



Affiliated to British Cycling, Cycling Time Trials, EDCA, ERRL and CTC. Founded 1978

50-MILE TIME TRIAL
Sunday 21st August 2022, a BBAR-counting event
incorporating the East District Cycling Association championship

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

*EVENT SEC.: Paul Hayward, 35 Blackheath Road, Lowestoft, Suffolk,
NR33 7JE. Tel. 07807 042936 paulhayward@live.co.uk*

*TIMEKEEPER: (Start and finish) Mr Paul Vergette (Godric CC)
OFFICIAL OBSERVER: Richard Allen (VC Baracchi)*

HEADQUARTERS: (open from 6am) Wortwell Community Centre (IP20 0HS). **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, signposted "Community Centre" (Tunbeck Close).

COURSE DETAILS: B50/17: START on westbound carriageway of A143 Harleston by-pass, 1.1 miles west of Redenhall roundabout and west of Mendham Lane junction. Proceed west on A143 to Needham roundabout (1 mile), encircle and retrace on A143 proceeding straight ahead, i.e. 2nd exit at Redenhall, Bungay and Ditchingham roundabouts to Stockton roundabout (13.9 miles). Encircle and retrace to Needham roundabout (26.8 miles). Encircle and retrace again to Stockton roundabout (39.7 miles). Encircle and retrace again to **FINISH** at eastern edge of Church Close/A143 junction on westbound carriageway of Wortwell by-pass approx. 500 yards before Redenhall roundabout.

Important note: after about 3 miles, and again at about 30 miles, the descent to Redenhall roundabout is very fast. Please don't take risks!

GIVE YOURSELF TIME to get to the start, approx. 2½ miles from the HQ, with some uphill.

Directions: exit HQ and go down Tunbeck Close into Wortwell village. Right at crossroads (pub). After Redenhall church take 1st exit (left) at roundabout onto A143 and follow to start.

NB: After passing the finish please continue on the A143 to the Redenhall roundabout and take the first exit back to the HQ.

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

Men 1st £20.00 2nd £15.00 3rd £10.00

Women 1st £20.00 2nd £15.00 3rd £10.00

Fastest team of three: £8.00 each

Vets on standard: 1st £12.00 2nd £9.00 3rd £7.00

Course records:

Men: Matthew Senter (Team Velovelocity) 1:45:27 (2018)

Women: Mary Bower (gbcycles.co.uk) 2:09:26 (2014)

You MUST NOT park on the narrow strip of grass by the entrance gate, or we risk losing this important venue. And please don't wake the neighbours!

All competitors MUST wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised standard.

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start unless affixed to their machine is 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

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 in the small hall (Redenhall Room). Sign in, and remember to sign out after your ride. Failure to do so will result in your being recorded as DNF.

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

The onus of keeping to the course rests with the rider. The course is entirely on the A143!

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

DO NOT leave any personal items with the time keeper.

KEEP YOUR HEAD UP, AND ENJOY YOUR RIDE