

VELO CLUB BARACCHI 50-MILE TIME TRIAL Sunday 19th August 2018
(incorporating the East District Championship), a BBAR event

*PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER
THEIR RULES AND REGULATIONS*

Note: *given the small field the **START TIME** has been put back to **07.31**.*

*EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret's Road, Lowestoft,
Suffolk, NR32 4TX. Tel. 07758 416272 / 01502 576913 riallen@talktalk.net*

TIMEKEEPER: (Start and finish) Pete Milner (Godric CC), assisted by Pam Milner

OFFICIAL OBSERVER: Richard Allen (VC Baracchi)

*MARSHALS AND HELPERS: Velo Club Baracchi members and friends from
Great Yarmouth CC, Godric CC and North Norfolk Wheelers*

COURSE DETAILS: B50/17: Start on westbound carriageway of A143 Harleston by-pass, 1.1 miles west of Redenhall roundabout and 15 yards west of MOT direction board opposite A143/Mendham Lane junction. Proceed west on A143 to Needham roundabout (1 mile), encircle and retrace on A143 proceeding straight ahead, i.e. 2nd exit at Redenhall (3.2 miles), Bungay (9.2 miles) and Ditchingham (9.9 miles) roundabouts to Stockton roundabout (13.9 miles). Encircle and retrace via Ditchingham (17.9 miles), Bungay (18.6 miles) and Redenhall (24.6 miles) roundabouts to Needham roundabout (26.8 miles). Encircle and retrace again via Redenhall (29 miles), Bungay (35 miles) and Ditchingham (35.7 miles) to Stockton roundabout (39.7 miles). Encircle and retrace again via Ditchingham (43.7 miles) and Bungay (44 miles) roundabouts to FINISH at eastern edge of Church Close/A143 junction on westbound carriageway of Wortwell by-pass approx. 500 yards east of Redenhall roundabout

NB: After passing the finish please continue on the A143 to the Redenhall roundabout and take the first exit back to the HQ.

Watch out! at the three 'straight on' roundabouts. At the Redenhall roundabout going east the descent on approach is fast. Also, when heading east, the "chicken roundabout" at Ditchingham is a lot more than 180°.

Course records:

Men: Joe Skipper (Rock Estate) 1:46:39 (2015)

Women: Mary Bower (gbcycles.co.uk) 2:09:26 (2014)

Directions from HQ to start: exit HQ and follow Tunbeck Close into Wortwell village. Right at T-junction and take 1st exit (left) at roundabout onto A143 and follow to start – approx. two miles with some uphill, so allow sufficient time.

IMPORTANT: This event has special dispensation for the use of turbo trainers and rollers, but you **must** use these on the north side of the building between the HQ and the A143 course, **not** in the car park at the back of the HQ.

PRIZES: (One award per rider except for team):

Men 1st £20.00 2nd £15.00 3rd £12.00 4th £9.00

Women 1st £20.00 2nd £15.00

Fastest team of three: £10.00 each

Vets on standard: 1st £12.00 2nd £10.00 3rd £9.00

HEADQUARTERS: (open from 6am) Wortwell Community Centre (IP20 0HS).

Remember to sign on, **and to sign back in after you finish your ride.**

On finishing your number can be exchanged for a free drink.

NB: PARKING - All competitors to park in the HQ car park. **DO NOT** use the disabled parking spaces unless you have a legitimate reason. Others may be using the car park but there will be ample room.

PLEASE, NO wearing of plated shoes in the HQ.

Directions to HQ: From the east turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and after approx. one mile turn right at crossroads, signposted "Community Centre" (Tunbeck Close).

From the west turn right (third exit) at the Redenhall roundabout on A143 Harleston by-pass into Wortwell village and turn left at crossroads, signposted "Community Centre" (Tunbeck Close).

CTT EAST DISTRICT LOCAL REGULATIONS:

1. U-turns will not be permitted on the course and roads adjacent to start and finish areas while the event is in progress. Note – any breaking of this regulation in the first case may mean disqualification from the event. Further cases may 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).

2. Numbers will be at the HQ and not at the start.

3. No warming up along the course once the event has started.

CYCLE HELMETS: In the interests of your safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

LEDs: 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.

Don't forget, heads up for a safe ride.

IMPORTANT AMENDMENT

Tandem entry, nos 73/74: John Swanbury/Allistair Banks (Velo Club Baracchi)

Number 57 is now blank. With apologies to Scott Williams (WSW), for having no minute man, and to honorary timekeepers