

ANGLIA VELO

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.
Anglia Velo Open 10 mile time trial Course B10/44 - Start time 14:00 Saturday 1st June 2019

Event secretary Simon Scott Mobile: 07484 625094
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Timekeepers: START Lynn Evans (GYCC)
FINISH Pam & Peter Milner (Godric CC)

Course Details: B10/44 Earsham – Redenhall

Start at white paint mark in 'The Street', Earsham 3 metres from A143. Join A143 WITH CARE
Proceed west along A143 to Redenhall roundabout. Encircle and retrace along A143 to FINISH
Finish 0.5 miles east of start at white paint mark 50 metres west of sewage works.

H.Q. and Parking, Earsham Village Hall, The Street, Earsham, Norfolk NR35 2TL
Please park with consideration to fellow competitors and residents. There is limited parking available at the village hall. There is additional parking available near to the start. **PLEASE READ LOCAL REGULATION (15) BELOW**

EAST DISTRICT LOCAL REGULATIONS

- (8) **U Turns** (see note below)
"U turns will not be permitted on courses or roads adjacent to start / finish areas whilst a race is in progress".
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. 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 the rider(s) should dismount, check the road is clear in both directions then with machine walk across the road.
- (11) Numbers and signing in/out sheet will be at HQ and NOT at the start, please ensure that you sign-on when you collect your number, please return your number for a free drink after the event.
Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.
- (12) **Warming up:** No riding along the course by competitors once an event has started.
- (15) **Earsham Village Hall:** This regulation must be printed on the start sheet for all events using this venue.
1) **NO CAR PARKING**
a. In the private driveway next to the Village Hall
b. At the nearby bus stop
c. At the road junctions in the vicinity of the Village Hall.
2) **INAPPROPRIATE CONDUCT**
To retain the use of this Hall any behavior that might cause offence, e.g. loud noises such as the banging of car doors, indiscreet changing of clothing in the vicinity of residential area, etc. must be avoided.

Prizes

One rider, one prize, except team prize.

SCRATCH	1st £15	2nd £10	3rd £5
LADIES	1st £15	2nd £10	3rd £5
FASTEST VET ON STANDARD	1st £15	2nd £10	3rd £5
TEAM OF THREE	£5 Each		

In the interest of your safety, Cycling Time Trials and the event promoters strongly advise you wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. The East District committee recommend that competitors should fit a rear L.E.D light to enhance visibility to other road users.

Heads up and have a safe and fast ride!