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

**50-MILE TIME TRIAL**

**Sunday 20st August 2023, 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: Andrew Moore (Start and finish)*

*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 REVISED

START At church lane junction on the A143 (same start as the 10 and 25 mile TT’s)

Head east to 1st (clays) round about, go straight over (2nd exit) towards 2nd (chicken) round about and take 4th exit heading back west,

Straight 2nd exit on clays round about,

Head to redenhall round about taking the 4th exit going back past the start,

Do this 3 times, on the 4th lap the finish at the lay-by opposite entrance to fishing lakes, 1 mile east of start area

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

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