

Please note COVID 19-related items in red

VELO CLUB BARACCHI 10-MILE TIME TRIAL (TANDEM)
Monday 3rd May 2021,
*PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS
UNDER THEIR RULES AND REGULATIONS*

*EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret's Road,
Lowestoft, Suffolk, NR32 4TX. Tel. 07758 416272 / 01502 576913
rialen@talktalk.net*

CAN'T DO IT WITHOUT THESE DEAR FOLK -

*TIMEKEEPERS: (Start) Lynn Evans (Great Yarmouth CC);
(Finish) Pam and Pete Milner (Godric CC)*

OFFICIAL OBSERVER: John Thompson (VC Baracchi)

*MARSHALS AND HELPERS: Paul Vergette (Godric CC) and VC
Baracchi members*

HEADQUARTERS: (open from 6.30am) Wortwell Community Centre
(IP20 0HS): **TOILETS ONLY**. Remember to sign on, and to SIGN BACK
IN after you finish your ride.

NB: PARKING - All competitors to park in the HQ car park. **DO NOT** use
the disabled parking spaces unless you have a legitimate reason.
Those arriving early should go all the way round the building and park
prettily, but compactly.

All riders must maintain social distancing around their vehicle.

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).

(Route from HQ to start)

Go down ramp at entrance to Wortwell Community Centre playing field
and ride west to start (just over half a mile); or go back down Tunbeck
Close, turn right, go round Redenhall roundabout on to the A143, and
ride east to start.

(Course Details) Very flat single carriageway course, with a generally
reasonable surface. Only one roundabout, so minimal chance of delays.

B10/43 (Redenhall – Bungay bypass - Wortwell)

START at green paint mark on kerb in “Church Lane”, Redenhall near junction with A143 & 1/3 mile east of Redenhall roundabout. Join A143 WITH CARE & proceed east to turn at first roundabout (Clays) at junction of A143 & A144. Encircle & proceed west on A143 to FINISH at green paint mark at first driveway 200 metres west of junction of A143 & B1062.

PRIZES per team:

1st £25.00 2nd £15.00

TOILETS (give yourself time!)

Queue outside the HQ, respecting distancing tape. One in one out.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

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).

Numbers will be outside the H.Q. entrance, on the north/A143 side of building, where you will need to sign in. Sign out after your ride. Failure to do will result in your being recorded as DNF.

No warming up along the course once an 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 they have a working rear red light, either flashing or constant, and in a position that is clearly visible to other road users. NO REAR LIGHT – NO RIDE

• Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and should leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish. When you sign back in, place your number in the bucket provided. Then pack away and leave immediately.

There is no pusher-off. You MUST start with one foot on the ground.

No prizegiving on the day, or results board.

There are **no changing** facilities. You should arrive in your kit, ready to race. Be very discreet in making any kit adjustments, in your vehicle!

Bring your own pen for signing in and out.

Unless using a skinsuit with transparent pockets all competitors must bring their own safety pins to secure their number.

There must be no socialising in the car park. Competitors should get their bike out and go straight out onto the road to warm up; a large collection of people, anywhere around the event, has a negative perception and should be avoided.

FINALLY, imagine someone gets sick, and it's traced back to us! These are still COVID times.