



Club WEBSITE: www.rideharder.co.uk email: info@rideharder.co.uk

PLEASE CONTACT EVENT SECRETARY -

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Event Sec Ass Mark Fairhead - Tel: 07772516713

Ride Harder open 10 miles Time Trial

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 24th July 2021 - Course B10/3A - Start Time 15:01pm**

TIMEKEEPERS START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS Members of Ride Harder and friends of James

Please take note of the following Corvid 19 guidance.

Social distance rules apply to all riders, helpers, marshalls and timekeepers.

please be respectful and keep us all safe.

**Please do not attend the event if you or any member of your
support crew or family shows systems of corvid 19.**

**Route to Start: Turn right from HQ, Turn Right at T junction proceed on B1172 to Start area
approx. 1 mile.**

B10/3A (Besthorpe - Wymondham - Besthorpe)

**START at paint mark on B1172, Proceed to T junction (Caution) M and turn left onto sliproad to
join A11 at Besthorpe, and proceed East to leave A11 at sliproad signed 'Mulbarton'. At 1st
roundabout take third exit and proceed to 2nd roundabout (5.167 miles). Take 2nd exit to re-join
A11 and proceed west along A11 to FINISH Near Green MOT Sign just past Shell Garage.**

**After finish proceed to next exit, turn Right at T Junction proceed over A11 bridge Turn Left onto
B1172 to return to HQ**

COURSE RECORDS: Nino Piccoli (API/Metrow) 18:48 (2009)

Lady: Yvonne McGregor (Adidas/SciCon) 21:15 (1997)

Tandem: Glen Taylor (Shorter R'ford RT)/Mark Arnold (Team PedalRev.) 17:59 (2012)

Mixed Tandem: Alan & Kelly Newark (CC Breckland) 19:32 (2000)

2-up: Phil Nudds/Stewart Lyons (VC Norwich) 20:44 (1998)

Tricycle: Carl Saint (Yorkshire RC) 22:49 (2008)

Tandem Tricycle: Colin Bunnett (KLCC)/Peter Hopkins (Team Swift) 24:30 (2011)

HQ – Morley Village and Sports Hall, Golf Links Road, Morley NR18 9SU

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Weather permitting signing on will be done outside. Please bring your own pen for signing and if possible, your own safety pins if needed. Please use provided Sanitiser.

If damp we have access to the upstairs room – accessed via stairs in the front entrance, after signing on collect number and exit through side door to veranda and exit via outside stair.

Please queue at social distance spacing of 2 metres and wear a mask.

After finishing and signing off please place your number in the Orange bucket.

Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

Toilets – We will have the use of one Disable toilet – Locate to the right of the entrance lobby - please wear a mask when queuing and following social distancing measures. PLEASE come dressed ready to compete – do not use the toilet as a changing facility.

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

CTT Regulations:

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.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors **MUST** wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

Riders 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:

20. Observance of the Law

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.

Please note Regulation 20a cover riding HEADS DOWN, please maintain forward vision.

Prizes are reflective of entry level.

Mens: 1st £20 2nd £15 3rd £10 4th £5

Lady: 1st £20 2nd £15 3rd £10 4th £5

VETS on Std: 1st £20 2nd £15 3rd £10 4th £5

Team of 3: £10 Each

One Rider: one prize except team.

HEADS UP AND RIDE SAFE.