

Velo Club Baracchi

Open 10 mile (Mayday) Time trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Monday
7th May 2018 - Course B10/43A
Start Time 8:01am

Event Secretary: Keith Wink, 24 Dixon Drive, Lowestoft, NR33 9PE
keith_wink@hotmail.com 07765108642
Timekeepers: Pete & Pam Milner & Mike Johnson
Pusher Off: Barry Debenham
Marshalls & Helpers: Members and friends of Velo Club Baracchi

Course Details: B10/43A (Redenhall – Bungay Bypass - Wortwell)

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

Event Headquarters- Wortwell Village Hall, Tunbeck Close, IP20 OHS.

Parking: space at the Front & Back of the Village Hall. Please park considerately.

Numbers and signing on and out will be at the **HQ** and **NOT** at the start. Numbers can be exchanged for a free drink after the event.

The Jane Travers Memorial Trophy will be presented to the winner of the ladies event after the race.

EAST DISTRICT LOCAL REGULATIONS:

"U" TURNS will not be permitted on the course or roads adjacent to the start and finish whilst the event 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.

A "U" turn is defined as a 180-degree turn completed within the width of the carriageway whilst astride the machine (It is recommended that riders should dismount, check the road is clear in both directions then, with machine, walk across the road.).

WARMING UP - NO warming up along the course once the event has started.

The use of Turbo-trainers at East District events with am starts is prohibited

IN THE INTERESTS of your own safety Cycling Time Trials strongly advise you to 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.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A RED L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS

PLEASE NOTE THAT ALL COMPETITORS ARE REQUIRED TO PERSONALLY SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER. FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F.

Awards (one rider-one prize, except team)

Scratch	1 st - £40	2 nd - £30	3 rd - £25
	4 th - £20	5 th - £15	
Vet on Std	1 st - £25	2 nd - £20	3 rd - £15
Ladies (Jane Travers Memorial)	1 st - £25	2 nd - £20	3 rd - £15
Fastest Team	£10 each		