



# NORTH NORFOLK WHEELERS CYCLE CLUB



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CLUB WEBSITE [www.nnwheelers.co.uk](http://www.nnwheelers.co.uk)

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday 22<sup>nd</sup> June 2019**

## **Course B10/5R Start time 09:00 hours**

TIMEKEEPERS Geoff Paice / John Chambers / Chris Knowles (NNW)

PUSHER OFF John Chambers (NNW)

RESULTS BOARD Mark Harman (NNW)

MARSHALLS Bruce Williams (NNW)  
Dave Carrier (NNW)

REFRESHMENTS

**COURSE DETAILS B10/5R (Sheringham/Holt/Sheringham)**

Start by lay-by on A148 opposite Pretty Corner car park and just west of Gibbet Lane. Coming from Cromer on the A148 it is the large lay-by on your left just before the right hand turn to Sheringham ([Click for Location](#)). Proceed west to Holt passing over first roundabout and turning at second roundabout (at Holt). Retrace A148 to finish opposite Mill Fram Bowling Club, approximately 300m East of the turning for Upper Sheringham.

Please report to the start within good time.

**COURSE RECORD** Men - Zak Carr (1995 Leo RC) 20:07  
Women – Kim Morrison (2017 North Norfolk Wheelers) 21:07

**EVENT HEADQUARTERS Upper Sheringham Village Hall, Church Lane, Upper Sheringham NR26 8TF**

The hall is in the heart of the village so please be respectful of the facilities and the location. The hall has a good-sized car park at rear, please park with consideration.

The course can be reached either by turning left out of the hall and following the road around to the left up Lodge Hill (B1157) and turning left at the top and proceeding along the A148 for a mile (start is in the lay-by on the right).

Alternatively, turn right out of the hall and first right up Cranfield Road (another good hill!), turn right at the top and then turn left at the A148. The start of the course is in the lay-by 100m on your right.

Either route to the start takes about 10 minutes and involves a 'sharp' hill – a good warm up! If you prefer, you can drive to the start and park close by in Pretty Corner Car Park. Numbers and signing on/out sheet will be at the HQ and NOT at the start. Numbers can be exchanged for a free 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.

## EAST DISTRICT LOCAL REGULATIONS

“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 referred 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 with machine walk across the road.

**WARMING UP** - No warming up along the course once the event has started.

**IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS STRONGLY ADVISE YOU TO WEAR 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. 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.

THE EAST DISTRICT COMMITTEE RECOMMENDS THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS.

### PRIZES

One rider, one prize, except team prize.

SCRATCH	1 <sup>st</sup> £15	2 <sup>nd</sup> £10	3 <sup>rd</sup> £5
LADIES	1 <sup>st</sup> £15	2 <sup>nd</sup> £10	3 <sup>rd</sup> £5
FASTEST VET ON STANDARD	1 <sup>st</sup> £15	2 <sup>nd</sup> £10	3 <sup>rd</sup> £5
Team of three	£10 each		

There is an additional £20 if you can beat the men's or women's course records.

**HEADS UP AND RIDE SAFE.**