

GODRIC CYCLING CLUB

START SHEET FOR THE 10 MILE OPEN TIME TRIAL FOR TANDEM, WOMEN AND MEN to be held on the 15th June 2019 starting at 14.01 on Course B10/43. Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.

Event Secretary: Paul Vergette, 29 Church Road, Upton, Norwich NR13 6AJ Mobile 07715284787

Headquarters: Alburgh Village Hall, Low Road, Alburgh IP20 0BX. Please park sensibly as the car park is not huge. **Allow plenty of time to get to the start which is approx 2 miles away.**

TIMEKEEPERS: Pam and Peter Milner and Lynn Evans.

Marshalling by Members of the Godric CC.

Numbers will be at the Headquarters and not at the start. You must sign in when you collect your number. When you have finished your ride please return your number **AND SIGN OFF OR YOU WILL BE DISQUALIFIED FROM THE RESULTS.**

COURSE: 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 Bungay. Encircle and proceed west on A143 **to FINISH at white paint mark near 1st driveway 200 metres west of Junction of A143 & B1062.** Do not stop near the Timekeepers but continue riding to the HQ where times will be displayed.

In the interests of your own safety Cycling Time Trials and the Event Promoters advise you to wear a hard shell helmet that meets the Internationally accepted standards. It is also strongly recommended that riders use a rear light, either constant or flashing, visible to following road users

CTT EAST DISTRICT LOCAL REGULATIONS: U.TURNS will not be permitted on the course or 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. A U Turn is defined as a 180 degree turn completed within the highway whilst astride the machine. It is recommended that rider(s) should dismount, check the road is clear in both directions, then with machine walk across the road.

No warming up on the course once the event has started. Refreshments will be available in the Hall following the return of your Number. DO NOT forget to sign off. Please have a good safe ride.

PRIZES:

TANDEM	1st £20.00
	2nd £15.00

3rd £10.00

WOMENS

SCRATCH

Vets +/-

1st £25. 00

1st£25.00

2nd£20.00

2nd£20.00

3rd£15.00

3rd£15.00

4th£10.00

4th£10.00

MENS

SCRATCH

Vets +/-

1st £25.00

1st£25.00

2nd£20.00

2nd£20.00

3rd £15.00

3rd£15.00

4th£12.00

4th£12.00

5th£10.00

5th £10.00

Team of three £10.00 each.

NOTE ONE RIDER ONE PRIZE EXCEPT TEAM