**NOTE COURSE CHANGE AND CHANGE FROM PREVIOUS HQ**

**Please note COVID 19-related items in red**

**VELO CLUB BARACCHI** **50-MILE TIME TRIAL**

**Sunday 23rd August 2020, a BBAR-counting event**

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

*EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret’s Road, Lowestoft, Suffolk, NR32 4TX. Tel. 07758 416272 / 01502 576913*

*riallen@talktalk.net*

*TIMEKEEPER: (Start and finish) Don and Heather Saunders (CC Breckland)*

*OFFICIAL OBSERVERS: John Thompson and Richard Allen (VC Baracchi)*

*MARSHALS AND HELPERS: Paul Vergette (Godric CC), John Swindells (Iceni Velo), Jonny Hawes (Great Yarmouth CC) and VC Baracchi members*

COURSE DETAILS: B50/19. (Ditchingham – Stockton – Redenhall – Needham x2) START at east end of lay-by on north side of A143, approx. 0.5 mile east of Ditchingham (“chicken”) roundabout (junction with B1332) and level with end of path alongside lay-by. Proceed east on A 143 to Stockton roundabout (3.5 miles); encircle and retrace on A143 via Ditchingham (7.5 miles), Bungay (8 miles) and Redenhall (14 miles) roundabouts to Needham (16.2 miles) roundabout; encircle and retrace on A143 via Redenhall (18.4 miles), Bungay (24.4 miles) and Ditchingham (25.4 miles) roundabouts to Stockton roundabout (29.4 miles); encircle and retrace on A 143 via Ditchingham (33.4 miles), Bungay (33.9 miles) and Redenhall (39.9 miles) roundabouts to Needham (42.1 miles) roundabout; encircle and retrace via Redenhall (44.3 miles) roundabout to FINISH at lay-by on north side of A143 approx 0.25 miles before (west) of footbridge over A143 to Bungay Common and 0.5 miles before (west) of Bungay roundabout, level with drain cover at west end of lay-by.

**NB: After passing the finish please continue on the A143 beyond the Ditchingham roundabout and take the first turn left back to the HQ.**

**Watch out!** at the three 'straight on' roundabouts. At the Redenhall roundabout going east the descent on approach is fast. Also, when heading east, the “chicken roundabout” at Ditchingham is a lot more than 180°.

Course records:

Men: Ben Stancombe (Team VeloVelocity) 1:45:20 (2019)

Women: Becky Taylor (Wisbech Wheelers) 2:02:51 (2019)

**PRIZES**: (One award per rider except for team):

Men 1st £35.00 2nd £25.00 3rd £15.00 4th £12.00

Women 1st £35.00 2nd £25.00 3rd £15.00 4th £12.00

Fastest team of three: £12.00 each

Vets on standard: 1st £25.00 2nd £15.00 3rd £12.00

HQ Broome Village Hall, Sun Road (NR35 2RW): TOILETS ONLY

IMPORTANT NOTE: early arrivals should park BEHIND the building, through the gate on the right side. Please park pretty! There is space for 20+ cars, with distancing. A further eight cars can park in front; then street parking. Please don’t wake the neighbours!

Queue outside the HQ at the right side door, respecting distancing tape. One in one out.

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.

U-Turns will not be permitted on course or roads adjacent to Start and Finish areas while the race 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.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then, with machine walk across the road).

Numbers will be at the H.Q. where you will need to sign in. Sign out after your ride. Failure to do will result in your being recorded as DNF.

No warming up along the course once an event has started.

Turbo trainers: The use of turbo-trainers is banned at all events with a.m. start times.

No competitor shall be permitted to start unless they have a working rear red light, either flashing or constant, and in a position that is clearly visible to other road users. NO REAR LIGHT – NO RIDE

• Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

• An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and should leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start.

• Competitors MUST NOT leave any personal items with the time keeper.

• Competitors on finishing MUST NOT stop at the finish. When you sign back in, place your number in the bucket provided. Then pack away and leave immediately.

There is no pusher-off. You MUST start with one foot on the ground.

No prizegiving on the day, or results board.

There are no changing facilities. You should arrive in your kit, ready to race. Be very discreet in making any adjustments in your vehicle!

Bring your own pen for signing in and out.

Unless using a skinsuit with transparent pockets all competitors must bring their own safety pins to secure their number.

There must be no socialising in the car park. Competitors should get their bike out and go straight out onto the road to warm up; a large collection of people has a negative perception and should be avoided.

FINALLY, imagine someone gets sick, and it’s traced back to us!