

EVENT SECRETARY –
Dan Blackburn
Lavena Cottage, Pitts Hill,
Saxlingham Nethergate,
NR15 1PB



CLUB WEBSITE www.vcnorwich.co.uk
e-mail southnorfolkt@gmail.com

VC Norwich Open 25 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Sunday
14th May 2023 - Course B25/50 - Start Time 0901

TIMEKEEPERS

START: Stephen Penney, Anglia Velo

FINISH: Andrew Moore, CC Breckland

CTT OBSERVER: Dan Blackburn, Epic Orange RT

MARSHALS: Friends and Members of VC Norwich.

Course Details: B25/50

Start and course: The start is approximately 1 mile from the HQ and car park, make sure you allow enough time to get there from HQ in time for your start. Directions to start - go back down Tunbeck Close, turn right, go round Redenhall roundabout on to the A143, and ride east to start.

START at white paint mark on kerb on the A143 near junction with Church Lane, Redenhall. Proceed East to turn at 2nd roundabout at junction with B1332 (Chicken RAB). Encircle and proceed West to Redenhall roundabout. Encircle and retrace on A143 past the start again to 2nd roundabout at B1332 (Chicken RAB). Encircle and retrace on A143 to **FINISH** at white paint mark 1/10 th of a mile East of the start.

Please do not stop at the finish, keep riding along A143 and return to HQ.

Course records

Men - Travis Bramley 50:04 (2020) Women – Hannah O'Brien 57:47 (2021)

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Headquarters: Wortwell Community Centre, Tunbeck Close, Wortwell, Harleston, IP20 0HS. From the east, turn left off A143 onto B1062 signposted Homersfield and almost immediately first right into Wortwell village and after approx. one mile turn right at crossroads, signposted “Community Centre” (Tunbeck Close). From the west, turn right (third exit) at the Redenhall roundabout on A143 Harleston by-pass into Wortwell village and turn left at crossroads, signposted “Community Centre” (Tunbeck Close). The hall will be open from approx 0730.

Numbers and signing on/out sheet will be at the HQ and NOT at the start.

Attn. All competitors – Please note that for 2021 all competitors are required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. 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 width of the carriageway whilst astride the machine”. It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

CTT Regulations:

FRONT LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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Covering the Course

The onus of keeping to the course rests with each rider.

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

14. Turbo trainers

"The use of turbo trainers is banned at all events with am start times."

All competitors 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, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.
- **Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.**
- Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:
- **20. Observance of the Law**
- All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:
 - (a) not ride in a manner that is unsafe either to themselves or to other road users;
 - (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
 - (c) conform to all traffic signs, signals and direction indicators;
 - (d) in making any turn before, during or after the event, ensure that it is safe to do so.

HEADS UP AND RIDE SAFE.

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Route to the start from HQ, also route back to HQ after the finish.

