

"Promoted for and on the behalf of Cycling Time Trials under their Rules and Regulations"

# ZAK CARR MEMORIAL"25"

Promoted by API-METROW/Bodyby JR/ T-T- Matics on course B25/52 on Sunday 7th July 2019 at 8.00 hours

Event Secretary:- Chris Worsfold,1 Lower Farm Barn ,The Causeway,Hitcham,Suffolk,IP7 7NA

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Timekeeper:- John Cottee

**HQ:- Newton Green Village Hall, Newton Road, Sudbury ,Suffolk, CO10 0QR. Ref:- TL 917 407**

**AWARDS:- 1st £25 plus the Zak Carr Trophy: 2nd £20; 3rd £15.**

COURSE:- B25/52 Start TL 933405 Turn TM 124 436 Finish TL 967 402

START:-On the A1071 on the corner of lane marked SIAM HALL ROGERS half mile east of A134/A1071 junction at Newton, Proceed east via

Hadleigh Bypass R/Bout (7.71mls). Turn and retrace at Sproughton B1113 junction R/Bout (13.65mls). Retrace via Hadleigh R/Bout (19.65mls)

Finish on wide verge at paint mark on kerb 10 metres before Boxford/Local Shops sign at kerb apex just before Sand Hill which is the first right hand turning into Boxford Village (25.02mls).

**COURSE RECORD:- James Rix 53.40**

## **NOTES TO RIDERS AND HELPERS AND LOCAL REGULATIONS**

**ROUTE TO START**, Right out of HQ, right onto the A134, left onto the A1071, start is 1.1 mls from the HQ.

No warming up by competitors on the course once the event has started, use the A134.

No U Turns are allowed within sight of the start or finishing points. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the District Committee.

Riders must give way to traffic at roundabouts entering from their right and also to give to clear signal of their intended route

There is no parking allowed in the vicinity of the start or finish

Body numbers will be situated at the event HQ. Exchange for a cup of tea.

Marshals must wear a High Visibility jacket.

**There is a Mountain Bike Event starting at 10am being held near the course with access from the A1071 after Hintlesham, please be aware there may be queuing traffic entering the site, the organisers are aware of our event and will endeavour to give you a clear passage.**

**CAUTION** , please be aware of the sharp bends on the approach to Hintlesham, especially so, if it's wet.

Pay special caution at the junction with B1115 on your left after around 6 miles, you will be moving downhill quickly, vehicles emerging from that junction are poorly sighted because of uncut verges.

**IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.**

**All juniors and or riders under the age of 19 years are required to wear a suitably approved helmet.**

**Cycling Time Trials recommend the use of a flashing rear light whilst competing**

**API Zak Carr Memorial Sunday 7th July 2019**

Number	Start Time	Name	Club	Gender
1	8.01	Caroline Wyke	CC Sudbury	F
2	8.02	Christopher Smith	Ipswich BC	M
3	8.03	Chris Cantwell	West Suffolk Wheelers	M
4	8.04	Curtis Caba	Boxford Bike Club	M
5	8.05	John Bradbury	CC Sudbury	M
6	8.06	Andy Kennedy	Ipswich BC	M
7	8.07	Mike Watson	CC Breckland	M
8	8.08	Phillip Hatcher	Cyclism	M
9	8.09	Bryan Long	Velo Schils Interbike RT	M
10	8.10	James Rush	CC Sudbury	M
11	8.11	Simon Daw	Datalynx-Parenesis Cycling	M
12	8.12	Trevor Caley	Plomesgate CC	M
13	8.13	James Potter	Ipswich BC	M
14	8.14	Nicholas Webber	Hadleigh Cycling Club	M
15	8.15	David Crisp	3T-RACING	M
16	8.16	Chris Steward	CC Sudbury	M
17	8.17	Dan Foster	3T-RACING	M
18	8.17	Mark Arnold	VTTA (East Anglia Group)	M

You are not missing another page, there are only 18 riders