

GREAT YARMOUTH C.C./PEDAL REVOLUTION/1ST CALL CAR PARTS

OPEN 25 MILE TIME TRIAL

22nd May 2022

COURSE: B10/43 – T.O.S. 8.00AM

Event Secretary: Dominic Austrin

Tel: 0795606831

Handicapper: East District Handicap Book

Timekeepers: Mr N Harlow & Mr N Goward

Recorder: Mr A. Field

Observers: Mr Mike Palmer and Mr Gary Wakeley

Course: B25/54: (Wayford Bridge—West Caister—Wayford Bridge)

Start on A149 adjacent to lay-by east of Wayford Bridge (GR TG35567 25338), proceed along A149 to turn at West Caister roundabout (Junc. with A1064). Retrace to FINISH (GR TG37292 24840) approx 1 mile East of Start (O/S Landranger Series Sheet 134).

Numbers: Will be at the HQ and not at the start where you will need to sign in before being provided with your number and it can be exchanged for a free drink after the event.

NOTE: All competitors – Please note that from 2017 ALL COMPETITORS are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do so will result in the competitor being recorded as D.N.F.

Parking: At the HQ – **Smallburgh Village Hall, Yarmouth Road, Smallburgh, NR129LX**

The hall will be open from **6.45am**.

No Parking: At start or finish areas. PARKING ONLY AT HQ PLEASE. THERE IS PLENTY OF ROOM. PLEASE PARK IN A TIDY MANNER.

At HQ: Toilets are provided.

C.T.T. REGULATIONS AND LOCAL EAST DISTRICT RULES FOR TIME-TRIALS: 1. NO WARMING-UP on ANY part of the course once the event is in progress. 2. `U-TURNS` will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress. Note: Any breaking of these regulations 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 walk across the road).

CTT REG 13 – NEW OR IMPROVED PERFORMANCES :- PLEASE PAY ATTENTION TO THE RULES REGARDING HANDICAPS (RULE 13 PAGE 340 CTT HANDBOOK). For handicap and time category events, any improvement or new performance occurring more than three days before the event must be notified in writing, by telephone, by fax, or by email to the promoting secretary. This must be done within three days of the new improved performance. Any improvement made within three clear days of the event shall be ignored, except for second or lower class events where entry is restricted by performance.

CTT REG 14(i) and 14(j):- ALL COMPETITORS TO BE AWARE OF THIS RULE (PAGE 341 CTT HANDBOOK) (I) No competitors shall be permitted to START in either Type A or Type B events unless such a competitor has affixed to the rear of their machine a working red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. (J) No competitors shall be permitted to START in either a Type A or Type B event unless such a 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. NO FRONT OR REAR LIGHT – NO RIDE

CTT REG 15 – PROTECTIVE HELMETS:- (PAGE 341 CTT HANDBOOK) - ALL competitors MUST wear a properly affixed helmet which must be of hard/shell construction. Helmets should conform to a standard such as SNELLB95, ANSI Z90.4, AUS/NZS 2063.96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:- (a) Select a helmet that offers protection against head injury and does not restrict the riders vision or hearing. (b) Ensure that the helmet is properly fitted, is undamaged and in good condition. NO HELMET – NO RIDE

CTT REG 20 – OBSERVANCE OF THE LAW:- (PAGE 343 CTT HANDBOOK) – All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. 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 and direction indicators; (d) In making any turn before, during or after the event, ensure that it is safe to do so. Event officials must not seek to regulate or interfere with other traffic. N.B. For the purposes of Regulation 20(b): (1) In the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway: and (2) In the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left hand side of the left lane of such carriageway. CLOTHING: It is strongly recommended that riders DO NOT wear black or dark clothing during an event held on public roads.

POSITIONING OF RACE NUMBER: Numbers should be position low on the back/bum in the lumber region so as to be visible from behind – riders using NO PINS type pockets should be encouraged to call out their number when passing the timekeepers.

THE USE OF TURBO TRAINERS IS BANNED AT ALL EVENTS WITH AM START TIMES.

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