

Velo Club Baracchi

**Open 10-Mile (Mayday) Time Trial (Tandem event)
Promoted for and on behalf of Cycling Time Trials under their rules
and regulations**

**Monday 6th May 2019 - Start time 8:01am
Course B10/43**

HEADQUARTERS: (open from 6.30am) Wortwell Community Centre (IP20 0HS). Remember to sign on, and to SIGN BACK IN after you finish your ride. Your number can be exchanged for a free drink.
NB: PARKING - All competitors to park in the HQ car park. DO NOT use the disabled parking spaces unless you have a legitimate reason.
PLEASE, NO wearing of plated shoes in the HQ.

Directions to HQ: From the east, turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and after approx. one mile turn right at crossroads, signposted "Community Centre" (Tunbeck Close).

From the west, turn right (third exit) at the Redenhall roundabout on A143 Harleston by-pass into Wortwell village and turn left at crossroads, signposted "Community Centre" (Tunbeck Close).

(Route Hq Start)

Go down ramp at entrance to Wortwell Community Centre playing field and ride west to start (just over half a mile); or retrace down Tunbeck Close, turn right, go round Redenhall roundabout - ride east to start.

(Course Details)

Very flat single carriageway course, with a generally reasonable surface. Only one roundabout, so minimal chance of delays.

B10/43 (Redenhall – Bungay bypass - Wortwell)

START at green paint mark on kerb in "Church Lane", Redenhall near junction with A143 & 1/3 mile east of Redenhall roundabout. Join A143 WITH CARE & proceed east to turn at first roundabout (Clays) at junction of A143 & A144 (Broad Street). Encircle & proceed west on A143 to FINISH at green paint mark at first driveway 200 metres west of junction of A143 & B1062.

EAST DISTRICT LOCAL REGULATIONS:

“U” TURNS will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. 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 width of the carriageway whilst astride the machine

(It is recommended that riders should dismount, check the road is clear in both directions then, with machine, walk across the road.).

WARMING UP - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited.

IN THE INTERESTS of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A RED L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS

PLEASE NOTE THAT ALL COMPETITORS ARE REQUIRED TO PERSONALLY SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER. FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F.

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Timekeepers: Pete & Pam Milner & Mike Johnson

Pusher Off: John Thompson/Richard Allen

Marshalls & helpers: Members and friends of Velo Club Baracchi, Bruce Williams (North Norfolk Wheelers)

(Course Record)

John Iszatt (API)/Mark Arnold (Team Pedal Revolution) 20:00 (2010)