**Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.**

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**Norman Wells Memorial**

**Open 50 Miles Time Trial**

**Sunday 2nd July 2017**

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| **A qualifying event for:** | SPOCO SOUTH EAST |
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| **Course:**  | E21/50 |
| **Headquarters:** | Steeple Village Hall |
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| **Event Secretary:** | Arthur Knowler3 Caernarvon CloseHockleyEssexSS5 3XH |
| **Phone:****Mobile:** | 01702 20707607944 639876 |
| **Email:** | Arthur@aknowler.co.uk |
| **Timekeepers:** | Tony BrownGeorge Potter |

**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. All competitors under the age of 19 years on 31st December next MUST wear a properly affixed protective helmet which meets an internationally accepted safety standard. The use of a flashing rear light is also recommended.**

**Riders are reminded that dropping litter, (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.**

**Local Regulations applying to this course:**

**4.8.2** NO U TURNS are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous maneuver are liable for disqualification from the event and further disciplinary action by the District Committee.

**4.8.3** Body numbers are to be collected from the event headquarters and may be exchanged for a tea or coffee after your ride.

**4.8.4** Static trainers – In respect of consideration for local residents, the use of static trainers, e.g. turbo trainers, is banned from all morning events held in London East District.

Your attention is drawn to CTT regulations regarding competitor’s clothing: Competitors must be clothed from the neck to at least mid-thigh. Sleeves shall be at least mid upper arm length. To be allowed to start all clothing shall be clean and tidy. No competitor may carry advertising or the name of a commercial business on his race clothing except: where they a member of a club or team that has paid the advertising fee. Please note: I have delegated authority to enforce this rule to the Timekeepers.

**Notes**

The start is over 2 miles from the H.Q. so please allow plenty of time to get there.

Riders starting towards the end of the field need to be aware that early riders may be completing their first lap and passing through the start area before everyone has started. Please queue in single file at the start.

**Tillingham Village** – Riders please be aware that there will be parked vehicles, as well as several hidden entrances and exits on both sides of the road through the village centre. In the middle of the village there is a paper shop which does a roaring trade. Please be aware that the locals are not always aware of oncoming cyclists and some are not at all supportive of cycle racing. Cars may well be parked oddly and the occupants may step out erratically or in front of you. **We will have a marshal by the shop in the village centre but it remains the responsibility of riders to be aware of these hazards.**

**Steeple Village –** Again, it is likely that there will be cars parked on the course through the village. Additionally, towards the end of the race people will be arriving for Sunday service and may be looking for parking etc. near the church.

**Course Description:**

**START** By manhole cover in road 40 yards West of letter box near “Huntsman and Hounds” PH, Green Lane, Althorne. Proceed east to Asheldham, where bear LEFT (M) onto B1021. Continue via Tillingham to Bradwell “Queens Head”. Turn LEFT (M) and continue via Steeple and Mayland to Latchingdon Church mini-roundabout. Turn LEFT (M) onto B1018 towards Althorne, after 1.4 miles bear LEFT (M) into Green Lane to complete one circuit.

Repeat Circuit.

Then carry on again around circuit and **FINISH** East end of lay by, just east of Mayland about 100 yards east of Mayland sign.

**Prizes:**

**Winner: £35 and Norman Wells Trophy for 1 year**

**Second £20**

**Third £15**

**1st Lady (L) £15**

**27th Rider £ 5**

**Second to last rider £ 5**

**Random number £ 5 (Picked from returned dossards)**

**Only one prize per rider - ALL PRIZES WILL BE PRESENTED ON THE DAY**