

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



The start sheet for the

EAST DISTRICT CYCLING ASSOCIATION 100m TT

Also incorporating the 2019 VTTA (East Anglian Group Championships)

COURSE B100/4 (revised July 2018) – SUNDAY 14th JULY 2019 - 06:01 START

Course: B100/4 – REVISED JULY 2018

DIRECTIONS TO START from HQ turn **LEFT** on to B172 (Harts Farm Road) and at the Wymondham Cross traffic lights proceed straight over into London Road. At the roundabout take the 2nd exit to remain on the B1172 (London Road) – please allow 15 minutes to ride to the start.

START at paint mark on road, B1172, approx 1 mile east of Sutton.

Proceed west to Sutton junction on B1172, turn left and proceed over Spooner Row roundabout (1) to Spooner Row roundabout (2). Take 2nd exit to join A11 westbound and proceed via Attleborough roundabout to Snetterton interchange.

Turn left on to sliproad and proceed to roundabout (1), take 1st exit and proceed to roundabout (2), take 1st exit and proceed to roundabout (3). Turn left and proceed to roundabout (4) go straight over and proceed to join A11 eastbound.

Proceed east via Attleborough roundabout to Browick interchange. Take sliproad and proceed to roundabout (1), take 3rd exit and proceed to roundabout (2). Take 2nd exit to rejoin A11 westbound, proceed west to complete 1st circuit at Spooner Row sliproad.

Proceed to complete four circuits on fifth circuit proceed via Attleborough roundabout to Snetterton interchange.

Turn left on to sliproad and proceed to roundabout (1), take 1st exit and proceed to roundabout (2), take 1st exit and proceed to roundabout (3).

Turn left and proceed to roundabout (4) go straight over and proceed to join A11 eastbound.

Proceed east on A11 via Attleborough roundabout to **FINISH** at paint mark on road adjacent to Blue Pedestrian Bridge over A11 at West Carr.

EVENT HEADQUARTERS

PLEASE NOTE THIS HAS CHANGED FROM PREVIOUS YEARS.

THIS IS NOW KETTS PARK COMMUNITY & RECREATION CENTRE, WYMONDHAM (NR18 0UR) WHICH WILL BE OPEN FROM 05:00

Parking: ample parking in the centre car park. Please park with consideration. No cycling shoes/cleats to be worn in the hall.

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

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A **HARD SHELL SAFETY HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IN ACCORDANCE WITH REGULATION 15 ALL COMPETITORS UNDER THE AGE OF 18 YEARS AND/OR JUNIORS MUST WEAR PROTECTIVE HARD SHELL HELMETS. IT IS RECOMMENDED THAT A WORKING REAR LIGHT, EITHER FLASHING OR CONSTANT, IS FITTED TO THE MACHINE IN A POSITION VISIBLE TO FOLLOWING ROAD USERS AND IS ACTIVE WHILE THE MACHINE IS IN USE.**

AS SOON AS YOU HAVE FINISHED YOU SHOULD RETURN YOUR NUMBER TO THE EVENT HQ AND **PERSONALLY SIGN OUT (FAILURE TO DO SO WILL MEAN YOUR RIDE IS RECORDED AS A DNF)**. YOU SHOULD ALSO CHECK TO SEE IF YOU ARE REQUIRED FOR DOPING CONTROL.

NOTES TO RIDERS - The following local East District regulations must be adhered to: -

8. **U-turns** (see note below)
"U-turns will not be permitted on course or roads adjacent to Start and Finish areas while a 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.
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, and walk across the road).
11. **Numbers**
"Numbers will be at the HQ and not at the Start".
Numbers can be exchanged for a hot or cold drink after the event at Ketts Park Community & Recreation Centre.
12. **Warming up**
"No warming up along the course by competitors once an event has started".
14. **Turbo Trainers**
"The use of turbo-trainers is banned at all events with a.m. start times".

Timekeepers: Heather Saunders & Don Saunders
Marshals & Volunteers: Icenivelo, and other EDCA clubs

Event Secretary: Richard Reade, 24 Sorrel Drive, Attleborough, Norfolk, NR17 1QR
Mobile: 07702 305358
Email: events@icenivelo.co.uk

EAST DISTRICT CA PRIZES (One rider, one prize)

SCRATCH	1st - £35	2nd - £25	3rd - £15	4th - £10
LADIES	1st - £35	2nd - £25	3rd - £15	4th - £10
VETERAN ON STANDARD	1st - £35	2nd - £25	3rd - £15	4th - £10
FASTEST TANDEM	£10 each			
FASTEST TEAM OF 3	£10 each			

EAST DISTRICT CYCLING ASSOCIATION & PRIZES TO BE PRESENTED IN EARLY 2020 (DATE TBC)

EAST ANGLIAN VTTA CHAMPIONSHIPS (for VTTA members only)

Actual fastest VTTA member

1st best on standard

1st Lady on standard

Fastest age groups 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Team of three

The **Bob Hayworth Cup** will be awarded to the best **East Anglian Group** member on standard

PLEASE KEEP YOUR HEAD UP AND HAVE A SAFE FAST RIDE