



# NORTH NORFOLK WHEELERS CYCLE CLUB



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CLUB WEBSITE [www.nnwheelers.co.uk](http://www.nnwheelers.co.uk)

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday 20<sup>th</sup> May 2017**

## **Course B100/9 Start time 12:00 hours**

TIMEKEEPERS Andy Moore (CC Breckland)/John Chambers (NNW)

PUSHER OFF John Chambers and Ady Jay (NNW)

RESULTS BOARD Mark Harman (NNW)

MARSHALLS (x2 Shifts) John Dimascio (NNW)  
John Hayward (NNW)  
Henry Woodley (NNW)  
Teresa Harman (NNW)  
Mike Padfield (NNW)  
Nigel Walsh (NNW)  
Guy Thorold (NNW)  
David Carrier (NNW)  
Charlie Nurse (NNW)

### MARSHALLING POINTS :

- 1) Hillington - left hand turn from A148 to B1153 heading south direction Grimston and Gayton
- 2) Gayton – left hand turn from B1153 to B1145 heading east
- 3) Left hand turn from B1145 to A1065 heading north east direction to Fakenham
- 4) Fakenham roundabout - left hand turn from A1065 back onto A148 towards Kings Lynn

REFRESHMENTS Sarah and Ady Jay (NNW)

**COURSE DETAILS B100/9 (Fakenham – Hillington – Gayton – Fakenham Circuit)**

**START** in layby on A148 approx. 1.2 miles west of the A148/A1065 Hempton roundabout at Fakenham. Proceed west along the A148 through East Rudham to Hillington where turn left onto the B1153, continue through Grimston to Gayton where turn left (**GIVE WAY SIGN – EXTREME CARE!**) onto the B1145. Proceed east to the junction with the A1065 where turn left and proceed to the A148/A1065 roundabout at Hempton/Fakenham, take the 1<sup>st</sup> exit onto the A148 to go past the start at end of 1<sup>st</sup> circuit (33.908 miles) Complete 2<sup>nd</sup> circuit (67.815 miles). Start 3<sup>rd</sup> circuit and continue as before to **FINISH** at pull in on left, north of Shereford Road on A1065, 0.5 miles before Fakenham/Hempton roundabout (100 miles).

**Please be mindful that this is a sporting course – there is some surface break-up and the usual bumps, lumps and pot-holes to be expected on B classification roads. It is also single carriageway, so be visual and mindful of traffic using this road.**

**Please report to the start within good time.**

**COURSE RECORD** 3:41:16 Michael Hutchinson (Bio RT) Year 2000

**EVENT HEADQUARTERS** Sculthorpe Village Hall, Moor Lane, Sculthorpe, Fakenham NR21 9PY

The hall is in the heart of the village so please be respectful of the facilities and the location.

The hall has a good-sized car park, please park with consideration. There is plenty of additional street parking on The Street when you pull off the A148. There is restricted street parking in Moor Lane.

**SPONSORED BY PRETTY CORNER TEA GARDENS and BLACK BIKES**

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Numbers can be exchanged for a free drink after the event.

**Attn. All competitors** – Please note that for 2017 all competitors are now required to **PERSONALLY** sign the sign out sheet when returning the number. **Failure to do will result in the competitor being recorded as DNF**

#### EAST DISTRICT LOCAL REGULATIONS

“U” TURNS will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A “U” turn is defined as a 180-degree turn completed within the width of the carriageway whilst astride the machine. It is recommended that riders should dismount, check the road is clear in both directions, then with machine walk across the road.

**WARMING UP** - No warming up along the course once the event has started. *There will be a tricycle event run over the same course starting one hour earlier so please do not warm up on the A148 going towards Kings Lynn.* Suggest warming up on roads to the North of the HQ (Moor Lane leading to B1355).

**IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.**

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33- 954, CPSC or EN 1078.

THE EAST DISTRICT COMMITTEE RECOMMENDS THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS.

#### PRIZES

One rider, one prize, except team prize.

SCRATCH	1 <sup>st</sup> £20	2 <sup>nd</sup> £15	3 <sup>rd</sup> £10
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LADIES	1 <sup>st</sup> £20	2 <sup>nd</sup> £15	3 <sup>rd</sup> £10
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FASTEST VET ON STANDARD	1 <sup>st</sup> £20	2 <sup>nd</sup> £15	3 <sup>rd</sup> £10
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AGE GROUP PRIZES	(A) 40-44	£15
	(B) 45-50	£15
	(C) 51-55	£15
	(D) 56-60	£15
	(E) 61-65	£15
	(F) 66+	£15

TEAM OF THREE	£15 Each
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**COURSE RECORD stands at 3hrs 41mins 16 sec set by Michael Hutchinson in 2000. There is an additional £20 prize if the winner beats this.**

**HEADS UP AND RIDE SAFE.**

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