

# NORWICH ABC

## Open 10 mile time trial for Tandems and Solos

To be held on Saturday 9<sup>th</sup> September 2023 starting at **14.00hrs** on Course B10/43.

The event is promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Event Secretary                      Oliver Cozens, 19 Oaks Lane Postwick, Norfolk, NR13 5HD  
Mob 07701 281078

### **B10/43 (Redenhall – Bungay – Wortwell)**

Start at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed East on A143 to turn at first RAB (CLAYS) at junction of A143 and A144 (Broad Street). Encircle and Proceed West on A143 to FINISH at white paint mark near first driveway 200 meters west of junction of A143 & B1062.

HQ & Parking – Wortwell Community Centre (IP20 0HS)  
Numbers & Signing on at HQ

Timekeepers                      D Blackburn (VCN)  
    M Johnson (NABC)  
Official Observer                R Smith (NABC)  
Course Marshals                Members and friends of (NABC)

### Local Regulations

U turns will not be permitted on the course or adjacent roads to the start and finish while a race is in progress.

Note: Any breaking of this regulation in the first case will 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.

No warming-up on the course by competitors once an event has started.

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

All competitors under the age of 18 and or juniors must wear a properly affixed helmet, which must be of a hard/soft shell construction. Helmets should conform to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063;96, DIN 33-654, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to: -

Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.

Ensure that the helmet is properly fitted, is undamaged and in good condition.

**In the interest of your safety, Cycling Time Trials and the event promoters strongly advise you wear a HARD SHELL HELMET that meets an internationally accepted safety standard.**

**Front and rear lights are required to enhance visibility to other road users. Lights will be checked by the start marshal and must be functioning as per the CTT requirements.**

## Awards

Scratch (M)	1 <sup>st</sup> £10	2 <sup>nd</sup> £7	3 <sup>rd</sup> £5
Scratch (F)	1 <sup>st</sup> £10	2 <sup>nd</sup> £7	3 <sup>rd</sup> £5
Vets on Std	1 <sup>st</sup> £10		
Team	£6 each.		

One prize per person except team. No prize for tandem due to single entry.