

\*JANE TRAVERS MEMORIAL 10-MILE TIME TRIAL  
Monday 1st May 2023  
VELO CLUB BARACCHI  
Course B10/43

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

EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret's Road, Lowestoft,  
Suffolk, NR32 4TX.

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TIMEKEEPERS: (Start) Dan Blackburn (Epic Orange Race Team).  
(Finish) Mick Madgett (Diss and District CC); recorder Paul Hayward (VCB)

OFFICIAL OBSERVER: Paul Hayward

HEADQUARTERS: (open from 6.30am) Wortwell Community Centre (IP20 0HS).  
Remember to sign on, and to SIGN BACK IN after you finish your ride.

NB: PARKING - All competitors to park in the HQ car park. IMPORTANT: **DO NOT use the grass area immediately after the open gate entrance**, nor the disabled parking spaces unless you have a legitimate reason. Those arriving early should go all the way round the building to park.

Directions to HQ: From the east, turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and after approx. one mile turn right at crossroads, signposted "Community Centre" (Tunbeck Close). From the west, turn right (third exit) at the Redenhall roundabout on A143 Harleston by-pass into Wortwell village and turn left at crossroads by pub, signposted "Community Centre" (Tunbeck Close).

(Riding from HQ to start) Go down ramp at entrance to Wortwell Community Centre playing field and ride west to start (just over half a mile); or go back down Tunbeck Close, turn right, go round Redenhall roundabout on to the A143, and ride east to start.

(Course Details) Very flat single carriageway course, with a generally reasonable surface. Only one roundabout, so minimal chance of delays.  
B10/43 (Redenhall – Bungay bypass - Wortwell) START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. 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.

#### COURSE RECORDS

Male: Jason Boutell (Team Velovelocity) 19:10 (2017)

Female: Laura Davies (Orwell Velo) 21:56 (2022)

PRIZES: (One award per rider except for team):

Women - prize values increased, thanks to kind donation by Stuart Supple (Godric CC)

1st \*Jane Travers Memorial Trophy and £55.00

2nd £40.00

3rd £35.00

4th £25.00

Men 1st £50.00

2nd £35.00

3rd £30.00

4th £20.00

Fastest team of three: £15.00 each

Vets on standard: 1st £30.00 2nd £20.00 3rd £12.00

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.

U-Turns will not be permitted on course or roads adjacent to start and finish areas while the race is in progress. 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 the rider(s) should dismount, check the road is clear in both directions, then, with machine walk across the road).

Numbers will be at the H.Q., where you will need to sign in before being provided with your number, which can be exchanged for a drink after the event.

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.

No warming up along the course once an event has started.

Turbo-trainers: The use of turbo-trainers is banned at all events with a.m. start times.

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**

CTT Regulation and Local East District Regulations & Recommendations for Time Trialling events:

Positioning of race numbers: Numbers should be position low on the back/bum in the lumber region so as to be visible from behind – riders using NoPinz-type pockets should be encouraged to call out their number when passing the timekeepers ...

Clothing: It is strongly recommended that riders do not wear black or dark clothing during an event held on public roads.

CTT Reg. 20. Observance of the Law All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. But without prejudice to the general principles of this regulation, competitors must: (a) not ride in a manner that is unsafe either to themselves or to other road users; (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns; (c) conform to all traffic signs, signals and direction indicators; (d) in making any turn before, during or after the event, ensure that it is safe to do so. N.B. For the purposes of Regulation 20(b): (i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; ...

**KEEP YOUR HEADS UP!**

And finally, results will be displayed on a screen. It will get busy around this area. Please consider others, and keep safe yourself, by wearing a mask.

(also, by the way: enjoy the event!)