

"Promoted for and on the behalf of Cycling Time Trials under their Rules and Regulations"

ZAK CARR MEMORIAL "10"

Promoted by **HPI Anglia Sport** METROW/Bodyby JR on course E91/10 on Saturday 30th September 2023 at 15.00 hours.

Event Secretary:- Chris Worsfold, 1 Lower Farm Barn, The Causeway, Hitcham, Suffolk, IP7 7NA

Tel:- 07801 228735 (Mobile) E-Mail chrisjworsfold@hotmail.com

Timekeepers:- Peter Smith and Ian Taylor

HQ:- Leaden Roding Village Hall, Stortford Rd, Leaden Roding, Essex, CM6 1QX. Ref:- GR5921 33

COURSE:- E91/10 Start 593136 Turn 631210 Finish 593152

START:- On the B184, Leaden Roding, at paint mark by 3rd kerb joint before surface drain at northern end of lay-by at entrance to school. Proceed through Aythorpe Roding to turn at roundabout at junction with Clapton Hall Lane (5.5m). Retrace to FINISH opposite EP20, EP is behind hedge in field, which is 15 kerb joints north of speed restriction sign for Aythorpe Roding Village.

MENS AWARDS

1ST PLACE	£20 plus Zak Carr Trophy
2ND PLACE	£15
3RD PLACE	£10
4TH PLACE	£5

WOMENS AWARDS

1ST PLACE	£10
2ND PLACE	£7
1 st ROAD BIKE	£5

A HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard must be worn

The use of a front and rear lights and approved helmet whilst competing is now mandatory

NO LIGHTS OR HELMET NO RIDE

NOTES TO RIDERS AND HELPERS AND LOCAL REGULATIONS

LOCAL REGULATION 4.6

Competitors are not allowed to warm up along the B184 between Leaden Roding and Great Dunmow prior or during an event.

LOCAL REGULATION 4.8.2

NO U-TURNS are allowed within sight of the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

PARKING/WARMING UP

Bearing in mind that you could be in breach of the above local regulation, if you prefer to warm up on the road I would suggest you use the A1060. If you use a static trainer there is plenty of space the HQ. Please do not use the Axe and Compasses PH car park north of the start on the B184.

NUMBERS/SIGNING ON/OUT

Will be at the village hall.

START LINE

Please ensure you don't arrive more than 3 minutes before your start time

EVENT HQ

Toilet and Refreshment facilities will be available at the village hall, return your number for a cup of tea