Mile Bottom: Essex Roads CC, drinks — Fowlmere circuit: Essex Roads CC, drinks — 86 and 182 mile stations are on circuits and will be available until circuit closes — Finishing circuit: Elite CC and Chelmer CC, drinks and sponge

Cut-outs: A1304 exit from A11: Peter Tibbits — Cross roads at Six Mile Bottom: Val Hester and Mick Trickett  
Circuit C, A505 Duxford: Matt Haigh

**Circuit Timekeepers:** Main, Trevor Pedley; No 1, Michael Keen; No 2, Frida Wezel; No 3, Ian Taylor; No 4, John Cottee; No 5, Peter Beresford; No 6, Laura Carter; No 7, Eric Angell

*Would all timekeepers please set their watches to the talking clock*

Main		Miles	0
1.	At 2nd drain gully on one way section of old A11 just before merging with new A11	1.133	1.133
2.	At field entrance on B184 south of Stump Cross, at drain cover by field entrance 100 yards past Historic Town sign	2.293	3.427
3.	Northbound on B184 opposite LP17 just after roundabout 'Turn' at Little Chesterford	1.573	5.000
4.	Northbound on A1301 level with 44th milestone on verge just after Genome Campus sign before Hinxton RAB	1.933	6.934
5.	Northbound on A1301 in gap in crash barrier 17 yards past first large direction board before Sawston RAB	1.841	8.775
6.	On A505 Eastbound in line with weather station post (just before 7.5T Except for Access sign in lane on left)	2.044	10.820
7.	At 'P' sign at western end of lay-by on A505 east of Sawston RAB and just before lane to Pampisford	1.466	12.286

*End of circuit, Main Timekeeper*

# Notes for Competitors

- **Use of Motor Vehicle** (CTT regulation 19). Details of the vehicle are registered on the enclosed form, and must be deposited at the morning HQ before the time of start for the rider. You must not be overtaken more frequently than once every ten miles. You must not be handed up food or drink from a moving vehicle.
- **Numbers.** Competitors must only use the numbers supplied by the event organizer. Body numbers should only be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arm facing forwards. **It is the rider's responsibility to ensure that their body and arm numbers are clearly visible at all times. This is especially important in the event of wet weather and riders deciding to wear rain jackets. If Checkers cannot see your number your final distance may be compromised.**
- There must be no organized feeding or obstruction of lay-bys on the A11. Individual feeding must be carried out in a safe manner.
- When your 12 hours is up you must continue to the next Circuit Timekeeper at racing speed otherwise your final distance will be reduced.
- Traffic lights on A505 at Duxford must be obeyed, an Observer will be present.

## CTT London East Local Regulations

**4.8.2** No 'U' TURNS are allowed within sight of either the start or finishing points, riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the District Committee.

**4.8.4** STATIC TRAINERS in respect of consideration for local residents the use of static trainers are banned from all morning events held in the London East District.

**4.8.5** Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action in the London East District Committee.

**In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. All juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. Cycling Time Trials and the Event Promoters recommend the use of a flashing rear light whilst competing.**

**Cut-outs:** In order to keep the field reasonably together cut-outs will operate at the following points:

- 46.9 miles A1304 exit from A11. Competitors reaching this point after 08.30am will be directed off the A11 onto A1304, thereby avoiding 2nd leg to Red Lodge turn (deduct 36.979 miles), at the Organiser's discretion slower riders may be cut out before 08.30am. This is to ensure compliance with the restriction imposed by National Committee that riders are clear of the A14 by 09.30am.
- At Six Mile Bottom riders may be directed off Six Mile Bottom/Stetchworth/Dunsley Corner circuit before completing five circuits (deduct 12.773 miles for each missed circuit).
- At the first left turn after Duxford M11 RAB on A505 riders may be directed to continue along A505 before completing five circuits of the Whittlesford/Newton/Fowlmere/Flint Cross circuit (deduct 12.183 miles per circuit).
- Other cut-outs may be operated at the discretion of the Organiser.

## COURSE E2/12

	Marshal number	Intermediate mileage	Total mileage
Start at paint mark on B1383, 0.25m south of Stump Cross RAB, where broken line merges with carriageway		0.000	
Proceed north to Stump Cross RAB, Turn left A1301	M1		
Straight across next three RAB's to Sawston RAB	M2&C	2.827	2.827
Turn right A505 and follow to join A11, keep left up slip road to Four Went Ways RAB, A1307, straight over (second exit) to rejoin A11	M3,4&C	2.585	5.412

### START OF CIRCUIT A

Continue on A11 to join A14, follow for 7 miles,  
keeping left to rejoin A11, north of Newmarket.

