

# NORWICH AMATEUR BICYCLE CLUB OPEN 10

## Saturday 5th October 2019 14.00

**Course:** B10/43 HQ: Wortwell Community Centre

**Event Sec:** Graham Dilks

65 Cecil Rd

Norwich NR12QN

**Tel:** 01603 616236

**Mobile:** 07954164792

**Timekeepers:** Richard Smith , Peter and Pam Milner

**HQ Address:** Tunbeck Close, Wortwell,Norfolk, IP20 0HS. Open from 1pm

**Course details:** START at paint mark on kerb at end of Church Lane, Redenhall near junction with A143 and 1/3rd mile east of Redenhall RAB. Join A143 with care and proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at green paint mark at 1st driveway 200 metres west of junction of A143 and B1062

**Numbers:** These will be at the HQ and not at the start. Numbers can be exchanged for a free drink at Parking: There is ample parking at the HQ.

**PLEASE NOTE THAT From 2017 ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER. FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F**

HQ: Toilets and refreshments are provided. Please do not change or wear cleats in the Hall.

C.T.T.EAST DISTRICT RULES

1. WARMING UP: There is to be no warming up on any part of the course once the event is in progress.
2. U-TURNS: These are not permitted on the course or roads adjacent to the Start or Finish areas while a race is in progress.  
the HQ.

NOTE – 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 rider(s) should dismount, check the road is clear in both directions, then, with machine, walk across the road.)

SAFETY RECOMMENDATIONS

- a) Helmets: In the interests of your own safety, CTT and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards. All competitors under 18 MUST wear a HARD SHELL HELMET that meets internationally accepted safety standards.
- b) Rear lights: It is recommended that competitors use a REAR LED LIGHT which is either flashing or constant

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR

**1st Tandem £10**