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

**50-MILE TIME TRIAL**

**Sunday 22nd August 2021, a BBAR-counting event**

*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: (Start and finish) Pam and Pete Milner (Godric CC)*

*OFFICIAL OBSERVERS: John Thompson and Richard Allen (VC Baracchi)*

*MARSHALS: Larissa Webster (Godric CC) – thank you! - and VCB members*

HEADQUARTERS: (open from 6am) Wortwell Community Centre (IP20 0HS).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: START on westbound carriageway of A143 Harleston by-pass, 1.1 miles west of Redenhall roundabout and west of Mendham Lane junction. Proceed west on A143 to Needham roundabout (1 mile), encircle and retrace on A143 proceeding straight ahead, i.e. 2nd exit at Redenhall, Bungay and Ditchingham roundabouts to Stockton roundabout (13.9 miles). Encircle and retrace to Needham roundabout (26.8 miles). Encircle and retrace again to Stockton roundabout (39.7 miles). Encircle and retrace again to FINISH at eastern edge of Church Close/A143 junction on westbound carriageway of Wortwell by-pass approx. 500 yards before Redenhall roundabout.

**IMPORTANT**

Please give yourself time to get to the start, approx. 2½ miles from the HQ, with some uphill.

Directions: exit HQ and go down Tunbeck Close into Wortwell village. Right at crossroads (pub). After Redenhall church take 1st exit (left) at roundabout onto A143 and follow to start.

**NB:** After passing the finish please continue on the A143 to the Redenhall roundabout and take the first exit back to the HQ.

**Watch out!** at the three 'straight on' roundabouts. At the Redenhall roundabout going east the descent on approach is fast. Also, when heading east, the “chicken roundabout” at Ditchingham is a lot more than 180°.

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

Men 1st £20.00 2nd £15.00 3rd £12.00

Women 1st £20.00 2nd £15.00

Fastest team of three: £8.00 each

Vets on standard: 1st £12.00 2nd £9.00 3rd £7.00

Tandem team: £10.00

Course records:

Men: Matthew Senter (Team Velovelocity) 1:45:27 (2018)

Women: Mary Bower (gbcycles.co.uk) 2:09:26 (2014)

HQ – toilets only

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!

Please wear a mask In the HQ, out of consideration for others.

(…)

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 front of the H.Q. where you will need to sign in. Sign out after your ride. Failure to do will result in your being recorded as DNF.

The onus of keeping to the course rests with the rider. The course is entirely on the A143!

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

*COVID is still about*

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

DO NOT leave any personal items with the time keeper.

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

No prizegiving on the day, or results board.

Do not change in the toilets.

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

KEEP YOUR HEAD UP, AND ENJOY YOUR RIDE