

MARSHALS:

<u>STOCKTON RAB.:</u> PAUL VERGETTE (Chief Marshal)		ALAN TUTHILL
<u>DITCHINGHAM RAB.:</u> (CHICKEN) LYNN EVANS	GAYLE LING	TERRY DOUGHTY
<u>BUNGAY RAB.:</u> (CLAYS) BARRY DEBENHAM	BARRY MINNS	IAN SISON
<u>REDENHALL RAB.:</u> SCOTT SMITH	MICHAEL THOMAS	ESTHER THOMAS
<u>NEEDHAM RAB.:</u> RICHARD AVERY	AUREA ROSS	JIM CAPLIN

SAFETY SIGNS

RICHARD AVERY	JOHN PUGH	PAUL VERGETTE
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(SAFETY SIGNS **MUST NOT** BE REMOVED UNTIL 15 MINUTES AFTER THE LAST RIDER HAS PASSED THROUGH.)

In the interests of your own safety *CYCLING TIME TRIALS* and the EVENT PROMOTERS advise you to wear a hard shell helmet that meets an Internationally accepted Standard.

CYCLING TIME TRIALS strongly recommend that riders use a rear light, either flashing or constant, visible to following road users.

CYCLING TIME TRIALS (EAST DISTRICT) – LOCAL REGULATIONS

U-TURNS:

U-turns will not be permitted on the course or on roads adjacent to the Start or Finish areas whilst the race is in progress.

Note: 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 high-way whilst astride the machine. (It is recommended that the rider(s) should dismount, check that the road is clear in both directions, then, with machine walk across the road.)

WARMING UP:

No warming up along the course is permitted once the event has started.

TURBO TRAINERS:

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

NOTE:

OBSERVERS, RACE OFFICIALS and MARSHALS are under strict instructions to report any breaches of the regulations or dangerous riding

RESULT BOARD:

TBC

REFRESHMENTS:

Available in the Village Hall following the return of your race number. You can expect a warm welcome from TRISHA PUGH and THE KITCHEN STAFF.

COURSE RECORDS:

<i>Men;</i> Matthew Senter (<i>Team Velo Velocity</i>)	1.48.51 (2017)
<i>Women;</i> Verity Smith (<i>Stowmarket & Dist. C.C.</i>)	2.08.15 (2016)

£50 will be awarded to the New Record Holder(s) if the Course Record(s) is/are broken.

PRIZES:

Women/Men

	SCRATCH	HANDICAP	VETS. ON STANDARD
MEN:	1st £15	1st £15	1st £15
	2nd £12	2nd £12	2nd £12
	3rd £10	3rd £10	3rd £10
	4th £8	4th £8	4th £8
WOMEN:	1st £15		
	2nd £12		
	3rd £10		
	4th £8		

Finally, have a fast, safe and successful ride

John Pugh – Event Secretary