

GREAT YARMOUTH C.C./PEDAL REVOLUTION/1ST CALL CAR PARTS

GOOD FRIDAY 10 MILE TIME TRIAL

19TH APRIL 2019

COURSE: B10/43 - T.O.S. 8.00AM

Event Secretary: Lynn Evans, 160 Kimberley Road, Lowestoft, Suffolk, NR33 0UA. Tel: (01502) 800603
Mobile: 07946466139

Handicapper: East District Handicap Book

Timekeepers: Mr P. Milner, Mr M. Johnson & Miss L. Evans

Recorders: Mrs P. Milner & Mr T. Parker

C.T.T. Observers: Mr S. Smith & Mr J. Pugh

ATTENTION ALL COMPETITORS:

PLEASE NOTE THAT ALL COMPETITORS ARE NOW REQUIRED PERSONALLY TO SIGN THE SIGNING OUT SHEET WHEN RETURNING THEIR NUMBER (SEE CTT HANDBOOK, RULE 17B, PAGE 342). (NEW RULE SINCE 2017).

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

Course: B10/43:

START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall and proceed east to **TURN** at 1st RAB (Clays) at junction of A143 & A144 (Broad Street). Encircle and proceed west on A143 to **FINISH** at white paint mark near 1st driveway 200 metres west of junction of A143 & B1062.

Numbers: **Will be at the HQ and not at the start.** Please sign on for your number. Return your number for a free drink at the finish and sign the signing-out sheet.

Parking: At the HQ - Wortwell Community Centre, Tunbeck Close, Wortwell, IP20 0HS. **The hall will be open from 6.45am.**

No Parking: At start or finish areas. **PARKING ONLY AT HQ PLEASE. THERE IS PLENTY OF ROOM. PLEASE DO NOT PARK ON THE GRASS AT END OF CAR PARK.**

At HQ: Toilets are provided. Please do not change in the hall. **WE ARE IN THE CONFERENCE ROOM AGAIN THIS YEAR.**

PLEASE PAY SPECIAL ATTENTION TO THE RULES REGARDING HANDICAPS (RULE 13) C.T.T. HANDBOOK, PAGE 340.

C.T.T. EAST DISTRICT RULES:

1. **NO WARMING-UP** on ANY part of the course once the event is in progress.

2. **`U-TURNS`** will not be permitted on courses or roads adjacent to start and finish areas while a race is in progress.

Note: Any breaking of these regulations 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 the rider(s) should dismount, check the road is clear in both directions, then with machine walk across the road).

`In the interests of your own safety, Cycling Time Trials and the Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.`

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets. (See page 341 of C.T.T. Handbook for details).

Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.

THE USE OF TURBO TRAINERS IS BANNED AT ALL EVENTS WITH AM START TIMES.

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

PRIZES:

Women's and Juniors Event:

Fastest Lady: 1st £50, 2nd £30, 3rd £20

Lady on H/Cap: 1st £50, 2nd £30, 3rd £20

Lady Vet on Std: 1st £30, 2nd £20

Fastest Lady Novice: £20

Fastest Junior/Juvenile: £20

Ladies Team: Bidlake System - (fastest 3rd rider): 3 riders £20 each

Mens/Vets Event:

Fastest: 1st £50, 2nd £30, 3rd £25, 4th £20, 5th £15

H/Cap: 1st £50 + Derek Evans Memorial Handicap Award, 2nd £30, 3rd £25, 4th £20, 5th £15

Fastest Vet: £40

Vets on Std: 1st £40, 2nd £30, 3rd £20, 4th £15

Fastest Male Novice: £20

Men`s Team: Bidlake System (fastest 3rd rider) 3 riders £20 each

ONE RIDER, ONE PRIZE EXCEPT TEAM