

# KINGS LYNN CYCLING CLUB

## OFFICIAL START SHEET

OPEN 15 MILE TIME TRIAL (incorporating EDCA championship)

SAT 22<sup>nd</sup> July 2023 14.00pm

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

<u>EVENT SEC.</u>	Simon Hardy 18 Camfrey King's Lynn, Norfolk, PE30 3PJ Tel 07951 478183	<u>TIMEKEEPERS</u>	Andy Moore, Peter Church, Naomi Church.
		<u>HELPERS</u>	Members and Friends of King's Lynn CC

COURSE DETAILS B15/8

Distance from HQ to the Start line is approximately 6 miles.

Start line What3Words location – ///takes.jeeps.plums

START at Junction with Oxborough Road & A134 near Stoke Ferry. Then on to Stoke Ferry r/a (M) where take 1<sup>st</sup> exit and still on A134, Continue to Munford r/a (junc A1065) (M). Encircle r/a and retrace to Stoke Ferry r/a (M) where take 3<sup>rd</sup> exit to continue along A134 to FINISH approximately opposite the start.

PRIZES One Rider – One Prize

Solo

1<sup>st</sup> Scratch £20

2<sup>nd</sup> Scratch £10

1<sup>st</sup> Lady £20

2<sup>nd</sup> Lady £10

lantern Rouge £5

Spot prizes for 10<sup>th</sup>, 15<sup>th</sup>.

H/Q: Fincham Village Hall (PE33 9EJ) where numbers and facilities will be available.

SIGNING ON: All riders must collect their own numbers and sign on and read any additional information relevant to the event

PARKING at H/Q, on hard standing, and grass where indicated not on football pitches, .Please park sensibly to allow maximum usage of hard standing.

LOCAL REGULATIONS

U-TURNS Are not permitted on courses and roads adjacent to start and finish areas, whilst event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width while astride the machine.

NO warming up on course after start of event.

Failure to comply with these regulations may lead to disqualification from the event and further action by the district committee.

HELMETS:-

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.

It is the responsibility of the rider to: (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing. (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

**No helmet – No Ride**

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## CTT Regulations:

**FRONT LIGHTS** No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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.

**No front or rear light – no ride**

Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind. Thanks. Simon.

Attention all Riders: Please note that all competitors are now required to personally sign out on the sign out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.