



PLOMESGATE CYCLING CLUB

(www.plomesgate.org.uk)



Open 10 MILE Time Trial 'Wickham Market 10'

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

Sunday 12th September 2021 on the B10/36R course.

Officials

Timekeeping:

Mrs B. Whelan & Mr P. Whelan (Plomesgate CC)

Marshals & helpers:

Member & friends of Plomesgate CC

Event Secretary:

Adrian McTigue
1 Red House Close
Trimley St Martin
Felixstowe
Suffolk
IP11 0QJ

ademct@virginmedia.com

Tel: 07786915899

Event HQ

Clarke & Simpson Auctions, Ashe Row, Campsea Ashe, Woodbridge IP13 0PS
(what3words - spires.lamppost.elects) please park considerately. HQ will be open for signing-on from 06:45 am.

B10/36R Course

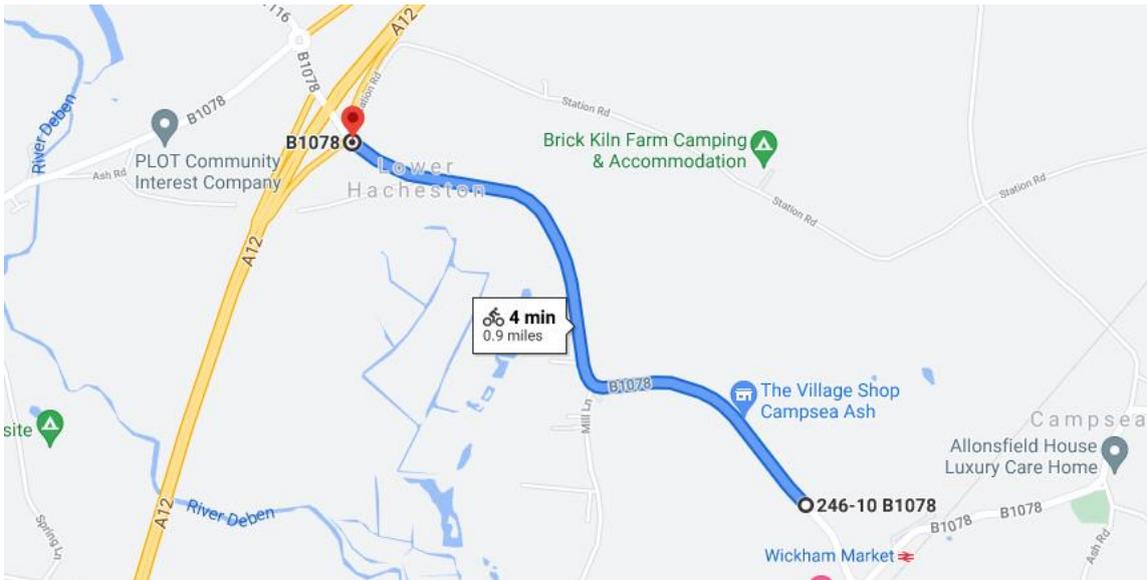
Start opposite eastern edge of manhole cover (what3words – baths.garlic.sketch) on B1078 road at Campsea Ashe, approx. 11 metres east of entrance to slip road leading south to Wickham Market bypass (A12). Proceed to slip road where turn left to join A12 southbound, proceed on A12 to Melton roundabout (5.2 miles). Take 3rd exit & retrace north on A12 to finish at 10th cat's-eye south of large dot sign in lay-by signed 'Lowestoft A12/Framlingham B1116/ Wickham Market B1078.

Course record

19:22 (Lloyd Chapman, 2016)

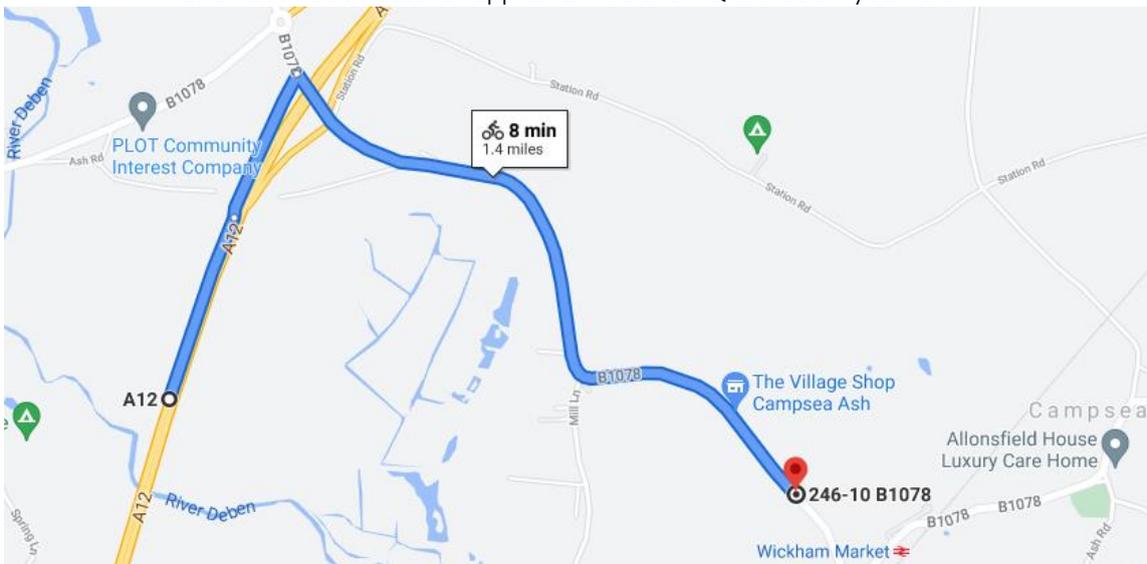
Directions to the start

Exit the HQ and turn right. Head North-west for 1 mile on the B1078. The start line is just east of the slip road to the A12, by the manhole cover.



Directions from the finish back to the HQ

Follow the A12 for approx 400 meters and take the 1st slip road signposted Framlingham, Wickham Mkt, Orford B1078. At the Junction of the slip road and the B1078 take a right turn and head south-east for approx 1 mile the HQ will be on your left.



EAST DISTRICT REGULATIONS

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst the race is in progress.

WARMING UP

No warming up along the course by competitors once the event has started.

Turbo trainers: The use of turbo trainers is banned at all events with an AM start time. (*The road between the HQ and the start provides a perfect road to warm up on*).

Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

CYCLE HELMETS

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise the wearing of a hard-shell helmet that meets an internationally accepted safety standard.

All competitors under the age of 18 and/or juniors must wear a properly affixed helmet which must be of hard/soft shell construction. It is the responsibility of the rider (or parent of guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection against head injury and does not restrict the rider's vision or hearing and (b) ensure that the helmet is properly fitted, undamaged and in good condition.

REAR LIGHT

Cycling Time Trials mandates that riders use a rear light, either flashing or constant, visible to other road users and active while the machine is in use. You will be refused a start without one.

COVID19

Due to the pandemic we have had problems securing a HQ. This site has limited amenities; only parking and toilet facilities. Please be respectful of other competitors with regard to social distancing, sanitizer will be provided for the signing on and the toilets, please consider bringing your own pen to sign-on. No results will be posted at the event; we will endeavour to make them available that evening.

Prizes

Awards (one prize per rider except team)

Scratch

1st £20

2nd £15

3rd £10

1st Lady £20

2nd Lady £15

Vet. on Standard

1st £20

2nd £15

3rd £10

If the Junior rider sets a PB: £15

If Tandem Riders set a time in the top 10 fastest on the day: £15

Team £10 each rider