

"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/ T-T- Matics on course E91/10a on Saturday 3rd October 2020 at 15.00 hours

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

Tel:-07801 228735 (Mobile) E-Mail chrisjworsfold@hotmail.com

Timekeepers:- Sean Kerrigan and Ian Taylor

HQ:- Aythorpe Roding Village Hall ,B184, Aythorpe Roding, Essex, CO6 1PP. Ref:- GR591150

COURSE:- E91/10a Start 591151 Turn 631210 Finish 593138

START:- On the B184 at GPO pillar box at north end of lay-by at Aythorpe Roding village hall. Proceed north through High Roding to turn at roundabout at junction with Clopton Hall lane (4.6mls). Retrace through High Roding and Aythorpe Roding to FINISH at 2nd drain vent south of triangular "School" sign 192 yards north of end of lay-by at Leaden Roding school.

MENS AWARDS

1ST PLACE £25 plus Zak Carr Trophy
2ND PLACE £20
3RD PLACE £15
4TH PLACE £10
5TH PLACE £5

WOMENS AWARDS

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

TANDEMS

1ST PLACE £8

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 Aythorpe Roding village hall 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 park using the large lay-by just south of the finish outside Leaden Roding school from where you can use the A1060, from there it is a 3 minute ride to the start at the village hall. If you use a static trainer there is plenty of parking outside the HQ. Please do not use the Axe and Compasses PH car park north of the start.

NUMBERS/SIGNING ON/OUT

Will be outside the village hall, on signing out and returning your number please place it in the sanitising bin next to the signing table.

START LINE

Please ensure you don't arrive more than 3 minutes before your start time and keep a 2 metre gap between you at all times, there is plenty of space at the start area to be able to do that.

AYTHORPE VILLAGE

There is some concern around the village that they will be visited by 60 cyclists from some areas with a higher infection rate, that is the reason we have had to change from the original course listed in the CTT handbook as the usual village hall cannot be made available to us. PLEASE ACT AND BE SEEN TO BE ACTING RESPONSIBLY

EVENT HQ

Only toilet facilities will be available at the village hall with a one-way system in operation please hand sanitise before entering and leaving the building. **THERE WILL NOT BE A RESULT BOARD ,REFRESHMENTS OR CHANGING FACILITIES SO PLEASE ARRIVE RACE READY.**

RACE RESULT

After you have completed your ride please go home and avoid socialising, the race result will be published before the weekend is out. DO NOT APPROACH THE TIMEKEEPERS.

PUSH OFF START

No pusher off, start with a foot on the ground. If you jump the start you will be penalised for maybe more than you gained.

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 7days, 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.

Chris Worsfold

Event Secretary