

VC Norwich 25 mile Open Time Trial

Sunday 15th May 2022 0900am

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

Event Secretary Markos Janes, 14 Ecton Walk, Old Catton, Norwich, NR67ES.
Tel 07442256525, email markosjanes@aol.com

Timekeepers Andrew Moore and Stephen Penny

Starting stewards, recorders, marshals: Members and friends of VC Norwich

Course B25/5 Attleborough-Croxton-Attleborough

Start at paint mark, 50yds south of Dodds Rd junction with London Rd, Attleborough.
Proceed south to Attleborough rab, 1st exit onto A11. Take 2nd exit at Thetford RAB.

Proceed south on A11 to Croxton, turn left the right (caution), then left to rejoin A11 northbound. Proceed via Thetford and Attleborough rab's on A11 to Finish approx 100 yds beyond blue pedestrian bridge at West Carr Rd

NOTE This is a revised and remeasured course that is different to the handbook. Please take note of this in your preparations

HQ

Morley Village Hall, Golf Links Road, Morley, Wymondham, Norfolk, NR189SU
As the hall is in use for another event signing on will be outside under the cover at the side of the hall. Toilets will be available but there will not be any catering at this event.

SIGNING IN AND OUT

This will be in the Race HQ and not at the start. Please sign on before collecting your number. Please do not damage the numbers with adhesive or by using pins other than through the eyelets. All competitors are now required to Sign Out when returning their number. Failure to sign out will result in the competitor being recorded as DNF.

TO THE START

From the HQ turn right onto Golf Links Road, at the junction turn right onto Norwich Road and follow to next T junction. Turn right towards Attleborough and follow to Attleborough.

At traffic lights proceed along B1077 towards town centre then fork left onto High St/ London Road and proceed to start near Dodds Road. Approx 3.5miles

FROM THE FINISH

After the finish exit A11 at the next junction signed Attleborough.

DO NOT USE THE A11 TO RETURN TO THE HQ

Turn right at the lights towards Attleborough, B1077. At the next junction bear left onto London Road and follow back towards Morley. Just before the road rejoins the A11 turn left to retrace your route back to the HQ. Approx 3.5 miles

CTT AND EAST DISTRICT LOCAL REGULATIONS

HELMETS AND LIGHTS

It is COMPULSORY to have front and rear lights fitted and WORKING. You MUST wear a helmet. Failure to comply with these regulations will result you you being denied a start.

No exceptions

TURBO TRAINERS

Use of turbos trainers for this morning event is not allowed

U TURNS

U turns will not be permitted on the course or on roads adjacent to the start and finish areas while the event is in progress. NOTE a u turn is defined as a 180 degree turn completed within the width of the carriageway whilst astride the bicycle. It is recommended that the rider should dismount, check the road is clear in both directions then with the bicycle walk across the road.

WARMING UP

No riding along the course by competitors once the event has started. Any breaking of these regulations in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

PRIZES

This event is being run as a charity race and all profits from the race will go to our club charity.

We have been very kindly offered five signed copies of Ian Short's new book 'My Life In Cycling' as spot prizes. I will award these as befitting the performances of the entered and finished riders.

A big thank you to Ian Short

You can purchase a copy of his book by using the link below.

<https://openskyprojectmanagement.co.uk>

HAVE A GREAT AND SAFE RACE