**NORWICH ABC**

 Open 10 mile time trial for Tandems and Solos

To be held on Saturday 7th September 2024 starting at **14.01hrs** on Course B10/43.

The event is promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Event Secretary Ed Dean, 14 Wild Radish Close, Mulbarton, Norfolk.

NR14 8DB

Tel 01508 570806

Mob 07718 341512

**B10/43 (Redenhall – Bungay Bypass - Wortwell)**

**START at green paint mark in Church Lane, Redenhall near junction with A143 and 1/3 mile east of Redenhall RAB. Join A143 with care and proceed east to turn at 1st RAB (Clays) at junction of A143 and A144. Encircle and proceed west to Finish. 200m west of junction of A143 and B1062.**

HQ & Parking – Wortwell Community Centre (IP20 0HS)

Numbers & Signing on at HQ

Timekeepers M Johnson & R Smith NABC

Official Observer P Johnson NABC

Recorder T Howes NABC

Course Marshals Members and friends of NABC

## 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.

**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: -

Select a helmet that offers protection against head injury and does not restrict the rider’s vision or hearing.

Ensure that the helmet is properly fitted, is undamaged and in good condition.

**Front and rear L.E.D lights must be fitted to enhance visibility to other road users.**

**Awards**

Men Scratch 1st £8 2nd £5

Vets on Std 1st £8 2nd £5

Women Scratch 1st £8 2nd £5

Road Bike Scratch 1st £8 2nd £5

Team £6 each

One prize per person except for team.

**Please keep your heads up and have a safe ride.**