Follow A11 past Suffolk boundary to Freckenham sign

(Note there are two exits to B1085, take second exit)

Slip left to T junction turn right (with care) Red Lodge

Continue to small RAB where right, third exit, cross over A11

to RAB, take third exit to rejoin A11 south

Retrace via A11, A14, A11 to Four Went Ways RAB

Circle RAB to rejoin A11 north

### END OF CIRCUIT A

### REPEAT CIRCUIT A FOR SECOND TIME

Red Lodge and Four Went Ways

Circle Four Went Ways RAB to rejoin A11 north second time

continue on A11, take slip road A1304 Six Mile Bottom

M5		
M6		
M7		
M8&C	18.522	23.934
M9		
M10,11&C	18.628	42.562
	37.150	79.712
M12&C	4.652	84.364

*Course description continues overleaf*

	Marshal	Intermediate Mileage	Total Mileage
<b>START OF CIRCUIT B</b>			
at cross roads after level crossing		0.919	85.283
Follow A1304 to Stetchworth RAB, Newmarket	M13&C	3.508	88.791
Take first exit A1303 and continue to Dunsley corner	M14&C	5.564	94.355
Turn left and follow lane under A11 to turn left onto A1304 at cross roads, Six Mile Bottom	M15&C	3.701	98.056
<b>END OF CIRCUIT B</b>			
<b>COMPLETE CIRCUIT B FIVE MORE TIMES</b>			
If cut out, deduct 12.773 miles per circuit		63.865	161.921
Turn right (with great care) onto A1304 and rejoin A11 south	M16&C		
Retrace to Four Went Ways RAB up slip road	M17&C		
Straight over RAB to rejoin A11/A505	M18	5.518	167.439
Keep on left to join A505 straight over Sawston and next RAB to circle RAB above M11 take fourth exit to rejoin A505	M19&C	2.594	170.033
Turn left into first lane	M20&C	1.856	171.889
	M21&C	0.431	172.320
<b>START OF CIRCUIT C</b>			
Follow lane to turn left at T junction in Whittlesford	M22&C	1.192	173.512
Follow lane over M11 to Newton.			
Turn left at cross road on to the B3168	M23&C	1.884	175.396
Continue on B1368 through Fowlmere to Flint Cross where left with great care to join A505	M24&C	4.635	180.031
Follow A505 to Duxford over M11 to turn left	M21&C	4.472	184.503
<b>END OF CIRCUIT C</b>			
<b>COMPLETE CIRCUIT C FIVE MORE TIMES</b>			
If cut out deduct 12.183 per circuit		60.915	245.418
After sixth circuit (or if cut out) continue on A505 to Sawston RAB, go straight over	M25	1.427	246.845
Continue on A505 to turn left just before joining A11	M26&C	1.824	248.669
Follow road under A505 to T junction, where left past Building Reclaim Centre	M27	0.309	248.978
Proceed to finishing circuit			
<b>FINISHING CIRCUIT</b>			
Cross over A11 to RAB take fourth exit on to old A11	M28&C	0.109	249.087
Follow old A11 to join new A11 (great care)			
Take first slip road signposted B184 Stump Cross	M29&C	2.349	251.436
At bottom of slip road turn left onto B184	M30	0.692	252.128
Continue straight over RAB to Little Chesterford RAB	M31&C	1.670	253.798
Circle RAB and retrace on B184 to Stump Cross RAB			
Straight over RAB to join A1301			
Continue straight over three RABs to Sawston RAB	M32&C	4.011	257.809
Left onto A505 to first RAB where circle and retrace	M33&C	1.504	259.313
To Sawston RAB where straight over	M25&C	1.350	260.663
Continue on A505 to turn left just before joining A11	M26&C	1.824	262.487
Follow road under A505 to T junction, where left past Building Reclaim Centre	M27	0.309	262.796
<b>END OF FINISHING CIRCUIT — each circuit 13.818 miles</b>			
1 circuit, 262.796 m.			
2 circuits, 276.614 m.			
3 circuits, 290.432 m.			
4 circuits, 304.250 m.			
5 circuits, 318.068 m.			

