**Velo Club Norwich**

 **Open 10 Mile Time Trial, Saturday 17th August 2019**

**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 07442259525, email **markosjanes@aol.com**

**Timekeepers,** Andrew Moore, TBC

**Race HQ,** Morley Village Hall,Golf Links Rd, Morley St Peter, Wymondham NR18 9SU

**Course,** B10/3A(revised)

To the start. Turn right out of the HQ, at the top of Golf Links Rd turn right onto B1172 and proceed to start approx 1 mile

**Start** at paint mark on road, B1172, approx 500 yds from junction with sliproad to A11 at Besthorpe Bridge.

Proceed to All sliproad junction, turn left and join A11 eastbound.

Proceed east to Browick junction, sliproad signed 'Mulbarton'.

Take sliproad and proceed to RAB (1), take 3rd exit and proceed over bridge to RAB (2).

Take 2nd exit and proceed west down sliproad to join A11 westbound.

Proceed west on A11 to **Finish** at large green MOT sign just past BP garage.

To return to HQ, exit A11 at first junction after race finish, proceed to top of slip road and turn right. In 200m turn left onto B1172 and follow for approx 1.2m then turn left into Golf Links Rd and the HQ.

**Riders are reminded to observe ALL give ways whilst on the course. Care should especially be taken at the junction of the B1172 and A11 slip road as this is approached at speed and with limited visibility, ensure you adjust your speed to be able to stop if needed. Any riders found to be ignoring the give way will be reported and may be disqualified.**

**Signing in/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 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 their number riders will be provided with a free drink. Donations will be gratefully received in aid of the clubs charity.

**Parking** parking is available at the HQ and on Golf Links Road if carefully and respectfully placed.

 **CTT EAST DISTRICT LOCAL REGULATIONS**

**Turbo Trainers** Use of turbo 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 road whilst astride the bicycle. It is recommended that the rider should dismount, check the road is clear in both directions and then with the bicycle walk across the road.

**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.

**Prize List**

Men 1st £20

 2nd £15

 3rd £10

Women 1st £20

 2nd £15

 3rd £10

Vets on Std 1st £20

 2nd £15

 3rd £10

Team £10 each

One rider, one prize except Team