



Open 10 Mile Time Trial - 15th June 2024

COVER SHEET

10 mile open on course B10/43. Start time for first rider off is at 14.01, individual start times listed in start sheet.

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

Organiser details: Larissa Webster, Little Town Farm, North Green Road, Cratfield, Suffolk, IP19 0DS. Email: lksno1uk@hotmail.co.uk. Mobile: 07747626029.

Team: Timekeeping: Start - Larissa Webster, Finish - Paul Vergette. Marshalling & Help at Finish: by members of Godric Cycling Club and associates.

Headquarters: Harleston Memorial Leisure Centre, Wilderness Lane, Harleston, IP20 9DD.

Note: HQ is not at Wortwell Core as it was not available so no parking is allowed there for this event I am afraid.

Hall will be open and numbers available from 12.30.

Harleston Leisure Centre is located in the centre of Harleston just off Wilderness Lane. There is a large free car park but please note this is also open to the public on the day of the event so please be mindful

parking could be limited. There is also a large free car park in the centre of town at the Co Op site off Paddock Road, Harleston, IP20 9AR but I hope you will all find space at the Leisure Centre.

The door in to the Leisure Centre is located on the field side of the building, if you enter the main doors the reception team will direct you to our room, toilets and refreshments will be available.

Numbers and sign on: Numbers will be at the HQ and NOT at the start line. Please remember to sign in when you collect your number and sign out when you return your number. Failure to sign in/out can lead to disqualification from the event.

Start and course: The start is approximately 1.8 mile from the HQ and car park, make sure you allow enough time to get there from HQ in time for your start. Directions to start - go right out of main HQ car park, turn right at junction with stop sign, head down to town and left on to Harleston main Thoroughfare, head straight on this road and it will take you out of town towards Redenhall and the A143, at Redenhall RB turn left and ride east to start.

START at paint mark on kerb in "Church Lane", Redenhall near junction with A143 & 1/3 mile east of Redenhall roundabout. 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.

Please do not stop at the finish, keep riding along A143 and return to HQ.

Regulations and guidance:

- ✧ Numbers will be at the H.Q., where you will need to sign in before being provided with your number, 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.
- ✧ 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.

Please be aware of CTT Regulation 14(i):

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

NO LIGHTS – NO RIDE

- ✧ No warming up on the course once the event has started.
- ✧ The onus of keeping to the course rests with each rider.
- ✧ Be aware of your surroundings, keep your head up. Competitors must not use any audio equipment except prescribed hearing aids. No use of mobile phones whilst mounted on machine.
- ✧ Competitors are encouraged to avoid wearing all black kit.
- ✧ The race - please pass other competitors wide and safely. Allow a reasonable distance to do this.
- ✧ Normal results for the event will be published via email after the event via CTT website, although I will try to have provisional results board at the HQ on the day.

Prizes:

	Female	Open
1 st	£25	£25
2 nd	£15	£15
3 rd	£10	£10

Vets on standard

1 st	£25	£25
2 nd	£15	£15

3 rd	£12	£12
4 th	£10	£10

One rider, one prize.

Course Record Prize

£50 prize if course record is broken (fastest time if more than one person breaks current record), available to Female and Open Category.

Course record prize kindly sponsored by Bungay Tyre Services, 16 Loddon Road, Ditchingham, NR35 2QY.