



**Important Notice to all Riders: NEW COMPULSORY REQUIREMENTS** All competitors **MUST** wear a **CYCLE SAFETY HELMET** that meets an internationally recognized standard (such as CPSC, ANSI Z90, SNELL B95, EN-1078). All competitors must have a working white Front Light fitted to the front of their machine, and a separate working red Rear Light fitted to the rear of their machine.

### Prizes

One rider, one prize except for team prize

	Men	Women	Vets Standard	U-23
1 <sup>st</sup>	£40	£40	£40	£20
2 <sup>nd</sup>	£30	£30	£30	£10
3 <sup>rd</sup>	£15	£15	£15	

1<sup>st</sup> Road Bike £15 (drop bars, no tri-bars)

Team prize for fastest 3 riders £10 each

### Local regulations

U-turns (see note below)

U-turns will not be permitted on the course or roads adjacent to the start and finish while a race is in progress.

Note: Any breaking of this regulation in the first case will 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 while astride the machine.

(It is recommended that the rider(s) should dismount, check the road is clear in both directions, then with the machine walk across the road).

Numbers will be at the H.Q. and not at the start.

Warming up: No warming up along the course by competitors once an event has started.

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

### **This is a qualifying event for Spoco East 2022**

Organiser of Spoco East: Chris Willmets  
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