



Founded 1879.

Norwich Amateur Bicycle Club

Open 10 Mile Time Trial incorporating the GHS Championships to be held on Saturday 6th July 2019

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Course	B10/43
Event Headquarters	Wortwell Community Centre Tunbeck Close Wortwell IP20 0HS
Timekeepers	Jenny Lusher Mike Johnson
Recorder	Tony Howes
Starting Stewards	Dick Smith/Ollie Cozens
Result Board	Pete Johnson/Richard Postance
Turn Marshal	Andy Blackwell

Event Organiser
Jason Turner
2A Kinsale Avenue
Hellesdon
Norwich
Norfolk
NR6 5SG

Tel: 01603 401967 Mob: 07901 573478
Email: jasdturner@hotmail.com

Please note that I will not be organising the event on the day, so if you do need to contact the organiser on the day please direct any queries/DNS messages to Pete Johnson

Day Organiser
Pete Johnson
Mob: 07708 065338

COURSE DETAILS B10/43

START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

AWARDS

Fastest and Fastest Vet on Standard	£20
Second and Second Vet on Standard	£15
Third and Third Vet on Standard	£10
Lady Fastest and Fastest Vet on Standard	£20
Lady Second and Second Vet on Standard	£15
Lady Third and Third Vet on Standard	£10
Fastest Tandem	£10
Team Prize	3 x £5

One rider - one prize except team

LOCAL REGULATIONS

Numbers will be at the Headquarters (not the start).

No warming up on the course once the event has started.

U-turns are not permitted on the course or roads adjacent to the start or finish areas whilst the event is in progress.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard.

(Compulsory for riders under 18 years of age)

Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.

Note, these are recommendations only and cannot be imposed should a rider not comply with either.