

"Promoted for and on the behalf of Cycling Time Trials under their Rules and Regulations"

# ZAK CARR MEMORIAL"10"

Promoted by API-METROW/Bodyby JR on course E91/10 on Saturday 2nd October 2021 at 13.00 hours

Event Secretary:- Chris Worsfold, 1 Lower Farm Barn, The Causeway, Hitcham, Suffolk, IP7 7NA

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Timekeepers:- John Cottee and Ian Taylor

**HQ:- Leaden Roding Village Hall, Stortford Rd, Leaden Roding, Essex, CM6 1QX. Ref:- GR592133**

COURSE:- E91/10      Start 593136      Turn 631210      Finish 593152

START:- On the B184, Leaden Roding, at paint mark by 3rd kerb joint before surface drain at northern end of lay-by at entrance to school. Proceed through Aythorpe Roding to turn at roundabout at junction with Clapton Hall Lane (5.5m). Retrace to FINISH opposite EP20, EP is behind hedge in field, which is 15 kerb joints north of speed restriction sign for Aythorpe Roding Village.

## MENS AWARDS

1ST PLACE	£20 plus Zak Carr Trophy
2ND PLACE	£15
3RD PLACE	£10
4TH PLACE	£5

## WOMENS AWARDS

1ST PLACE	£10
2ND PLACE	£7
3RD PLACE	£5

**IN THE INTERESTS 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.**

**All juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.**

**The use of a flashing rear light whilst competing is now mandatory**

**NO LIGHT NO RIDE**

# **NOTES TO RIDERS AND HELPERS AND LOCAL REGULATIONS**

## **LOCAL REGULATION 4.6**

Competitors are not allowed to warm up along the B184 between Leaden Roding and Great Dunmow prior or during an event.

## **LOCAL REGULATION 4.8.2**

NO U-TURNS are allowed within sight of the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee.

## **PARKING/WARMING UP**

Bearing in mind that you could be in breach of the above local regulation, if you prefer to warm up on the road I would suggest you use the A1060. If you use a static trainer there is plenty of space the HQ. Please do not use the Axe and Compasses PH car park north of the start on the B184.

## **NUMBERS/SIGNING ON/OUT**

Will be outside the village hall.

## **START LINE**

Please ensure you don't arrive more than 3 minutes before your start time and keep a 2 metre distance between you at all times, there is plenty of space at the start area to be able to do that. Three starting choices are available to you, foot on floor, foot on box or push start.

## **EVENT HQ**

Toilet and Refreshment facilities will be available at the village hall, return your number for a cup of tea.

## **RACE RESULT**

I am planning to use a traditional result board, but if you wish to avoid the close contact I shall endeavour to post the result on line before the weekend is out, DO NOT APPROACH THE TIMEKEEPERS.

## **COVID 19**

Please understand that you must not attend this event if either you or anybody in your household has had COVID-19 symptoms in the last 7 days, and if they develop symptoms within 7 days of the event they should inform the event organiser and use the Test ,Track and Trace system to alert others with whom you may have been in contact with. It is advisable to wear a face mask whilst in the Village Hall.

Chris Worsfold

Event Secretary

