

**GODRIC
CYCLING
CLUB**



Open 25 Mile Time Trial - 26th September 2021

COVER SHEET

25 mile open for tandems, women and men on course B25/50. Start time for first rider off at 09.01, individual start times listed in table below.

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

Organiser details: Larissa Webster, Little Town Farm, North Green Road, Cratfield, Suffolk, IP19 0DS. Email: lksno1uk@hotmail.co.uk. Mobile: 07747626029.

Team: Timekeeping: Start - Paul Vergette, Finish - Peter and Pam Milner. Marshalling: by members of Godric Cycling Club.

Headquarters: Wortwell Community Centre, Tunbeck Close, Wortwell, Halreston, IP20 0HS.

Numbers and sign on: Numbers will be at the HQ and NOT at the start line. Please remember to sign in when you collect your number and sign out when you return your number. Failure to sign in/out can lead to disqualification from the event.

Start and course: The start is approximately 1 mile from the HQ and car park, make sure you allow enough time to get there from HQ in time for your start.

Start at white paint mark on kerb on the A143 near junction with Church Lane, Redenhall. Proceed East to turn at **2nd roundabout** at junction with B1332 (Chicken RAB). Encircle and proceed West to Redenhall roundabout. Encircle and retrace on A143 past the start again to **2nd roundabout** at B1332 (Chicken RAB). Encircle and retrace on A143 to finish at white paint mark 1/10th of a mile East of the start.

Please do not stop at the finish, keep riding along A143 and return to HQ.

Regulations and guidance:

CTT regulations:

- ✧ 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.

East District Local Regulations:

- ✧ In the in interest of your own safety CTT strongly advise you to wear a hard shell helmet that meets an Internationally accepted safety standard. Any 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.
- ✧ 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 reported 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 walk across the road with their machine.

- ✧ No warming up on the course once the event has started.
- ✧ The onus of keeping to the course rests with each rider.
- ✧ Be aware of your surroundings, keep your head up. Competitors must not use any audio equipment except prescribed hearing aids. No use of mobile phones whilst mounted on machine.

Covid 19 Guidance:

Please observe social distancing wherever possible.

Please do not attend the event if you or any members of your family show symptoms of Covid 19.

- ✧ Parking - there should be ample parking at the headquarters. Please park sensibly and allow space between cars for social distancing.
- ✧ Toilet Facilities - the Community Centre will be open for use of the toilet facilities. Please only enter and exit the building from the designated doors at the side of the building near the toilets.
- ✧ Signing in/out and number table will be outside the hall (unless severe inclement weather where it will be just inside the hall). Please bring your own pen to sign in/out. Race numbers will be sanitised prior to and following the event, please limit handling of the numbers and only pick up your own number.
- ✧ **There will be no pusher off.**
- ✧ The race - please pass other competitors wide and safely. Allow a reasonable distance to do this.
- ✧ Finish - do not stop at the finish, return to the headquarters. Do not gather in groups at the finish, return to your vehicle. Do not forget to sign out and return your number. Results for the event will be published via email after the event, there will be no results board on the day.

Notes:

Prizes:

Scratch

	Women	Men
1 st	£20	£20
2 nd	£15	£15
3 rd	£10	£10

Vets on standard

1 st	£20	£20
2 nd	£15	£15
3 rd	£12	£12
4 th	£10	£10

One rider, one prize.