

# KINGS LYNN CYCLING CLUB

## OFFICIAL START SHEET

OPEN 10 MILE TIME TRIAL

SAT 22<sup>nd</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

TIMEKEEPERS Andy Moore, Peter Church & Naomi.

King's Lynn, Norfolk, PE30 3PJ  
Tel 07951 478183

HELPERS Members and Friends of King's Lynn CC

Course Details :- B10/37r

START: On the A10 (Downham Market - King's Lynn) in lay-by 200 yards NORTH of church at South Runcton. Proceed SOUTHWARDS along road A10 to Bexwell Roundabout (Junction with A10/A1122) (3.7miles). Take first exit onto A1122, and continue to Stradsett where turn LEFT onto A134 (6.3 miles). Proceed along A134 to FINISH 60 yards beyond signpost for Church Lane, Tottenhill. (10.017 miles).

### PRIZES

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

Mens 1<sup>st</sup> - £30      2<sup>nd</sup> - £30      3<sup>rd</sup> - £20      4<sup>th</sup> - £10

Ladies 1<sup>st</sup> - £30      2<sup>nd</sup> - £30      3<sup>rd</sup> - £20      4<sup>th</sup> - £10

Junior 1<sup>st</sup> - £10

Lantern rouge £5      Team £30

Spot prizes - £5 – 7<sup>th</sup>, 17<sup>th</sup>, 27<sup>th</sup>, 37<sup>th</sup>

H/Q: Tottenhill Village Hall (PE33 0RS) where numbers and toilet 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.

**Return your number to the kitchen afterwards for a cup of tea.**

PARKING at H/Q, on hard standing and grass where indicated, not on football pitch.

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.

### 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**

### 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**

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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.**

Crossing the central white line on the exit of the second turn (Stradsett junction) will result in an instant disqualification.

CLOTHING – It is recommended that riders do not wear black or dark clothing during an event held on public roads.

Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – head down riding will not be tolerated.

COVID 19:-

Please take note of the following Covid 19 guidance. Although restrictions are no longer mandatory, please be respectful to all riders, helpers, marshals and timekeepers, help 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

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