

EVENT SECRETARY –
Dan Blackburn
Lavena Cottage, Pitts Hill,
Saxlingham Nethergate,
NR15 1PB



CLUB WEBSITE www.vcnorwich.co.uk
e-mail southnorfolkt@gmail.com

VC Norwich Open 10 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Sunday 24th July 2022 - Course B10/19 - Start Time 0801

TIMEKEEPERS START: Dan Blackburn, VC Norwich

FINISH: Don Saunders, CC Breckland and Dan Blackburn, VC Norwich

MARSHALLS Friends and Members of VC Norwich.

Please take note of the following Covid 19 guidance.

**Social distance rules apply to all riders, helpers, marshals and time keepers.
please be respectful and keep us all safe.**

Please do not attend the event if you or any member of your support crew or family shows systems of Covid 19.

Course Details: B10/19

START at paint mark on B1108, opposite garage, outside Lincoln's Hall (HQ) Hingham. Proceed west on B1108 to Carbrooke roundabout (5.5 miles). Encircle roundabout to retrace on B1108 to FINISH on B1108 near farm track approx. 0.5 miles before Woodrising Road.

Course records

Men - Lloyd Chapman (Banks/Catford) 20:18 (2017) Women — Kimberley Morrison (Drag2Zero) 22:56 (2018)

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HQ – Lincoln Hall, The Fairland, Hingham NR9 4HW

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Weather permitting signing on will be done outside. Please bring your own pen for signing and if possible, your own safety pins if needed. Please use provided sanitiser.

If inside, we will operate a one-way system whereby you will exit via Fire door to rear of Hall – please queue at social distance spacing of 2 metres.

After finishing and signing off please place your number in the orange bucket.

Attn. All competitors – Please note that for 2021 all competitors are required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

Toilets – We will have the use of one disable toilet – locate near the front entrance, we will operate a one-way system whereby exit is by fire door to rear of hall – please queue outside following social distancing measures. PLEASE come dressed ready to compete – do not use the toilet as a changing facility.

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event 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. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

CTT Regulations:

FRONT LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such 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.

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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Covering the Course

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

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

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. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

• Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.

• Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:

• 20. 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. In particular, 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.

HEADS UP AND RIDE SAFE.