

NORWICH AMATEUR BICYCLE CLUB

THE ROB MATTHEWS MEMORIAL OPEN 10

Saturday 30TH September 2017 14.00

Course: B10/43

HQ: Wortwell Community Centre



Founded 1879

Event Sec: Andy Blackwell, 28 Horseshoe Road, Hethersett, NR9 3PA

Tel: 01603 940527

Mobile: 07835 482734

Timekeepers: Start – Mrs Jenny Lusher

Finish – Mr Richard Smith

HQ Address: Tunbeck Close, Wortwell, Norfolk, IP20 0HS.

Course details: START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle & proceed west on A143 to FINISH at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Numbers: These will be at the HQ and not at the start. Numbers can be exchanged for a free drink at the HQ.

Parking: There is ample parking at the HQ.

HQ: Toilets and refreshments are provided. Please do not change or wear cleats in the Hall.

C.T.T. EAST DISTRICT RULES

- 1. WARMING UP:** There is to be no warming up on any part of the course once the event is in progress.
- 2. U-TURNS:** These are not permitted on the course or roads adjacent to the Start or Finish areas while a race is in progress.
NOTE – Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.
DEFINITION – A U-turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that rider(s) should dismount, check the road is clear in both directions, then, with machine, walk across the road.)

SAFETY RECOMMENDATIONS

- a) **Helmets:** In the interests of your own safety, CTT and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets internationally accepted safety standards. All competitors under 18 **MUST** wear a **HARD SHELL HELMET** that meets internationally accepted safety standards.
- b) **Rear lights:** It is recommended that competitors use a **REAR LED LIGHT** which is either flashing or constant to enhance visibility to other road users. This should be active whilst the machine is in use.

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS.

PRIZES

Scratch	1 st £25	2 nd £20	3 rd £15	4 th £10	5 th £5
Vets on Std	1 st £15	2 nd £10	3 rd £5		
Fastest Lady	1 st £15	2 nd £10			
Fastest Junior	1 st £10				
Team	£5 each.				

Rob Matthews 1967 - 2014

Robert died suddenly at just 47 years old on 30th July 2014. This was a great shock to all of us in NABC as well as members of other local clubs. Rob was local BAR-winner in 2001. In that year he won the NCA 100 in 3:56:19 - the only sub-four-hour ride - after an epic first half battle with David Gigg and Dave Green. He followed this with a win in a rain-swept Breckland 12 hour with 250.34 miles. Until recently Rob held NABC club records for a number of distances.

In recent years he concentrated on being manager of the Under 14s at Rocklands Youth Football Club. He had recently been consulting a coach about a serious cycling comeback, something which all of us in NABC were keenly awaiting.

Rob's untimely death is a huge loss to us all. This event will be held annually in his memory.



Picture by Fergus Muir