

**DAP CYCLING CLUB**

**OPEN 10 MILE TIME TRIAL**

**Promoted for and on behalf of Cycle Time Trials under their Rules & Regulations on**

**Saturday 14th September on the B10/43 Course.**

**OFFICIALS:**

Timekeepers: Pete and Bev Whelan (Plomesgate CC)

Marshals: Members and friends of DAP CC

Event Secretary: Mark Richards

64 Rotterdam Road

Lowestoft

Suffolk

NR32 2HA

**Event HQ:** Wortwell Community Centre, Tunbeck Cl, Wortwell, IP20 0HS. There is plenty of parking available at the HQ, But please park considerately. HQ will be open for sign on from 13:00.

**Course: B10/43** START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

**Course Record:** 19:10 (Jason Bouttell, 2017)

**Awards:** (one prize per rider except team)

Open

1st £20

2nd £15

3rd £10

Vet. On standard

1st £20

2nd £15

3rd £10

Ladies

1st £20

2nd £15

3rd £10

Team

£10 each

**CTT Regulation and Local East District regulations & Recommendations for Time Trialling events.**

**15. Protective Helmets: 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.**

**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 at the H.Q. where you will need to sign in before being provided with your number and can be exchanged for a drink after the event. (During Covid 19 times you may be required to just place your number in a collection box or bucket)**

**Note: All competitors – Please note that from 2017 all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.**

**Positioning of race numbers: Numbers should be position low on the back/Bum in the lumber region so as to be visible from behind – riders using No Pinz type pockets should be encouraged to call out their number when passing the timekeepers.**

**Warming up: 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.**

**All competitors – please be aware of CTT Regulation 14(i) and 14(J):**

**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.**

**(j) 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.**

**NO FRONT or REAR LIGHT – NO RIDE**

**Clothing: It is strongly recommended that riders do not wear black or dark clothing during an event held on public roads.**

**CTT Reg. 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. 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.**

**Event officials must not seek to regulate or interfere with other traffic.**

**N.B. For the purposes of Regulation 20(b):**

**(i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; and**

**(ii) in the case of a carriageway comprising two or more lanes in the same direction of travel, a competitor must ride on the left hand side of the left lane of such carriageway.**