

KINGS LYNN CYCLING CLUB

OFFICIAL START SHEET

OPEN 25 MILE TIME TRIAL

SAT 10th August 2019 14.00pm

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

EVENT SEC. Simon Hardy
18 Camfrey
King's Lynn, Norfolk, PE30 3PJ
Tel 07951 478183

TIMEKEEPERS Andy Moore,
Peter Church, Naomi Church, Wanda Simper
HELPERS Members and Friends of King's Lynn CC

COURSE DETAILS B25/33

START at West end of lay-by opposite village hall in Fincham. Proceed West along A1122 to junction with A134 (1.5m) (M) where turn left onto A134 to Wereham r/a where straight over to Stoke Ferry r/a (M) where take 1st exit and still on A134, Continue to Munford r/a (junc A1065) (M). Encircle r/a and retrace to Stoke Ferry r/a (M) where take 3rd exit to continue along A134 to Wereham r/a where straight over to FINISH opposite gateway approx 1/4 m short of A1122.

PRIZES One Rider – One Prize (except Team)

1 st Scratch £30	2 nd Scratch £20	3 rd Scratch £10
1 st Lady £30	2 nd Lady £20	3 rd Lady £10
1 st Vet group 40-49 £20	1 st Vet Group 50-59 £20	1 st Vet group 60+ £20
Team £30		

H/Q: Fincham Village Hall where numbers and facilities will be available.

122 Main Road, Fincham, Norfolk, PE33 9EN

SIGNING ON: All riders must collect their own numbers and sign on and read any additional information relevant to the event

PARKING at H/Q, on hard standing, and grass where indicated not on football pitches, .Please park sensibly to allow maximum usage of hard standing.

LOCAL REGULATIONS

U-TURNS Are not permitted on courses and roads adjacent to start and finish areas, whilst event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width while astride the machine.

NO warming up on course after start of event.

Failure to comply with these regulations may lead to disqualification from the event and further action by the district committee.

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

All competitors under the age of 18 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, ANZI Z90.4, AUS/NZS, DIN 35/954, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if rider is under 18 years) to:

- Select a helmet that offers protection against head injury and does not restrict the riders vision or hearing
- Ensure that the helmet is properly fitted, is undamaged and in good condition.

The East District Committee recommends that competitors should fit a rear L.E.D. light to enhance visibility to other road users.

Attention all Riders: Please note that all competitors are now required to personally sign out on the sign out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind. Thanks. Simon.