

V.C. Norwich (Tandem)(fee per rider)

**OPEN 25 MILES SOLO & TANDEM TIME TRIAL, Sunday 8th
August. Promoted for and on behalf of cycling time trials
under their rules and regulations**

08/08/2021 09:00

B25/8

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Headquarters

East Harling Youth Centre, Church Rd, East Harling, NR16 2NA Opposite the church, Open from 1500 Starting stewards, recorders, marshals and refreshments: Members and friends of VC Norwich

Parking:

Parking at the Youth Centre is limited but there is also parking at the Sports & Social Club next door and there is ample parking on roads adjacent to the HQ.

There is also parking near the start. Follow the B111 until approximately 200m from the start, turn right and right again and you can park on the verge.

There are facilities available at HQ but please be Covid aware and where a mask indoors. There will be no results board or catering.

Route from HQ to start

The start is approximately 1.6 miles from the HQ. Turn left out of the HQ onto the B111 for 1.6miles.

Back to HQ:

After finish exit next slip road, proceed along B111 for 1.6miles back to HQ.

Course details

B25/8 (Larling – Wymondham – Larling) START. Approx 200m south of A11 at paint mark on B1111. Proceed to turn LEFT onto slip road to A11 EASTBOUND to join A11 carriageway. Proceed EAST via ATTLEBOROUGH roundabout to slip road signed MULBARTON. Take slip road and proceed to BROWICK roundabout (1). Take 3rd exit and proceed over bridge (13.2 miles) to BROWICK roundabout (2). Take 2nd exit to rejoin A11 WESTBOUND and proceed via ATTLEBOROUGH roundabout to FINISH at Clearway sign on A11 just prior to large layby at Larling. Timed from bridge.

Local regulations

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CTT EAST DISTRICT LOCAL REGULATIONS

Turbo Trainers As this is a AM event, the use of turbo trainers is NOT permitted.

U Turns U-turns will not be permitted on the course or on roads adjacent to the start and finish areas while the event is in progress. NOTE: A U-TURN is defined as a 180 degree turn completed within the width of the carriageway whilst astride the bicycle. It is recommended that the rider(s) should dismount, check the road is clear in both directions then with the bicycle walk across the road.

Warming Up

No riding along the course by competitors once the event has started. Any breaking of these regulations in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

Safety LED rear lights

It is COMPULSORY that a working rear light either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Cycling Helmets IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoter strongly advise you to wear a hard-shell helmet that meets internationally accepted safety standard. All competitors under the age of 16 years and/or juniors must wear properly affixed protective helmets which must be of hard/soft shell construction.

Helmets should conform to recommended standard such as SHELL B95, ANZI Z90.4, AUS/NZS 2063:96, DIN 33-954m, CPSC or EN1078.

It is the responsibility of the rider (or parent/guardian) if the rider is under 18 years of age to:-

- a) Select a standard of protective headgear that offers protection against head injury and does not restrict the rider's vision or hearing
- b) Ensure that the headgear is properly fitted, is undamaged and in good condition

Organiser contact details

Markos Janes
14 Ecton Walk Old Catton Norwich
07442259525

01603401715

markosjanes@aol.com

Time keepers/officials

Timekeepers

Andrew Moore

Bob Carter

David Moore

Course records

Solo Male

46:22

Kyle Gordon

20-Sep-20 | ECCA (Preference to ECCA members)

Solo Female

51:27

Hayley Simmonds

21-Jul-21 | C.C.Breckland (Max 60 riders)

Solo Male (Junior)

48:46

Oliver Stockwell

12-May-18 | VC Norwich

Solo Female (Junior)

1:02:08

Isabella Johnson

03-Aug-19 | V.C.Norwich

Tandem

48:22

Glenn Taylor, Mark Arnold

27-Jun-18 | CC Breckland (fastest 10 tandems)(fee per rider)

Awards/prizes

Tandem, 1st= £20, 2nd=£15, 3rd=£10

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

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Start Number	Start Time	Rider	Club	Gender	Category
52	09:52:00	Andrew Hutchison	Lowestoft Wheelers Cycling Club	male	Vet
52	09:52:00	Catherine Hutchison	Lowestoft Wheelers Cycling Club	female	Vet