



Norwich Amateur Bicycle Club

Open 10 Mile Time Trial incorporating the GHS Championships to be held on Saturday 7th July 2018

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

Course	B10/43
Event Headquarters	Wortwell Community Centre Tunbeck Close Wortwell IP20 0HS
Timekeepers	Tony Howes Dick Smith
Recorder	Mike Johnson
Starting Steward	James Lucas
Result Board	Jason Turner/Pete Johnson
Turn Marshals	Andy Blackwell, Christine Cooke
Refreshments	Tracey Turner
Event Organiser	Jason Turner 2A Kinsale Avenue Hellesdon Norwich Norfolk NR6 5SG

Tel: 01603 401967 Mob: 07901 573478
Email: jasdturner@hotmail.com

All proceeds from refreshments will be donated to ADHD Norfolk
(adhdnorfolk.org.uk) - an organisation offering support and advice for anyone
affected by ADHD/ADD



COURSE DETAILS B10/43

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

AWARDS

Fastest and Fastest Vet on Standard	£20
Second and Second Vet on Standard	£15
Third and Third Vet on Standard	£10
Fastest Lady	£20
Second Lady	£15
Third Lady	£10
Fastest Tandem	£10
Team Prize	3 x £5

One rider - one prize except team

LOCAL REGULATIONS

Numbers will be at the Headquarters (not the start).

No warming up on the course once the event has started.

U-turns are not permitted on the course or roads adjacent to the start or finish areas whilst the event is in progress.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard.

(Compulsory for riders under 18 years of age)

Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.

Note, these are recommendations only and cannot be imposed should a rider not comply with either.