



Affiliated to British Cycling, Cycling Time Trials, EDCA and Cycling UK. Founded 1978

50-MILE TIME TRIAL, Sunday 11th August 2024, a BBAR-counting event incorporating
the East District Cycling Association championship
PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES
AND REGULATIONS

EVENT SEC.: Paul Hayward, 35 Blackheath Road, Lowestoft, Suffolk, NR33 7JE

Tel. 07807 042936 paulhayward@live.co.uk

TIMEKEEPER: Andrew Moore (Start and finish)

OFFICIAL OBSERVER: Richard Allen (VC Baracchi)

HEADQUARTERS: (open from 6am) Wortwell Community Centre (IP20
OHS). 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).

COURSE DETAILS: B50/17 REVISED START At Church Lane junction on the A143 (same
start as the 10 and 25 mile TTs) Head east to 1st (Clays) roundabout, go straight over
(2nd exit) towards 2nd ("Chicken") roundabout and take 4th exit heading back west.

Straight, 2nd exit, on Clays roundabout. Head to Redenhall roundabout taking the
4th exit going back past the start. Do this 3 times, on the 4th lap FINISH at the lay-by
opposite entrance to fishing lakes, 1 mile east of start area.

The onus of keeping to the course rests with the rider.

COURSE RECORDS:

Open - Dan Blackburn (Epic Orange Race Team) 1:49:32

Women - Davina Greenwell (Plomesgate CC) 2:06:24

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

Open 1st £15.00 2nd £12.00 3rd £9.00

Women 1st £15.00 2nd £12.00

Fastest team of three: £6.00 each

Vets on standard: 1st £10.00 2nd £8.00 3rd £6.00

You MUST NOT park on the narrow strip of grass by the entrance gate, or we risk
losing this important venue. And please don't wake the neighbours!

IMPORTANT: the site both inside and out is a dog-free area.

All competitors **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.

Sleeveless tri-suits and tops are allowed.

U-Turns will not be permitted on course or roads adjacent to start and finish areas while the race 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.

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).

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

Turbo-trainers: The use of turbo-trainers is banned at all events with a.m. start times.

No competitor shall be permitted to start unless such competitor has affixed to their machine a working white front & rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

It is strongly recommended that riders do not wear black or dark clothing.

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. 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. N.B. For the purposes of Regulation 20(b): (i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; ...

“KEEP YOUR HEADS UP!”:

The riding competitive position shall be set so that vision is not compromised such that the rider cannot react safely to events that can reasonably be expected to occur during the event (...). Riding with the head facing downwards and occasionally glancing forward is deemed an infringement of this regulation.

(also, by the way: enjoy the event!)