

KINGS LYNN CYCLING CLUB

OFFICIAL START SHEET

OPEN 25 MILE 2UP TEAM & SOLO TIME TRIALS

Saturday 8th April 2017 at 2.00pm

(PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS)

EVENT SEC. Ming Lo
20 Eller Drive, West Winch,
King's Lynn, Norfolk, PE33 0NN
Tel 07918 638118

TIMEKEEPERS Andy Moore, Rod Woods.

HELPERS Members and Friends of King Lynn CC

COURSE DETAILS # B25/33 Event Record 53'51" (Mark Arnold & Nino Piccoli 2009)

START at the west end of the lay-by opposite the village hall in Fincham. Proceed West along A1122 to junction with A134 (1½ mile) (M) where turn left onto A134 to Wereham R/A where straight over to Stoke Ferry R/A (M) where take 1st exit and still on A134, continue to Munford R/A (junction A1065) (M). Encircle R/A and retrace to Stoke Ferry R/A (M) where take 3rd exit to continue along A134 to Wereham R/A where straight over to **FINISH** opposite gateway approx. ¼ mile short of junction with A1122.

PRIZES

2-UP

1 st Team £40	2 nd Team £30	3 rd Team £20
1 st Composite Team £30	2 nd Composite Team £20	
1 st Mixed (male/female) £30		

SOLO

1 st Scratch £30	2 nd Scratch £20	3 rd Scratch £10
1 st H/Cap £30	2 nd H/Cap £20	3 rd H/Cap £10
1 st Team £45		

H/Q Fincham Village Hall (PE33 9EJ)(52.629022, 0.490395) where numbers and facilities will be available.

SIGNING ON All riders must collect their own numbers and sign on and read any additional information relevant to the event

**** SIGNING BACK**** All riders **MUST** now also sign back after the event and return their number.

PARKING at H/Q, on the hard standing, and grass where indicated but not on the football pitches. Please park sensibly to allow maximum usage of the hard standing.

LOCAL REGULATIONS

U-TURNS Are not permitted on courses and roads adjacent to start and finish areas, whilst the event is in progress.

NOTE a U-turn is defined as a 180° turn completed within the carriageway width whilst astride the machine.

NO warming up on course after the start of the event.

Failure to comply with these regulations may lead to disqualification from the event and further action by the district committee.

CYCLE HELMETS IN THE INTERESTS OF YOUR 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 18 must wear a properly affixed helmet which must be of hard/soft shell construction.

Helmets should conform to a recognised standard such as SNELL B95, ANZI Z90.4, AUS/NZS, DIN 35/954, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if rider is under 18 years) to:

- Select a helmet that offers protection against head injury and does not restrict the riders vision or hearing
- Ensure that the helmet is properly fitted, is undamaged and is in a good condition.

The East District Committee recommends that competitors should fit a rear L.E.D. light to enhance visibility to other road users.

Observers will be on the course. Please ride the event with the safety of yourself and other road users in mind. Thank you. Ming.

Don't forget....

KLCC Open 10 mile time trial on B10/37R – Sat 29th April 2017

&

KLCC Open 25 mile time trial on B25/33 – Sat 5th August 2017