



Open 50 Mile Time Trial - 18th July 2021

COVER SHEET

50 mile open for tandems, women and men on course B50/19. Start time for first rider off at 07.01, 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 (nee Smith), Little Town Farm, North Green Road, Cratfield, Suffolk, IP19 0DS. Email: lksno1uk@hotmail.co.uk. Mobile: 07747626029.

Team: Timekeeping: Start/ Finish - Peter and Pam Milner. Marshalling: by members of Godric Cycling Club and fellow cycle clubs. Many thanks to those giving up their time for the day.

Headquarters: Ditchingham Village Hall, Loddon Road, Ditchingham, NR25 2QN.

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 mile from the HQ and car park, make sure you allow enough time to get there from HQ in time for your start.

Course

B50/19 (Ditchingham – Stockton – Redenhall – Needham x2) START at east end of lay-by on north side of A143, approx. 0.5 mile east of Ditchingham ('Chicken') roundabout (junction with B1332) and level with end of path alongside lay-by. Proceed east on A 143 to Stockton roundabout (3.5 miles); encircle and retrace on A143 via Ditchingham (7.5 miles), Bungay (8 miles) and Redenhall (14 miles) roundabouts to Needham (16.2 miles) roundabout; encircle and retrace on A143 via Redenhall (18.4 miles), Bungay (24.4 miles) and Ditchingham (25.4 miles) roundabouts to Stockton roundabout (29.4 miles); encircle and retrace on A 143 via Ditchingham (33.4 miles), Bungay (33.9 miles) and Redenhall (39.9 miles) roundabouts to Needham (42.1 miles) roundabout; encircle and retrace via Redenhall (44.3 miles) roundabout to FINISH at lay-by on north side of A143 approx 0.25 miles before (west) of footbridge over A143 to Bungay Common and 0.5 miles before (west) of Bungay roundabout, level with drain cover at west end of lay-by.

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

Regulations and guidance:

CTT regulations:

- ✧ Rear lights - 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.

East District Local Regulations:

- ✧ In the in interest of your own safety CTT strongly advise you to wear a hard shell helmet that meets an Internationally accepted safety standard. Any competitors under the age of 18 and/or juniors **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.

- ✧ U-turns will not be permitted on the course or roads adjacent to the start and finish whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be reported to the district committee. A U-turn is defined as a “180 degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount, check the road is clear in both directions then walk across the road with their machine.
- ✧ 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.
- ✧ As this is an AM start the use of turbo trainers is not allowed.

Covid 19 Guidance:

Social distancing rules apply to all riders, helpers, observers, marshals and timekeepers.

Please do not attend the event if you or any members of your family show symptoms of Covid 19.

- ✧ Parking - there should be ample parking at the headquarters. Please park sensibly and allow space between cars for social distancing.
- ✧ Toilet Facilities - the hall will be open for use of the toilet facilities. If you need to queue please ensure you are leaving 2m gaps and adhering to social distancing guidelines when entering/exiting the building. Toilets are not to be used as changing facilities, please arrive ready to race or discreetly change in your vehicle. Face masks should be worn whilst inside any buildings unless you are exempt on medical/other grounds.
- ✧ Signing in/out and number table will be outside the hall (unless severe inclement weather where it will be just inside the hall). Please

bring your own pen to sign in/out. Race numbers will be sanitised prior to and following the event, please limit handing of the numbers and only pick up your own number.

- ✧ Start area - please adhere to social distancing guidance of 2m when waiting at the start, including with the start timekeeper. There is ample space to wait on the side road near the start. **There will be no pusher off.**
- ✧ The race - please pass other competitors wide and safely. Allow a reasonable distance to do this.
- ✧ Finish - do not stop at the finish, return to the headquarters. Do not gather in groups at the finish, return to your vehicle. Do not forget to sign out and return your number. Results for the event will be published via email after the event, there will be no results board on the day.

Notes:

There will be no refreshments provided at the headquarters.

Prizes:

Scratch

	Women	Men
1 st	£20	£20
2 nd	£15	£15
3 rd	£10	£10

Vets on standard

1 st	£20	£20
2 nd	£15	£15
3 rd	£12	£12
4 th	£10	£10

One rider, one prize.