

Velo Club Baracchi

Open 10 mile Time trial

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.

The use of Turbo-trainers at East District events with am starts is prohibited

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 RECOMMEND THAT COMPETITORS SHOULD FIT A READ L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS

Awards (one rider-one prize, except team)

Scratch	1 st - £20 3 rd - £10	2 nd - £15
Vet on Std	1 st - £18 3 rd - £9	2 nd - £13
Ladies	1 st - £15 3 rd - £8	2 nd - £10
Fastest Team	£5 each	

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday 23rd September 2017 - Course B10/44

Start Time 14:01pm

Event Secretary: Mark Richards, 64 Rotterdam Road, Lowestoft, Suffolk, NR322HA
richards_mb@yahoo.co.uk
07980742327

Timekeepers: Pete & Pam Milner - Godric CC & Lynn Evans GYCC

Pusher Off: Barry Debenham- Godric CC

Marshalls & Helpers: Members and friends of Velo Club Baracchi

Course Details: B10/44 (Earsham – Redenhall)

START at white paint mark in "The Street", Earsham 3 meters from A143. Join A143 WITH CARE. Proceed west along A143 to Redenhall roundabout. Encircle and retrace along A143 to FINISH 0.5 miles east of start at white paint mark 50 meters west of sewage works.

Event Headquarters- Earsham Village Hall.

EARSHAM VILLAGE HALL
VILLAGE HALL
THE STREET
EARSHAM
NORFOLK
NR35 2TS

Parking: Limited parking the Village Hall. Please park considerately.

HQ open from 13:00

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