

**GODRIC
CYCLING
CLUB**



Open 10 Mile Time Trial - 10th June 2023

COVER SHEET

10 mile open for tandems, women and men on course B10/43. Start time for first rider off is at 14.01, individual start times listed in table.

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Organiser details: Larissa Webster, Little Town Farm, North Green Road, Cratfield, Suffolk, IP19 0DS. Email: lksno1uk@hotmail.co.uk. Mobile: 07747626029.

Team: Timekeeping: Start - Larissa Webster, Finish - Paul Vergette. Marshalling & Help at Finish: by members of Godric Cycling Club and associates.

Headquarters: Wortwell Community Centre, Tunbeck Close, Wortwell, Halreston, IP20 0HS.

NOTE: Hall will be open from 12.30. Also this venue does not allow dogs on site so please do not bring a dog to the venue.

From the east, turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and after approx. one mile turn right at crossroads, signposted "Community Centre" (Tunbeck Close). From the west, turn right (third exit) at the Redenhall

roundabout on A143 Harleston by-pass into Wortwell village and turn left at crossroads, signposted "Community Centre" (Tunbeck Close).

Numbers and sign on: Numbers will be at the HQ and NOT at the start line. Please remember to sign in when you collect your number and sign out when you return your number. Failure to sign in/out can lead to disqualification from the event.

Start and course: The start is approximately 1 mile from the HQ and car park, make sure you allow enough time to get there from HQ in time for your start. Directions to start - go back down Tunbeck Close, turn right, go round Redenhall roundabout on to the A143, and ride east to start.

START at paint mark on kerb in "Church Lane", Redenhall near junction with A143 & 1/3 mile east of Redenhall roundabout. Proceed east to turn at first roundabout (Clays) at junction of A143 & A144. Encircle & proceed west on A143 to FINISH at green paint mark at first driveway 200 metres west of junction of A143 & B1062.

Please do not stop at the finish, keep riding along A143 and return to HQ.

Regulations and guidance:

- ✧ Numbers will be at the H.Q., where you will need to sign in before being provided with your number, 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.
- ✧ 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.

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 their machine a working white front & rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO LIGHTS – NO RIDE

- ✧ No warming up on the course once the event has started.
- ✧ The onus of keeping to the course rests with each rider.
- ✧ Be aware of your surroundings, keep your head up. Competitors must not use any audio equipment except prescribed hearing aids. No use of mobile phones whilst mounted on machine.
- ✧ Competitors are encouraged to avoid wearing all black kit.
- ✧ **There will be no pusher off.**
- ✧ The race - please pass other competitors wide and safely. Allow a reasonable distance to do this.
- ✧ Finish - do not stop at the finish, return to the headquarters. Do not gather in groups at the finish, return to your vehicle. Do not forget to sign out and return your number. Formal results for the event will be published via email after the even via CTT website, although I will try to have provisional results board at the HQ on the day.

Prizes:

	Women	Men
1 st	£25	£25
2 nd	£15	£15
3 rd	£10	£10

Vets on standard

1 st	£25	£25
2 nd	£15	£15
3 rd	£12	£12
4 th	£10	£10

One rider, one prize.