DAP C.C. (Tandems)(fee per rider)

DAP CYCLING CLUB OPEN 10 MILE TIME TRIAL

17/09/2022 14:00

B10/43

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

Headquarters

Wortwell Community Centre, Tunbeck Cl, Wortwell, IP20 0HS. There is plenty of parking available at the HQ, But please park considerately. HQ will be open for sign on from 13:00.

Route from HQ to start

Course details

B10/43 START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Local regulations

CTT Regulation and Local East District regulations & Recommendations for Time Trialling events.

15. Protective 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 to:

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

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

U-Turns: Will not be permitted on course or roads adjacent to Start and Finish areas while the race is in progress. 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 the rider(s) should dismount, check the road is clear in both directions, then, with machine walk across the road).

Numbers: will be at the H.Q. where you will need to sign in before being provided with your number and can be exchanged for a drink after the event. (During Covid 19 times you may be required to just place your number in a collection box or bucket)

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.

Positioning of race numbers: Numbers should be position low on the back/Bum in the lumber region so as to be visible from behind – riders using No Pinz type pockets should be encouraged to call out their number when passing the timekeepers.

Warming up: No warming up along the course once an event has started.

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

All competitors – please be aware of CTT Regulation 14(i) and 14(J):

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.

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO FRONT or REAR LIGHT – NO RIDE

Clothing: It is strongly recommended that riders do not wear black or dark clothing during an event held on public roads.

CTT Reg. 20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. But without prejudice to the general principles of this Regulation, competitors must:

(a) not ride in a manner that is unsafe either to themselves or to other road users;

(b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;

(c) conform to all traffic signs, signals and direction indicators;

(d) in making any turn before, during or after the event, ensure that it is safe to do so.

Event officials must not seek to regulate or interfere with other traffic.

N.B. For the purposes of Regulation 20(b):

(i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; and

(ii) in the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left hand side of the left lane of such carriageway.

Organiser contact details

Mark Richards
64 Rotterdam Road Lowestoft
07980 742327

richards_mb@yahoo.co.uk

Time keepers/officials

Timekeepers: Paul Vergette (Godric CC), Mike Johnson (NABC)

Marshals: Members and friends of DAP CC

Course records

Solo Male
00:19:10
Jason Bouttell
30-Sep-17 | norwich abc

Solo Female
00:21:56
Laura Davies
02-May-22 | Velo Club Baracchi

Solo Male (Junior)
00:22:17
Joseph Smith
12-Sep-20 | Norwich ABC

Solo Female (Junior)
00:25:18
Isabella Johnson
06-Jul-19 | National Youth Championship (East DC)(under 17 on 31 August)(championship entry forms only)

Tandem
00:20:17
Gary Pamment, Barry Mcdonald
30-Sep-17 | norwich abc (tandems)(fee per rider)

Awards/prizes

(one prize per rider except team)

Scratch

1st £30

2nd £25

3rd £20

Vet. On standard

1st £30

2nd £25

3rd £20

Ladies

1st £30

2nd £25

3rd £20

Team

£10 each

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

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Start Number	Start Time	Rider	Club	Gender	Category
1	14:02:00	John Swanbury	VC Baracchi	male	Vet
1	14:02:00	Kate Churchill	VC Baracchi	female	Vet