## MARSHALLING SCHEDULE

Marshals placed to direct competitors off the main carriageway must not stand at the apex between the carriageway and slip road, but should

M1	Stump Cross left A1301	Bishop's Stortford CC	5.00
M2&C	Sawston RAB right A505	Bishop's Stortford CC	5.05
M3-4&C	Four Went Ways RAB straight over A11	Lea Valley CC	5.10
<b>Start of circuit A</b>			
M5&C	Slip road off A11 to Red Lodge		5.50
M6	T junction right to Red Lodge	VTTA	5.50
M7	1st RAB turn right over A11 Red Lodge		5.50
M8-9&C	2nd RAB turn right rejoin A11	West Suffolk Wheelers	5.50
M10-11&C	Four Went Ways turn rejoin A11 north	L.Finch, B.Lee	6.15
<b>Repeat circuit again, same marshal arrangements</b>			
M10-11&C	Four Went Ways 3rd time turn rejoin A11 north	L.Finch & B.Lee	7.40
M12&C	Slip road A1304 to Six Mile Bottom	P Tibbits	7.50
<b>Six mile Bottom cross roads, start of circuit B</b>			
M13&C	Stetchworth RAB left A1303	Cambridge CC	8.05
M14&C	Dunsley Corner left into lane to Six Mile Bottom	Team Cambridge	8.20
M15-16&C	Cross roads Six Mile Bottom	St. Ives CC	8.30
<b>End of circuit B, complete 5 more circuits, same marshal arrangements</b>			
	Turn right into A1304 & rejoin A11 when cut out	St Ives CC	
M17-18&C	Four Went Ways 4th time straight over	A Olivo	11.30
M19&C	Sawston RAB straight over on A505	Shaftesbury CC	11.35
M20&C	Duxford RAB over M11 turn retrace A505		11.40
M21&C	Left turn to Whittlesford	Lea Valley CC	11.40
<b>Start of circuit C</b>			
M22&C	Left turn to Newton	Hainault RC	11.45
M23&C	Newton cross roads left to Fowlmere B1368	Cambridge CC	11.55
M24&C	Flint Cross left A505	Cambridge CC	12.10
M21&C	Left turn to Whittlesford	Lea Valley CC	
<b>End of circuit C, complete 5 more circuits, same marshal arrangements</b>			
M25&C	A505 Sawston RAB straight over	Chelmer CC	15.00
M26&C	Left turn of A505 to Building Reclaim Centre		15.05
M27&C	Left turn at T junction at Building Reclaim Centre	t.b.c.	15.05
<b>Start of finishing circuit</b>			
M28	Right turn at RAB onto old A11	Ciclos Uno	15.10
M29&C	Left off A11 onto slip road to Stump Cross		15.20
M30&C	Left onto B184 to Little Chesterford RAB	t.b.c.	15.20
M31&C	Little Chesterford RAB turn and retrace	t.b.c.	15.25
M32&C	Left turn onto A505 at Sawston RAB	Chelmer CC	15.35
M33&C	New Duxford RAB turn and retrace A505	Ciclos Uno	15.40
M24&C	Sawston RAB straight over A505		
M25&C	Left turn off A505 to building reclaim centre	Chelmer CC	
M26	Left turn at T junction building reclaim centre		
<b>End of finishing circuit</b>			
	Observer at traffic lights Duxford A505	S Broom	12.15

NOTES:

The Internet Entry System does not provide any information re. riders L.T.S performances at 12 hours . Handicaps have therefore been calculated based upon L.T.S. 100. Anyone without a valid L.T.S. 100 has not been given a Handicap.

Lights Off Time is 05:40 so early starters do not need lights.

