

GODRIC CYCLING CLUB start sheet for the DAVE HATCHER MEMORIAL OPEN 25 MILE TIME TRIAL to be held on the 23rd September 2018 on Course B25/50. Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations. Start time 09.04am

The event incorporates a qualifying Event for the Womans BAR competition.

Event Secretary: Paul Vergette, 29 Church Road, Upton, NR13 6AJ. Telephone 07715284787.

Headquarters: Alburgh Village Hall, Low Road, Alburgh IP20 0BX. Allow plenty of time to get to the start which is approximately 2 miles from the HQ.

TIMEKEEPERS: Pam and Peter Milner and Lynn Evans.

HANDICAP times are set as per CTT handicap tables. Handicap times are calculated from actual times recorded this year.

Marshalling by Members of the Godric Cycling Club.

Numbers will be at the Headquarters and not at the start. When you have finished your ride please return your number **AND SIGN OFF OR YOU WILL BE DISQUALIFIED FROM THE RESULTS.**

COURSE; Start at White paint mark on kerb on A143 near junction with Church Lane Redenhall. Proceed east to turn at 2nd RAB (Chicken) at junction with B1332. Encircle and proceed west to Redenhall RAB. Encircle and retrace on A143 past start to 2nd RAB (Chicken). Encircle and retrace on A143 to FINISH at white paint mark 12 metres east of alignment of electricity power poles and 1/10th mile east of start. **At the finish do not stop near the Timekeepers but continue riding to the HQ where the times will be displayed.**

In the interests of your own safety CYCLING TIME TRIALS and the EVENT PROMOTERS advise you to wear a hard shell helmet that meets the Internationally accepted standards. It is also strongly recommended that riders use a rear light, either constant or flashing, visible to following road users.

CTT EAST DISTRICT LOCAL REGULATIONS. U TURNS will not be permitted on the course or roads adjacent to the Start or Finish Areas whilst the 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. 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.

No warming up along the course once the event has started.

NOTE; The use of turbo trainers is BANNED at all events with AM start Times.

Refreshments will be available in the Hall following the return of your Number. DO NOT forget to sign off. Please keep noise to a minimum for neighbours of the Village Hall.

Have a fast safe and successful ride and KEEP YOUR HEADS UP

PRIZES:

SCRATCH	WOMEN	HANDICAP	VETS ON STANDARD
1 st £20	1 st £15	1 st £15	1 st £15
2 nd £15	2 nd £12	2 nd £12	2 nd £12
3 rd £10	3 rd £10	3 rd £10	3 rd £10

Fastest team of Three £10 each. One rider one prize except team.

COURSE RECORDS: Men 50.35 Women 1.00.42

If either of these are broken £20. To the new record holder.