



Norwich Amateur Bicycle Club

Open 10 mile time trial to be held on Saturday 12th September 2020

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	Mike Johnson Richard Smith
Recorders	Barney Horne
Starting stewards	Graham Dilks
Results board	Jason Turner
Safety Officer	Ed Dean
Marshals	Andy Blackwell Sandy Telfer Ed Dean
Event organiser	Kate Lucas 58 Albini Way Wymondham Norfolk NR18 0UJ

Contact:
07879 814683
k8alucas@gmail.com

Course details

B10/43: <https://www.cyclingtimetrials.org.uk/course-details/b10-43>

START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall.
Proceed East to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to **FINISH** at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Course records

Category	Time	Rider	Date
Solo male	19:10	Jason Boutell	30/09/2017
Solo female	22:16	Rebecca Johnson	07/05/2018
Solo male (Junior)	23:12	Arthur Hitchen	06/07/2019
Sole female (Junior)	25:18	Isabella Johnson	06/07/2019
Tandem	20:17	Gary Pamment Barry Mcdonald	30/09/2017

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 regulations state that riders **MUST use a rear light** either flashing or constant, visible to following road users and is active while the machine is in use.

COVID-19 Precautions – Please read thoroughly

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Ideally all warm-ups should be done on the road **unless adequate space can be found to safely carry out a static warm-up** and strict social distancing can be maintained.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST **pack away and leave immediately upon completion of the race.**
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- **There will be no pusher-off. A competitor MUST start with one foot on the ground.**
- Support will only be provided in an emergency situation e.g fall / collision, and the amount of assistance provided will be at the discretion of the marshals

- **At the headquarters: PLEASE BRING A FACE COVERING or you will not be allowed to enter the building to use the toilet facilities. There will be a limitation of numbers allowed in and out of the building at any one time and please use the hand sanitiser provided before entering the building**
- **Sign on will take place on the playing field where a gazebo will be in place for you to pick up your number and sign on. PLEASE BRING YOUR OWN PEN TO SIGN IN AND OUT and use the hand sanitiser provided before picking up your number**
- **AFTER YOUR RACE – A BUCKET OF SOAPY WATER WILL BE PROVIDED FOR YOU TO PLACE YOUR NUMBER IN AND DON'T FORGET TO SIGN OUT !**

Prizes (awarded on a one rider, one prize basis)

Scratch (men and women)

1st	£25 plus digital image
2nd	£15
3rd	£10

Fastest veterans on standard (men and women)

1st	£25 plus digital image
2nd	£15
3rd	£10

Fastest tandem

1st	£20 each plus digital image
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With thanks to our prize sponsors

Jelignite Photography – Digital images of all competitors will be available on the website soon after the event ([Jelignite Photography - Cycling images](#))

COURSE RECORD PRIZE - £20 to any rider who breaks the existing records stated