

NORWICH AMATEUR BICYCLE CLUB OPEN 10

Saturday 30th September 2023

Course: B10/43 HQ: Wortwell Community Centre

Event Sec: Graham Dilks

65 Cecil Rd

Norwich NR12QN

Tel: 01603 616236

Mobile: 07954164792

Timekeepers: Richard Smith , Mike Johnson

HQ Address: Wortwell Community Centre, Tunbeck close, Wortwell, IP20 0HS

Course details: START at paint mark on kerb at the junction of Church Lane and A143 Redenhall 1/3rd mile east of Redenhall RAB. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at paint make at 1st driveway 200 metres west of junction of A143 and B1062

Numbers: These will be at the HQ and not at the start. There is ample parking at the HQ.

HAVE A GREAT RIDE!

- AFTER YOUR RACE – DON'T FORGET TO SIGN OUT AND RETURN YOUR NUMBER!

PLEASE NOTE THAT FROM 2017 ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER.

FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F

WARMING UP: There is to be no warming up on any part of the course once the event is in progress. U-

URNS: These are not permitted on the course or roads adjacent to the Start or Finish areas while a race is in progress. the HQ.

NOTE – 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 rider(s) should dismount, check the road is clear in both directions, then, with machine, walk across the road.)

SAFETY RECOMMENDATIONS

a) Helmets: In the interests of your own safety, CTT and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards. All competitors under 18 MUST wear a HARD SHELL HELMET that meets internationally accepted safety standards.

b) **Rear lights: It is compulsory competitors use a REAR LED LIGHT which is either flashing or constant**

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS.

Men: 1st £15 2nd £12 3rd £10

Women: 1st £15 2nd £12

Vets on standard: 1st £15 2nd £12 3rd £10

