

Great Yarmouth Open 25 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on:

Sunday 23rd May 2021 - Course **BS/13A** - Start Time - **08.01am**

PLEASE TAKE NOTE OF THE FOLLOWING COVID 19 GUIDANCE

Social distance rules apply to all riders, helpers, marshals and time keepers.

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

Event Organiser: Dominic Austrin
Mobile Contact Number: 07951606831
Email: Domaus@hotmail.com

BS/13a (Somerleyton Circuit {25 miles})

Start at TP 31 opposite gate on right on Herringfleet/Ashby road approx. 1 mile northeast of B1074. Proceed to B1074 at Herringfleet. Left (CARE) via Somerleyton to Blundeston Pond. Sharp left (GREAT CARE) via Lound, through Browston to turn left (CARE) at new junction with Beaufort Way onto new Roundabout on A143 Bradwell, turn left (CARE) onto A143 heading St. Olaves, then left (CARE) onto B1074 to Ashby road junction at top of hill. Repeat one more circuit, after which turn left towards Ashby to Finish opposite entrance to Blocka Hall Farm approx. 0.25 mile short of start. (O/S Landranger Series Sheet 134)

Organisers Request!!

Would all riders please note that the left-hand turn at Blundeston crossroads can be taken at speed, but safety should be paramount in the rider's mind, insomuch that they should not be going so fast that they cross the white line into oncoming traffic around the corner. Riders passing through Lound should also be very aware of oncoming traffic overtaking parked cars in the village.

COURSE RECORD

(Solo) Joe Skipper 00:53:25 (2017)

(2-up) Mark Richards/Harley Matthews 00:52:59 (2018)

Headquarters:

Lound Village Hall Address Lound Church Lane Lound Lowestoft Suffolk Postcode NR32 5LL

Parking:

None near start & finish as per Police Instructions. There is ample parking at the Headquarters .

R.T.T.C. East D.C. Local Rules:-

1. No warming up on any part of the course once the event is in progress.

2. "U -turns Will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress". Note:- Any breaking of these Regulations 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° 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 the machine, walk across the road}. 16. All competitors under the age of 18 and/or Juniors must wear a properly affixed helmet which must be of hard shell construction. In the interests of your own safety, Cycling Time Trials and the Event promoters strongly advise all competitors to wear a hard shell helmet that meets an internationally accepted safety standard.

It is a requirement that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users & is active whilst the machine is in use.

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.

Riders 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.

Attention all competitors.

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

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do will result in the competitor being recorded as DNF.

After signing out please place your number in the bin provided.

Please leave promptly after your ride has finished. There will be no hanging around the hq.

Awards

2-up 1st £20.00ea, 2nd £15.00ea, 3rd £10.00ea.

Solo One Rider – one prize:

Scratch – 1st £20.00, 2nd £15.00, 3rd £12.00, 4th £10.00

Vet - 1st Std. £20.00, 2nd on Std. £15.00, 3rd on Std. £12.00, 4th on Std. £10.00

H/Cap – 1st £20.00, 2nd £15.00, 3rd £12.00

Lady - 1st Lady £20.00 2nd £15.00

Team - £4.00 ea.