

WOLSEY ROAD CLUB 25 MILE OPEN TIME TRIAL
(Promoted for and on behalf of cycling Time Trials under their Rules & regulations)
Incorporating
THE PAT PEPPER MEMORIAL TROPHY

SUNDAY 4th July 2021

COURSE B25/50

Course Records - Men 50.04 (Travis Bramley 2020) Women 1:00:33 (Amy Pritchard 2018)

TIMEKEEPERS: Mike Havard & Daryl Butcher (both Wolsey RC)

OBSERVER: Colin Clarke & Bob Quarton (Both Wolsey Road Club)

EVENT SEC: Mark Pearce 8 Priory Way, Sleaford, Lincolnshire, NG34 7XD
(Tel 01529 414280 or 07534177458 - mob)

E-Mail: markpearce461@btinternet.com

AWARDS

SCRATCH: 1st - £25-00 (*plus additional £10-00 for breaking course record*)
2nd - £15-00 3rd - £10-00 4th - £8-00

LADIES: 1st - £20-00 (*plus additional £10-00 for breaking ladies course record*)
plus Pat Pepper Memorial Trophy
2nd - £12-00 3rd - £8-00 4th - £5-00

FASTEST VETS – Fastest in each category (£10-00 per rider):

40-44 yrs (A), 45-49 yrs (B) 50-54 yrs (C) 55-59 yrs (D), 60-64 yrs (E), 65-69 yrs (F),
70-74 yrs (G), 75-79 yrs (H), 80 yrs & over (I)

FASTEST TEAM OF 3 - £8-00 each

ONE PRIZE PER RIDER (EXCEPT TEAM)

COURSE DETAILS: - START at green paint mark in Church Lane, Redenhall near junction with A143 and 1/3 mile east of Redenhall RAB. Join A143 with care and **PROCEED** east to turn at 2nd RAB (Chicken) at junction B1332. Encircle and **PROCEED** west to Redenhall RAB. Encircle and **RETRACE** on A143 past **START** (1st circuit) to 2nd RAB (Chicken). Encircle and **RETRACE** on A143 to **FINISH** at Green paint mark 20 metres east of alignment of electricity power poles and 1/10 mile east of **START**.

EVENT HEADQUARTERS:-

Alburgh Village Hall

Alburgh Village Hall, Low Road, Alburgh, Harleston, IP20 0BZ (approx. 3 miles from start)

Directions to HQ:- Approaching from west on main A143. About a mile east after leaving the Redenhall Roundabout, take a left (north) onto Tunbeck Road. Remain on this road (the road becomes Low Road) until you reach Alburgh. Alburgh Village Hall is eventually on your right following some football pitches.

Approaching from east on the A143 from Bungay. You can remain on the A143 until you reach Tunbeck Road and turn right (then as above). Alternatively you can turn right ahead of this into Denton Road (Panelled fence on the corner of this junction), which then bears left. Follow this road all the way to Alburgh. There is a fork in the road as you reach Alburgh. Either road (Church Road or School Road) will lead you to Low Road as above.

Directions to the start:- To avoid going back to the A143 via Low Road/Tunbeck Road there is an alternative route.

From the HQ, turn left onto Low Road (heading south), after 500 yards at cross roads turn right onto Low Ditch Road. Follow this road for about a mile until you reach a junction with Burntoak Lane. There is also a sign here indicating Redenhall “1 mile”. Turn left at this junction and follow the road for about another mile before reaching a Give Way sign. Turn left here onto Church Lane. Remaining on this road for around a further mile will eventually take you to the junction with the main A143. This is the starting point for the event.

Needless to say, please allow time to get to the start (approx. 15 mins)

PARKING:- At village hall. (Due to Covid-19, where possible can competitors try to use alternate car parking spaces)

START AREA: Due to Covid-19, please do not arrive at the start area no more than four minutes before your start time (competitors will require two meters between riders). There will be no pusher off, standing start only.

LOCAL REGULATIONS PLEASE READ

RACE NUMBERS/SIGNING ON: Numbers will be at the H.Q. where you will need to sign in before being provided with your number. **Note:** All competitors – Please note that from 2017 all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF

Due to Covid-19, the hall will only be available for use of toilets only. Please try to ensure social distancing rules within the hall. Whilst pens will be available for signing on; it is recommended that competitors provide their own pens.

WARMING UP: No riding along the course by competitors once the event has started. **Due to Covid-19, ideally all warm-ups should be done on the road, individually.**

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

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.)

CYCLE HELMETS: In the interests of your own safety Cycling Time Trials strongly advise you wear a HARD SHELL HELMET that meets an internationally accepted safety standard. All competitors under the age of 18 and/or juniors 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.

REAR LIGHTS: All competitors – please be aware of CTT Regulation 14(i):
No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
NO REAR LIGHT – NO RIDE

TURBO TRAINERS: The use of Turbo Trainers and rollers are banned at all events with a.m start times.

GENERAL COVID-19 RESTRICTIONS/REGULATION

1. Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
2. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest a risk of Covid-19, even with no underlying symptoms (asymptomatic). In this instance you should NOT start the event (DNS) and leave immediately. If you feel this is the case, notify myself (Organiser) of your intention not to start.
3. Competitors MUST NOT gather in anyway regardless of current guidelines in the car park or HQ area.
4. Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park must leave immediately upon completion of the race. Results will be published/emailed to all competitors ASAP.
5. No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre leavers if required.
6. It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of myself (Organiser – see top of start sheet). Please inform myself if you have failed to finish the event.