						VTTA		
No	Start_			Hcap	Club	Std	Group	ECCA
40	05:40	Bob	Loader	127.8	Sydenham Whs	125.57	Kent	
41	05:41	Melinda	Atkinson (W)	121.5	Lovelo Cinelli RT			
42	05:42	Ian	Mackenzie (Trike)	118.8	Southend Wheelers	155.22	EA	y
43	05:43	Rob	Waghorn	117.0	Congleton CC	166.79	M & NW	
44	05:44	Zoila	Gilham Fernandez (W)		West Suffolk Whs & TC			y
45	05:45	Dawn	Adams (W)		Victoria-Ciclos.com CC			y
46	05:46	Kate	McPherson (W)	112.5	Hitchin Nomads CC			y
47	05:47	Suzanne	Shaw (W)		Kingston Phoenix RC			
48	05:48	Alec	Mayes	107.1	Ashford Whs	164.36	Kent	
49	05:49	Josh	Crow-Stewart		Hemel Hempstead CC			
50	05:50	Gary	Shaw		Greenwich Tritons TC			
51	05:51	Bethany	Harrison (W)	108.0	Lovelo Cinelli RT			
52	05:52	Adrian	Taverna	70.2	St Neots CC	202.08	EA	y
53	05:53	Lloyd	Wright		Lovelo Cinelli RT			
54	05:54	Gary	Boyd	109.8	Hub Velo			y
55	05:55	James	Bromley	108.0	Becontree Whlrs CC			Y
56	05:56	Phillip	Cook	108.0	Thanet RC			
57	05:57	David	Raymen	69.3	Hoddesdon Tri Club			
58	05:58	Graeme	King		45 RC			Y
59	05:59	Theresa	Taylor (W)	72.9	Preston CC	174.64	NL & L	
60	06:00	Jocelyn	Chappell	85.5	Aylesbury CC			
61	06:01	Peter	Baker	58.5	Lewes Wanderers CC	189.19	S & S	
62	06:02	Alexander	Kew	68.4	Kingston Phoenix RC			
63	06:03	Jobe	Usher		North Road CC			
64	06:04	Richard	Moule	59.4	Bossard Whs	187.71	L & HC	
65	06:05	Duncan	Gell	58.5	Drighlington BC			
66	06:06	Carl	Stephens	54.0	Basildon CC			Y
67	06:07	Tony	Cosstick	63.0	Chippenham & Dist Whlrs			
68	06:08	Nick	Clarke		Lovelo Cinelli RT			
69	06:09	Alan	Morris	84.6	Hinckley CRC	193.36	N & EM	
70	06:10	Mark	Nulty	18.9	Team Swift			
71	06:11	Mike	Piper	33.3	Abellio - SFA RT	212.59	Kent	
72	06:12	Graham	Painter	38.7	Chelmer CC	205.77	EA	Y
73	06:13	Nick	Morgan	45.0	Hitchin Nomads CC			y
74	06:14	Gavin	McCloskey-Lambert	53.1	Manchester Wheelers			
75	06:15	Alex	Napier	20.7	Blazing Saddles	209.71	S & S	
76	06:16	John	Watson	33.3	Hitchin Nomads CC	199.66	EA	y
77	06:17	Neil	Allonby	37.8	Icknield RC	204.53	L & HC	y
78	06:18	Eric	Grill	44.1	AeroCoach			
79	06:19	Martin	Foord	52.2	Abellio - SFA RT			
80	06:20	Gray	Turnock	18.0	Finsbury Park CC	202.08	EA	y
81	06:21	Julian	Pegg	31.5	Hitchin Nomads CC	195.95	EA	y
82	06:22	Peter	Hooper	36.0	Eastbourne Rovers CC			

No	Start_			Hcap	Club	VTTA		ECCA
						Std	Group	
83	06:23	Shaun	Williams	40.5	Abellio - SFA RT			
84	06:24	Simon	Trehearn	51.3	Kingston Phoenix RC			
85	06:25	Marc	Townsend	18.9	Neon Velo			
86	06:26	Elliot	Gowland	31.5	Team Bottrill	207.05	North	
87	06:27	Adam	Bidwell	36.0	Kingston Wheelers CC			
88	06:28	Anthony	Collier	43.2	Hoddesdon Tri Club			
89	06:29	Gerry	McGarr	50.4	Gloucester City CC	179.37	West	
90	06:30	Harry	Walton	18.0	Cheltenham & Cty CC			
91	06:31	Peter Pav	Bryan	30.6	Rye & District Whlrs			
92	06:32	Rob	Dulson	36.0	Hainault RC	193.36	EA	y
93	06:33	Pierre	Guern	43.2	Leamington C & AC			
94	06:34	Luke	Allen	49.5	Sheffrec CC			
95	06:35	Rich	Hunt	19.8	Army Cycling Union			
96	06:36	Trevor	Mayne	28.8	Birdwell Wheelers	197.21	N Mids	
97	06:37	Dale	Lush	34.2	Kingston Phoenix RC			
98	06:38	John	Golder	39.6	Chelmer CC	181.17	EA	Y
99	06:39	Roy	Cuppelditch	45.0	Colchester Rovers CC	197.21	EA	Y
100	06:40	Richard	Bideau	Scr	Pendle Forest CC	205.77	NL & L	