

# KINGS LYNN CYCLING CLUB

## OFFICIAL START SHEET

OPEN 25 MILE TIME TRIAL

SAT 1<sup>st</sup> April 2023 14.00pm

(PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS)

EVENT SEC. Simon Hardy  
18 Camfrey  
King's Lynn, Norfolk, PE30 3PJ  
Tel 07951 478183

TIMEKEEPERS Andy Moore,  
Peter Church, Naomi Church.  
HELPERS Members and Friends of King's Lynn CC

### COURSE DETAILS B25/33

START at West end of lay-by opposite village hall in Fincham. Proceed West along A1122 to junction with A134 (1.5m) (M) where turn left onto A134 to Wereham r/a where straight over to Stoke Ferry r/a (M) where take 1<sup>st</sup> exit and still on A134, Continue to Munford r/a (junc A1065) (M). Encircle r/a and retrace to Stoke Ferry r/a (M) where take 3<sup>rd</sup> exit to continue along A134 to Wereham r/a where straight over to FINISH opposite gateway approx 1/4 m short of A1122.

### PRIZES One Rider – One Prize (except Team)

Solo

1<sup>st</sup> Scratch £30

2<sup>nd</sup> Scratch £20

3<sup>rd</sup> Scratch £10

1<sup>st</sup> Lady £30

2<sup>nd</sup> Lady £20

3<sup>rd</sup> Lady £10

Team £30

Lantern Rouge £5

Spot prizes for 11<sup>th</sup>, 21<sup>st</sup> & 31<sup>st</sup>.

2up

1<sup>st</sup> team £30

2<sup>nd</sup> Team £20

3<sup>rd</sup> Team £10

H/Q: Fincham Village Hall where numbers and facilities will be available.

SIGNING ON: All riders must collect their own numbers and sign on and read any additional information relevant to the event

PARKING at H/Q, on hard standing, and grass where indicated not on football pitches, .Please park sensibly to allow maximum usage of hard standing.

### LOCAL REGULATIONS

U-TURNS Are not permitted on courses and roads adjacent to start and finish areas, whilst event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width while astride the machine.

NO warming up on course after start of event.

Failure to comply with these regulations may lead to disqualification from the event and further action by the district committee.

### HELMETS:-

ALL competitors 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.

It is the responsibility of the rider to: (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing. (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

**No helmet – No Ride**

CTT Regulations:

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

**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.

**No front or rear light – no ride**

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Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind. Thanks. Simon.

Attention all Riders: Please note that all competitors are now required to personally sign out on the sign out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.