



## Velo Club Norwich

### OPEN 10 MILE SOLO TIME TRIAL, SATURDAY 18TH AUGUST 2018 Promoted for and on behalf of Cycling Time Trials under their rules and regulations

**Event Secretary** Markos Janes, 14 Ecton Walk, Old Catton, Norwich, NR67ES.  
Tel 07442256525, email markosjanes@aol.com

**Timekeepers** Andrew Moore and Stephen Penny

Starting stewards, recorders, marshals, and catering: Members and friends of VC Norwich

**Race HQ** Connaught Hall, Station Road, Attleborough, NR17 2AS

**Course** B10/3B (Attleborough – Snetterton – Attleborough)

START at paint mark on road adjacent to A11 westbound inter junction. Proceed left to join slip road and A11 and continue via Attleborough RAB to Snetterton. Take slip road and proceed to RAB. Take 1st exit and proceed to 2nd RAB. Take 1st exit and proceed to 3rd RAB. Take 1st exit and proceed to 4th RAB. Take 1st exit to join A11 eastbound. Proceed via Attleborough RAB to FINISH at painmark approx 0.5 miles past start area.

**To the start** Turn right out of HQ car park and proceed to end of road. Turn left and then filter right on one way road. Turn right into the High Street, bear left at end (signposted Watton B1077) At the traffic lights before A11, turn left into Blackthorn Road where you will find the start. Distance = 0.8m total.

**Back to HQ** Continue after the finish for 1.5 miles, past the Shell petrol station and come off at slip road signed Wymondham (B1172) At roundabout take the first exit towards Morley and continue towards Attleborough. At T junction turn right and ride over the A11 bridge and continue to Attleborough. Once in Attleborough follow signs for the railway station to return to HQ. Distance approx 4 miles. **Riders will, under no circumstances, turn and use the “on” slip road immediately after the finish. Anybody observed attempting this will be reported to the organiser.**

**Signing in and out** This will be in the Race HQ and not at the start. Please sign on before collecting your number. Please do not damage the numbers with adhesive or by using pins other than through the eyelets. Refreshments will also be available. All competitors are now required to Sign Out when returning their number. Failure to sign out will result in the competitor being recorded as DNF. On return of the number riders will be provided with a free drink. Donations will be gratefully received in aid of our chosen charity Maisies Wheels.

**Parking** Parking is available at the HQ( 60 + spaces). There is very little parking at the race start as it is in a residential area. Please be respectful for local residents near the start. Reports and complaints of riders urinating in areas around the start have been received so please avoid doing this. Toilets are available at the HQ!

## **CTT EAST DISTRICT LOCAL REGULATIONS**

**Turbo trainers** Use of turbos trainers for this afternoon event is allowed

**U Turns** U turns will not be permitted on the course or on roads adjacent to the start and finish areas while the event is in progress. NOTE a u turn is defined as a 180 degree turn completed within the width of the carriageway whilst astride the bicycle. It is recommended that the rider should dismount, check the road is clear in both directions then with the bicycle walk across the road.

**Warming up** No riding along the course by competitors once the event has started. Any breaking of these regulations in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

**Safety** LED rear lights- it is recommended that a working rear light either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

### **Cycling helmets** IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoter strongly advise you to wear a hard shell helmet that meets internationally accepted safety standards.

All competitors under the age of 16 years and/or juniors must wear properly affixed protective helmets which must be of hard/soft shell construction. Helmets should conform to recommended standard such as SHELLB95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078.

It is the responsibility of the rider(or parent/guardian) if the rider is under 18 years of age to:-

- a) Select a standard of protective headgear that offers protection against head injury and does not restrict the riders vision or hearing
- b) Ensure that the headgear is properly fitted, is undamaged and in good condition.

### **PRIZE LIST**

**Men** 1st= £25, 2nd= £15, 3rd= £10

**Women** 1st= £25, 2nd= £15, 3rd= £10

**Vet A 40-49** 1st= £15, 2nd= £12, 3rd= £10

**Vet B 50-59** 1st= £15, 2nd= £12, 3rd= £10

**Vet C 60-69** 1st= £15, 2nd= £12, 3rd= £10

**Vet D 70+** 1st= £15, 2nd= £12, 3rd= £10

**Team** Fastest 3 riders from 1 club £10 each

**ONE RIDER, ONE PRIZE (EXCEPT TEAM)**