

NORWICH AMATEUR BICYCLE CLUB OPEN 10

Saturday 2nd October 2021

Course: B10/43 HQ: Alburgh Village Hall

Event Sec: Graham Dilks

65 Cecil Rd

Norwich NR12QN

Tel: 01603 616236

Mobile: 07954164792

Timekeepers: Richard Smith , Mike Johnson

HQ Address: Alburgh village hall, low Rd, Alburgh, IP20 0BZ

Please note: Alburgh village hall are only able to offer us parking and toilets so no catering or results board. Results will be available on the CTT website As soon as possible after the event.

Course details: START at paint mark on kerb at the junction of Church Lane and A143 Redenhall 1/3rd mile east of Redenhall RAB. Proceed east to turn at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to FINISH at paint mark at 1st driveway 200 metres west of junction of A143 and B1062

Numbers: These will be at the HQ and not at the start. There is ample parking at the HQ.

Important Notice: *although there has been a reduction in the regulations around COVID please continue to follow the guidelines below. Cases are on the rise this autumn and I know of several cases of people catching COVID even though they have been double Vaccinated.*

COVID-19 Precautions – Please read thoroughly

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Ideally all warm-ups should be done on the road unless adequate space can be found to safely carry out a static warm-up and strict social distancing can be maintained.
- Competitors MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- At the headquarters: FACE COVERING is still recommended when inside the building to use the toilet facilities.

HAVE A GREAT RIDE!

- AFTER YOUR RACE – DON'T FORGET TO SIGN OUT AND RETURN YOUR NUMBER!

PLEASE NOTE THAT FROM 2017 ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER.

FAILURE TO DO SO WILL RESULT IN THE COMPETITOR BEING RECORDED AS D.N.F

HQ: Toilets are available but under Covid 19 rules

C.T.T.EAST DISTRICT RULES

1. WARMING UP: There is to be no warming up on any part of the course once the event is in progress.
2. U-TURNS: These are not permitted on the course or roads adjacent to the Start or Finish areas while a race is in progress.
the HQ.

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 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.)

SAFETY RECOMMENDATIONS

a) Helmets: In the interests of your own safety, CTT and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards. All competitors under 18 MUST wear a HARD SHELL HELMET that meets internationally accepted safety standards.

b) **Rear lights: It is compulsory competitors use a REAR LED LIGHT which is either flashing or constant**

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

Men: 1st £20 2nd £15 3rd £10

Women: 1st £20 2nd £15 3rd £10

Vets on standard: 1st £20 2nd £15 3rd £10

Team: £5 each.

Tandem: £10

One prize per rider, except team.