



PLOMESGATE CYCLING CLUB

(www.plomesgate.org.uk)



Open 10 MILE Time Trial

Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on

Saturday March 16th 2024 @1400Hrs on the B10/53 course.

Officials

Timekeeping:

Mrs B. Whelan & Mr P. Whelan (Plomesgate CC)

Marshals & helpers:

Members & friends of Plomesgate CC

Event Secretary:

Adrian McTigue
1 Red House Close
Trimley St Martin
Felixstowe
Suffolk
IP11 0QJ

ademct@virginmedia.com

Tel: 07786915899

Event HQ

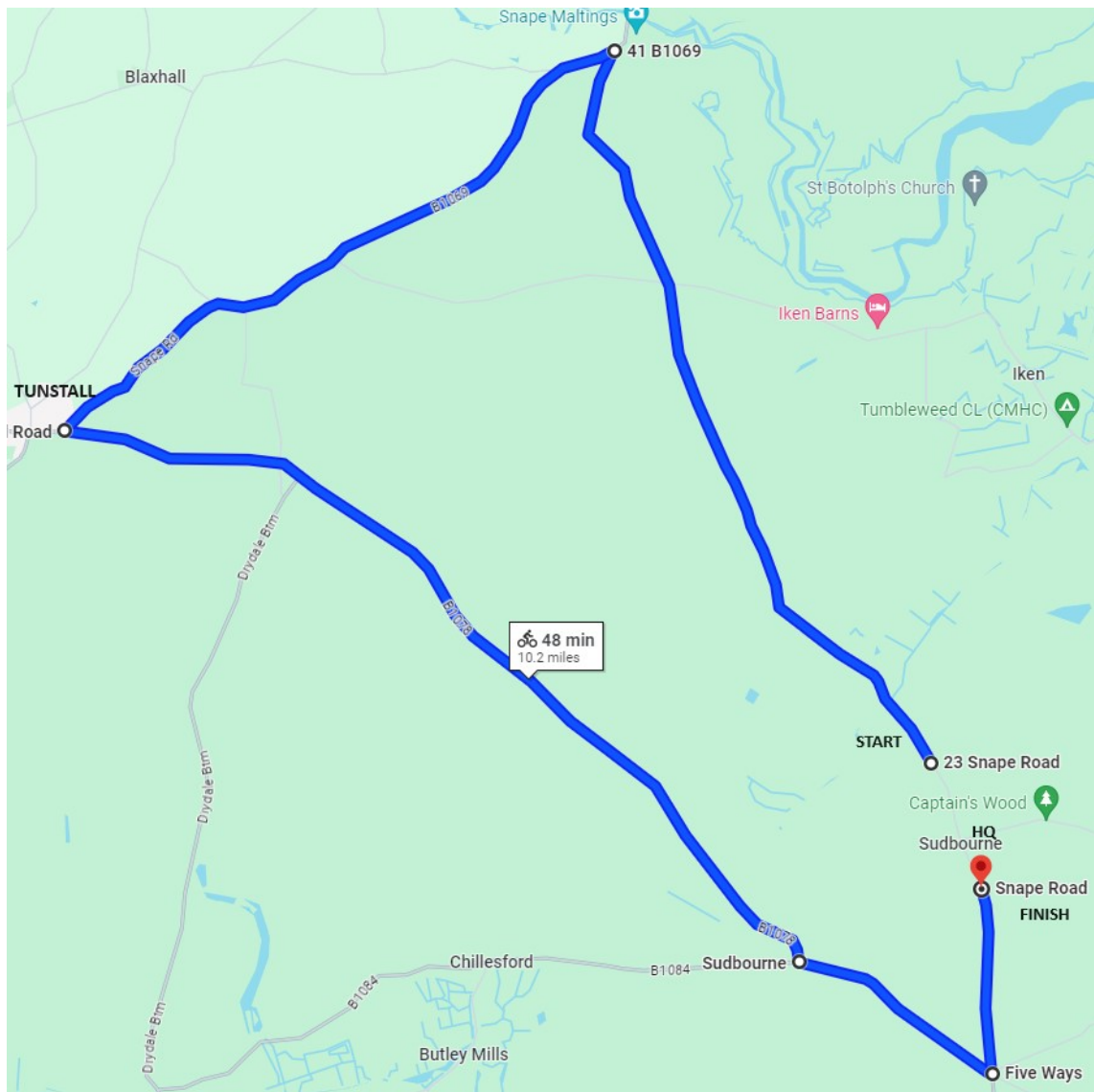
Sudbourne Village Hall, Snape Road, Sudbourne nr Orford IP12 2AX.
(what3words – reminds.fruitcake.eternally) please park considerately. HQ will be open for signing-on from 1:00 pm.



IMPORTANT NOTICE

We are using a **NEW** course. Our regular one, the B10/9 has roadworks at the Bentwaters RAB and is presently not suitable for use. So a new course has been created and approved. The B10/53 is a circuit around Tunstall Forest and includes the forest section of the regular course.

Please read and familiarise yourselves with course directions and notes for riders.



B10/53 Course

START: at National Speed limit sign (what3words- sliding.confident.objecting) on Snape bound edge of Sudbourne village. Proceed north to Snape, where left at 'triangle' onto B1069. **Do not** take the short cut across the rough area. Proceed to Tunstall, where left onto B1078. Be aware of traffic from the right. Proceed on B1078 to junction with B1084, where left to Sudbourne 5 –ways, where left. Finish at telegraph pole 022C (what3words- snowstorm.somebody.lemmings) before Sudbourne Village, after 30mph sign.

New Course, notes for riders:

- No crossing of the centre line of any road on any part of the course - DQ if observed doing so and reported to District for further disciplinary action.
- Riders **MUST NOT** take the small side road near the Snape turn.
- The left turn at the Snape junction is tight and riders must look for traffic coming from the right.
- The left in Tunstall is a **STOP** junction. Riders **MUST** obey the highway code and look carefully for approaching traffic.

Course record

New Course!!

Directions to the start

Exit Sudbourne Village hall, turn right and proceed north toward Snape 0.4 miles. Start line is at the national speed limit sign.

Directions from the finish back to the HQ

From the finish continue to proceed north, the HQ is 0.1 miles on the right.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

EAST DISTRICT REGULATIONS

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst the race is in progress.

WARMING UP

No warming up along the course by competitors once the event has started.

Turbo trainers: The use of turbo trainers is banned at all events with an AM start time.

Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

CYCLE 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 (or parent of guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection against head injury and does not restrict the rider's vision or hearing and (b) ensure that the helmet is properly fitted, undamaged and in good condition.

FRONT AND REAR LIGHTS

Cycling Time Trials mandates that riders use a front and rear light, either flashing or constant, visible to other road users and active while the machine is in use. You will be refused a start without one.

Prizes

Awards (one prize per rider except team)

Scratch

1st £15

2nd £12

3rd £8

Road Bike

1st £15

2nd £12

Vet. on Standard

1st £15

2nd £12

3rd £8

Team (fastest 3)

each rider £10

