



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 18th 2023 on the B10/9 course.

Officials

Timekeeping:

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

Marshals & helpers:

Member & friends of Plomesgate CC

Event Secretary:

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

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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.



B10/9 Course

START on B1078 approx. 0.25 miles from junction with B1084 near Sudbourne (what3words – debut.hardback.twins). Proceed on B1078 through Tunstall village. Follow B1069 to roundabout (of former Bentwaters Airbase), where retrace route along B1069 & B1078 past start. Turn left onto B1084 to FINISH approximately 200yards from “Five Crossways” south of Sudbourne village (what3words –jogged,biked.restores).

Course records

Lloyd Chapman 20:13 (2016)

Becky Ridge 23:24 (2022)

Directions to the start

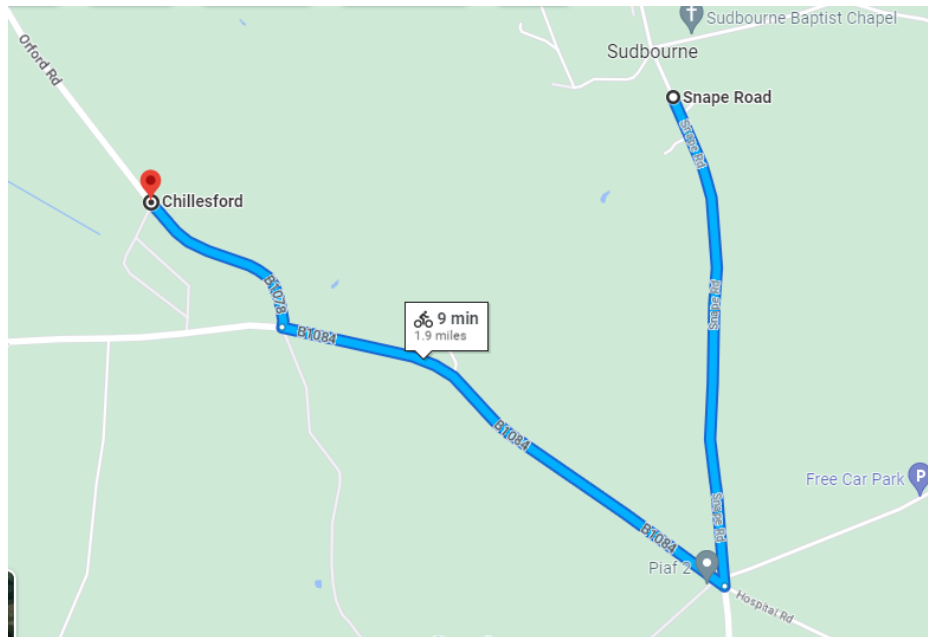
From Sudbourne VH head south to “Five crossways” junction aprox 0.7mi.

Take 1st right onto B1084 and head northwest aprox 0.8mi.

Take right turn onto Orford road B1078.

The start is 0.3mi northwest on the left.

Please allow 10 to 15 mins to travel to the start.

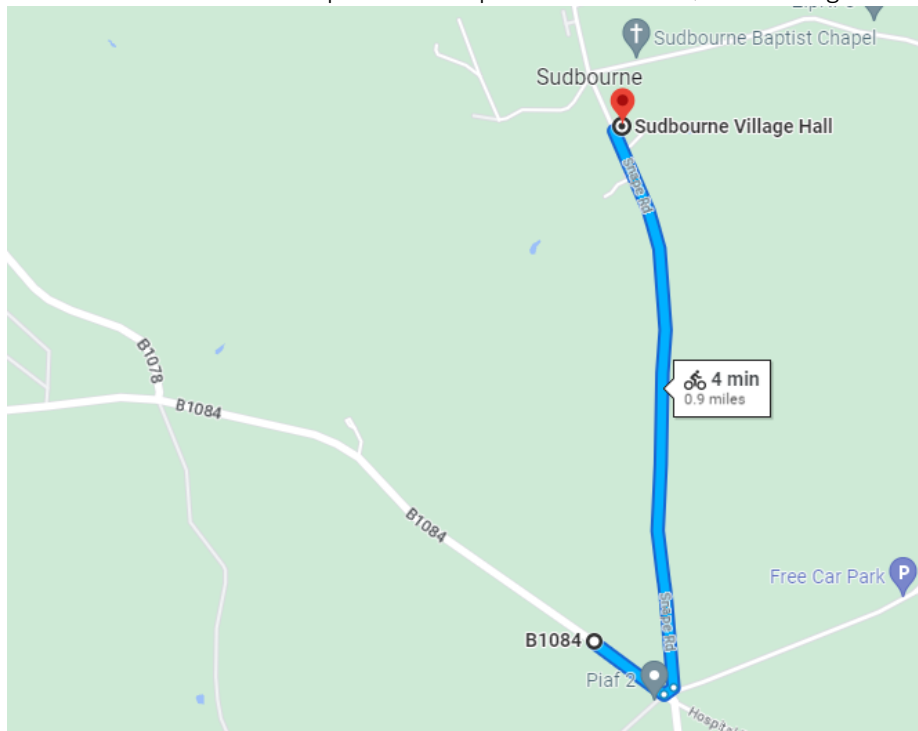


Directions from the finish back to the HQ

From finish line continue southeast on B1084 to “Five crossways” junction aprox 0.1mi.

At junction take 1st left onto Snape road.

Continue north on Snape road for aprox 0.8mi the HQ is on the right.



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.

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

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 £20

2nd £12

3rd £8

1st Lady £20

2nd Lady £12

Vet. on Standard

1st £20

2nd £12

3rd £8

Team (fastest 3) £10 each rider