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OPEN 25 MILE TIME TRIAL FOR TANDEMS AND SOLOS

To be held on **Sunday 6th October 2024** starting at **09.00hrs** on Course B25/50. The event is promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

**Event Secretary: -** Pete Johnson

6 Vicarage Lane, Mettingham, Nr Bungay, NR351TE.

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**Course: - B25/50 (Redenhall – Bungay Bypass Circuit)**

**Getting to the start:** - The start is approximately 1 mile from the HQ and car

park. Make sure you allow enough time to get there from the HQ for your start.

To get to the start, go back down Tunbeck Close, turn right, go round

Redenhall roundabout on to the A143, and ride east to start. (See below for map).

**Start** at white paint mark on kerb on A143 near junction with Church

Lane, Redenhall.

Proceed east to turn at 2nd RAB (chicken) at junction with B1332.

Encircle and proceed west to Redenhall RAB.

Encircle and retrace on A143 past start to 2nd RAB (chicken).

Encircle and retrace on A143 to Finish at white paint mark 1/10 mile east

of start.

**Headquarters**: Wortwell Community Centre, Tunbeck Close, Wortwell,

Harleston, IP20 0HS.

**Directions to HQ: -**

**From the east**, turn left off A143 onto B1062 signposted

Homersfield and almost immediately first right into Wortwell village. 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).

The hall will be open from approx. **07.30**.

Numbers and signing on/out sheet will be at the HQ and NOT at the start.

**Please note that all competitors are required to PERSONALLY sign the sign out**

**sheet when returning the number. Failure to do will result in the competitor**

**being recorded as DNF.**

**Event officials**

Timekeepers Start - L Webster Godric CC

Finish - M Johnson, R Smith NABC

Official Observer J Turner NABC

Course Marshals Members of NABC

## **East District Local Regulations**

**U turns** will not be permitted on the course or adjacent roads to the start and finish while a race is in progress.

Note: Any breaking of this regulation in the first case will mean disqualification from the event. Further cases will 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.

No **warming-up** on the course by competitors once an event has started.

The use of **turbo trainers** is banned at all events with a.m. start times.

All competitors must wear a **properly affixed helmet**, which must be of a hard/soft shell construction. Helmets should conform to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063;96, DIN 33-654, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to: -

1. Select a helmet that offers protection against head injury and does not restrict the rider’s vision or hearing.
2. Ensure that the helmet is properly fitted, is undamaged and in good condition.

**CTT Regulations:**

**Front lights: -** No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**Rear lights**: - No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**Covering the Course: -** The onus of keeping to the course rests with each rider.

**Awareness of Surroundings**: - Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

**Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.**

Regulation 20 of CTT’s Rules and Regulations (Observance of the Law) provides that: All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

(a) not ride in a manner that is unsafe either to themselves or to other road users;

b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;

(c) conform to all traffic signs, signals and direction indicators;

(d) in making any turn before, during or after the event, ensure that it is safe to do so.

**HEADS UP AND RIDE SAFE.**

**Awards**

Men Scratch 1st £8

Women Scratch 1st £8

Vets on Std 1st £8

Team 1st £5 each

One prize per person except for team.

