**NORWICH ABC**

 Open 25 mile time trial for Tandems and Solos

To be held on Sunday 4th October 2020 starting at **09.00hrs** on Course B25/50.

The event is promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Event Secretary Ed Dean, 14 Wild Radish Close, Mulbarton, Norfolk.

NR14 8DB

Tel 01508 570806

Mob 07718 341512

**B25/50 (Redenhall – Bungay Bypass Circuit)**

**START at green paint mark in Church Lane, Redenhall near junction with A143 and 1/3 mile east of Redenhall RAB. Join A143 with care and proceed east to turn at 2nd RAB (Chicken) at junction with B1332. Encircle and proceed west to Redenhall RAB. Encircle and retrace on A143 past start (1st circuit) to 2nd RAB (Chicken). Encircle and retrace on A143 to FINISH at green paint mark 20 metres east of alignment of electricity power poles and 1/10 mile east of start.**

HQ & Parking – Wortwell Community Centre (IP20 0HS)

Numbers & Signing on at HQ – Numbers to be returned and placed in bin provided.

Timekeepers Mike Johnson and Dick Smith NABC

Recorder Pete Johnson NABC

Official Observer Martyn Taylor NABC

Course Marshals Members and friends of the NABC

## Local Regulations

U turns will not be permitted on the course or adjacent roads to the start and finish while a race is in progress.

Note: Any breaking of this regulation in the first case will 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.

No warming-up on the course by competitors once an event has started.

The use of turbo trainers is banned at all events with a.m. start times.

All competitors under the age of 18 and or juniors must wear a properly affixed helmet, which must be of a hard/soft shell construction. Helmets should conform to a recognised standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063;96, DIN 33-654, CPSC or EN1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to: -

Select a helmet that offers protection against head injury and does not restrict the rider’s vision or hearing.

Ensure that the helmet is properly fitted, is undamaged and in good condition.

**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.**

**Rear L.E.D light MUST be fitted and working to enhance visibility and compile with CTT regulations.**

**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 may suggest**

**underlying asymptomatic illness. You should NOT start the**

**event (DNS) and leave immediately. Do not go to the start line to**

**notify the organiser.**

**• Competitors MUST NOT gather in anyway 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 and MUST NOT**

**loiter at the HQ/car park and MUST pack away and leave immediately**

**upon completion of the race.**

**• 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.**

**• There will be no pusher-off. A competitor MUST start with one foot on**

**the ground.**

**• Support will only be provided in an emergency situation e.g fall /**

**collision, and the amount of assistance provided will be at the discretion**

**of the marshals**

**Awards**

 Men Scratch 1st £15 2nd £12 3rd £10 4th £8

Women Scratch 1st £15 2nd £12 3rd £10

Vets on Std 1st £15 2nd £12 3rd £10 4th £8

Team £6 each.

Spot prize 28 & 36 finishing position

One prize per person except team.

**Please keep your heads up and have a safe ride**