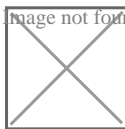


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# **Velouse Flyers (District Championship)(Road Bikes Only)(Women)**

**18/06/2023 09:00**

**B25/53**

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



## **Headquarters**

Building 43  
National Construction College,  
Bircham Newton, Great Bircham PE31 6RH

## **Route from HQ to start**

From the CITB College head west towards Great Bircham. At 1.5 miles turn left onto B1153. At 1.7 miles turn right onto Snettisham Road. Start area is at 2.1 miles at Southernmost point of Mill Road.

## **Course details**

START at point opposite road to the South of Bircham Windmill . Proceed west along Snettisham road to junction (2.2 miles / 15.1 miles) where turn left onto road to Dersingham. At (5.0 miles / 17.8 miles) turn left to Sandringham Saw mill. At (6.1 miles / 19 miles) Left turn then Left at (6.2 miles / 19.1) continue and pass through Amner Village to (9.8 mile / 22.7 miles) where left turn onto B1153 continue to Great Bircham where turn Left ((12.4 mile) continue past start area for 2nd lap.

FINISH approx. 100 yards after Great Bircham Village Sign Post outside of King's Head Hotel.

HQ - CITB, Bircham Newton, King's Lynn PE31 6RH

## 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 Startsheet for: Velouse Flyers (District Championship) 19/06/2022 Promoted for and on behalf of Cycling

Time Trials under its rules and regulations Page 3 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**

Gary Smith  
13 Telford Close King's Lynn  
07962041402

tt@velouseflyers.co.uk

## **Time keepers/officials**

Andy Moore, Gary Smith, Paul Dunne

## **Course records**

### **Solo Male**

00:57:35

Angus Toms

19-Jun-22 | Velouse Flyers (District Championship)

### **Solo Female**

1:10:35

Bethany Spencer

19-Jun-22 | Velouse Flyers (District Championship)

## **Awards/prizes**

East District Cycling Association Medals. Only riders riding for an East District affiliated club are eligible for district medals. These are awarded to 1st man, 1st Woman, 1st Team and 1st Espoir in this event.

Seperate to the above awards will be presented for:

1st, 2nd 3rd TT bike Men

1st, 2nd 3rd Road bike Men

## 1st Women

### **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

## Velouse Flyers (District Championship)(Road Bikes Only)(Women)

Start Number	Start Time	Rider	Club	Gender	Category
24	09:24:00	Kerry Brennand	Newmarket Cycling & Triathlon Club	female	Vet