**VELO CLUB BARACCHI** **50-MILE TIME TRIAL Sunday 18th August 2019**

**(a British Best All-Rounder counting event)**

*PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS*

***Note****: given the small field the* ***START TIME*** *has been put back to* ***07.31****.*

*EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret’s Road, Lowestoft, Suffolk, NR32 4TX. Tel. 07758 416272 / 01502 576913 riallen@talktalk.net*

*TIMEKEEPER: (Start and finish) Pete Milner (Godric CC), assisted by Pam Milner*

*OFFICIAL OBSERVERS: John Thompson and Richard Allen (VC Baracchi)*

*MARSHALS AND HELPERS: Velo Club Baracchi members and family, and Dominic Austrin (Great Yarmouth CC)*

COURSE DETAILS: B50/17: Start on westbound carriageway of A143 Harleston by-pass, 1.1 miles west of Redenhall roundabout and 15 yards west of MOT direction board opposite A143/Mendham Lane junction. Proceed west on A143 to Needham roundabout (1 mile), encircle and retrace on A143 proceeding straight ahead, i.e. 2nd exit at Redenhall (3.2 miles), Bungay (9.2 miles) and Ditchingham (9.9 miles) roundabouts to Stockton roundabout (13.9 miles). Encircle and

retrace via Ditchingham (17.9 miles), Bungay (18.6 miles) and Redenhall (24.6 miles) roundabouts to Needham roundabout (26.8 miles). Encircle and retrace again via Redenhall (29 miles), Bungay (35 miles) and Ditchingham (35.7 miles) to Stockton roundabout (39.7 miles). Encircle and retrace again via Ditchingham (43.7 miles) and Bungay (44 miles) roundabouts to FINISH at eastern edge of Church Close/A143 junction on westbound carriageway of Wortwell by-pass approx. 500 yards east of Redenhall roundabout

**NB: After passing the finish please continue on the A143 to the Redenhall roundabout and take the first exit back to the HQ.**

**Watch out!** at the three 'straight on' roundabouts. At the Redenhall roundabout going east the descent on approach is fast. Also, when heading east, the “chicken roundabout” at Ditchingham is a lot more than 180°.

Course records:

Men: Matthew Senter (Team Velovelocity) 1:45:27 (2018)

Women: Mary Bower (gbcycles.co.uk) 2:09:26 (2014)

**IMPORTANT**

*In 2018 there were three late starts. Please give yourself time to get to the start. HQ is approx. 2½ miles from start, with some uphill. Directions: exit HQ and go down Tunbeck Close into Wortwell village. Right at crossroads (pub). After Redenhall church take 1st exit (left) at roundabout onto A143 and follow to start.*

**PRIZES**: (One award per rider except for team):

Men 1st £20.00 2nd £15.00 3rd £12.00 4th £7.00

Women 1st £20.00 2nd £15.00

Fastest team of three: £8.00 each

Vets on standard: 1st £12.00 2nd £9.00 3rd £7.00

HEADQUARTERS: (open from 6am) Wortwell Community Centre (IP20 0HS). Remember to sign on, **and to sign back in after you finish your ride**.

On finishing your number can be exchanged for a free drink.

NB: PARKING - All competitors to park in the HQ car park, please. DO NOT use the disabled parking spaces unless you have a legitimate reason. Others may be using the car park.

PLEASE, NO wearing of plated shoes in the HQ.

Directions to HQ: From the east, turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and 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).

*CTT EAST DISTRICT LOCAL REGULATIONS:*

*1. U-turns will not be permitted on the course and roads adjacent to start and finish areas while the event is in progress. Note – any breaking of this regulation in the first case may mean disqualification from the event. Further cases may 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).*

*2. Numbers will be at the HQ and not at the start.*

*3. No warming up along the course once the event has started.*

*CYCLE HELMETS: In the interests of your safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.*

*LEDs: Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.*

Heads up: *“Computers don’t show the dangers ahead!”*, as we used to say.