

GODRIC CYCLING CLUB start sheet for the **DAVE HATCHER MEMORIAL OPEN 25 MILE TIME TRIAL** to be held on the 22nd September 2019 on Course B25/50. Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations. Start time 09.01am

The event incorporates a qualifying Event for the Women's BAR competition.

Event Secretary: Paul Vergette, 29 Church Road, Upton NR136AJ. Telephone 07715284787

HQ: Wortwell Community Centre, Tunbeck Close, Wortwell IP20.0HS. Start is approximately 1 mile from the HQ.

TIMEKEEPERS; Pam & Peter Milner and Lynn Evans

Marshalling by members of Godric Cycling Club.

Numbers will be at the Headquarters and not at the start. Please remember to sign in when you collect your number and sign out when you return it please or you will be disqualified from the results.

COURSE: Start at White paint mark on kerb on A143 near junction with Church Lane Redenhall. Proceed east to **TURN AT 2nd RAB at junction with B1332**. Encircle and proceed west to Redenhall RAB. Encircle and retrace on A 143 past start to **2nd RAB** at B1332. Encircle and retrace on A143 to Finish at white paint mark 12 metres east of alignment of electricity power poles and 1/10th mile east of start. At the finish **DO NOT STOP AT TIMEKEEPERS but continue to riding to the HQ where times will be displayed.**

In the interests of your own safety CYCLING TIME TRIALS and the Event Promoters advise you wear a Hard Shell Helmet that meets Internationally accepted Standards. It is also strongly advise that riders use a rear light, either constant or flashing visible to following road users.

CTT EAST DISTRICT LOCAL REGULATIONS. U Turns will not be permitted on the course or roads adjacent to the start or finish areas whilst the race is in progress. NOTE 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 highway whilst astride of the machine. It is recommended riders should dismount, check the road is clear in both directions, then with machine walk across the road.

NO WARMING UP ALONG THE COURSE ONCE THE EVENT HAS STARTED.

NOTE: The use of turbo trainers is BANNED at all events with AM start times.

Refreshments will be available in the Hall following the return of your Number.

Have a safe and successful ride and **KEEP YOUR HEADS UP.**

PRIZES: Scratch Women and Men's will be 1st £20. 2nd £15 and 3rd £10.

Vets on Standard award for both events will be 1st £20. 2nd £15. 3rd £12 and 4th £10. One rider one prize.