

"Promoted for and on the behalf of Cycling Time Trials under their Rules and Regulations"

ZAK CARR MEMORIAL "25"

Promoted by API-METROW/Bodyby JR/ T-T- Matics on course B25/52 on Sunday 8th July 2018 at 8.31 hours

Event Secretary:- Chris Worsfold,1 Lower Farm Barn ,The Causeway,Hitcham,Suffolk,IP7 7NA

Tel:-07801 228735 (Mobile) E-Mail chrisjworsfold@hotmail.com

Timekeeper:- John Cottee

HQ:- Newton Green Village Hall, Newton Road, Sudbury ,Suffolk, CO10 0QR. Ref:- TL 917 407

AWARDS:- 1st £20 plus the Zak Carr Trophy: 2nd £15; 3rd £10. 1st Lady £5

COURSE:- B25/52 Start TL 933405 Turn TM 124 436 Finish TL 967 402

START:-On the A1071 on the corner of lane marked SIAM HALL ROGERS half mile east of A134/A1071 junction at Newton, Proceed east via

Hadleigh Bypass R/Bout (7.71mls). Turn and retrace at Sproughton B1113 junction R/Bout (13.65mls). Retrace via Hadleigh R/Bout (19.65mls)

Finish on wide verge at paint mark on kerb 10 metres before Boxford/Local Shops sign at kerb apex just before Sand Hill which is the first right hand turning into Boxford Village (25.02mls).

NOTES TO RIDERS AND HELPERS AND LOCAL REGULATIONS

ROUTE TO START, Right out of HQ, right onto the A134, left onto the A1071, start is 1.1 mls from the HQ.

No warming up by competitors on the course once the event has started, use the A134.

No U Turns are allowed within sight of the start or finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the District Committee.

Riders must give way to traffic at roundabouts entering from their right and also to give to clear signal of their intended route

There is no parking allowed in the vicinity of the start or finish

Body numbers will be situated at the event HQ. Exchange for a cup of tea.

Marshals must wear a High Visibility jacket.

This is the first time this course has been used so many of you will be unfamiliar with the road. It's all single carriageway which is fairly well surfaced and free of heavy traffic on a Sunday morning..

CAUTION , please be aware of the sharp bends on the approach to Hintlesham, especially so, if it's wet.

Pay special caution at the junction with B1115 on your left after around 6 miles, you will be moving downhill quickly, vehicles emerging from that junction are poorly sighted because of uncut verges.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.

All juniors and or riders under the age of 19 years are required to wear a suitably approved helmet.

Cycling Time Trials recommend the use of a flashing rear light whilst competing

API Zak Carr Memorial Sunday 8th July 2018

Number	Start Time	Name	Club	Gender
1	8.31	Nicola Powell	Stowmarket & District CC	F
2	8.32	David Crisp	3T-Racing	M
3	8.33	Anthony Stapleton	Chelmer CC	M
4	8.34	Curtis Cuba	Boxford Bike Club	M
5	8.35	Antony Birt	Team Bottrill/Vanguard	M
6	8.36	Anna Dearing	Chelmer CC	F
7	8.37	Peter Beard	Stowmarket & District CC	M
8	8.38	Adrian Pettitt	Stowmarket & District CC	M
9	8.39	Andy Kennedy	Ipswich BC	M
10	8.40	Emma Taylor	Stowmarket & District CC	F
11	8.41	Darren Cope	Team Bottrill/Vanguard	M
12	8.42	Alex Lubbock	API-Metrow	M
13	8.43	David Sawyer	Wolsey RC	M
14	8.44	James Rush	C C Sudbury	M
15	8.45	Simon Daw	Velo Schils/Interbike RT	M
16	8.46	Dan Foster	3T-Racing	M
17	8.47	James Rix	Team Bottrill/Vanguard	M