

VC NORWICH 10 Mile Open Time Trial

Sunday 16th May 0900

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Please take note of the following Covid 19 guidance.

Social distance rules apply to all riders, helpers, marshals
and time keepers.

please be respectful and keep us all safe.

Please do not attend the event if you or any member of your
support crew or family shows symptoms of Covid 19.

Course: B10/43 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
and proceed west on A143 to FINISH at white paint mark near 1st drive-
way 200 metres west of junction of A143 & B1062.

Organiser Markos Janes, 14 Ecton Walk, Norwich , Norfolk, NR67ES,
07442259525, markosjanes@aol.com

Timekeepers Andrew Moore, Stephen Penny

Event HQ The Community Centre, Tunbeck Close, Wortwell, IP20 0HS

Please note there will be car park marshal on duty and follow their
instructions regarding parking please. Once your race is completed and
you have signed out and returned your race number could you please
vacate the HQ as soon as reasonable. There will be NO results board
due to COVID restrictions or catering so there is no need to stay. This
way we should be able to allow all competitors to park and stay socially
distant. Toilets are available and will be accessed on a 'one in, one out'
basis, please give yourself enough time to queue and use!

Signing On/Out Available from 0800. This will be at the Hall entrance. Numbers will be cleaned in advance and will NOT have any pins, please bring your own. You will also need to bring a pen to sign on and off, please don't forget. Once finished please sign out and deposit your number in the bucket of soapy water provided.

To The Start Turn right out of the HQ and proceed along High Rd to the Redenhall RAB, take 3rd exit onto the A143 and proceed to start at Church Lane.

From The Finish Proceed along the A143 to the Redenhall RAB, leave via first exit and proceed along High Rd back to Wortwell.

CTT EAST DISTRICT LOCAL REGULATIONS

Turbo trainers Use of turbos trainers for this morning event is NOT 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.

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users

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.

Prizes

Scratch Mens:- 1st = £30, 2nd = £20, 3rd = £10

Scratch Ladies:- 1st = £30, 2nd = £20, 3rd = £10

Vet on Standard:- 1st = £30, 2nd = £20, 3rd = £10

Tandem:- 1st = £30, 2nd = £20, 3rd = £10

Esp:- 1st = £30, 2nd = £20, 3rd = £10

Team:- Fastest three riders from one club £10 each

Course Record = £50

One rider, one prize(except team and course record). All prizes to be paid by BACS transfer.