



## PLOMESGATE CYCLING CLUB

[www.plomesgate.org.uk](http://www.plomesgate.org.uk)

Open 21.6 MILE Time Trial



Promoted for and on behalf of Cycle Time Trials under their Rules and Regulations on

Saturday May 4th 2024

### Officials

Timekeeping: Mrs B Whelan & Mr P. Whelan (Plomesgate CC)

Marshals & helpers: Members & friends of Plomesgate CC

Event Secretary  
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### IMPORTANT NOTICE

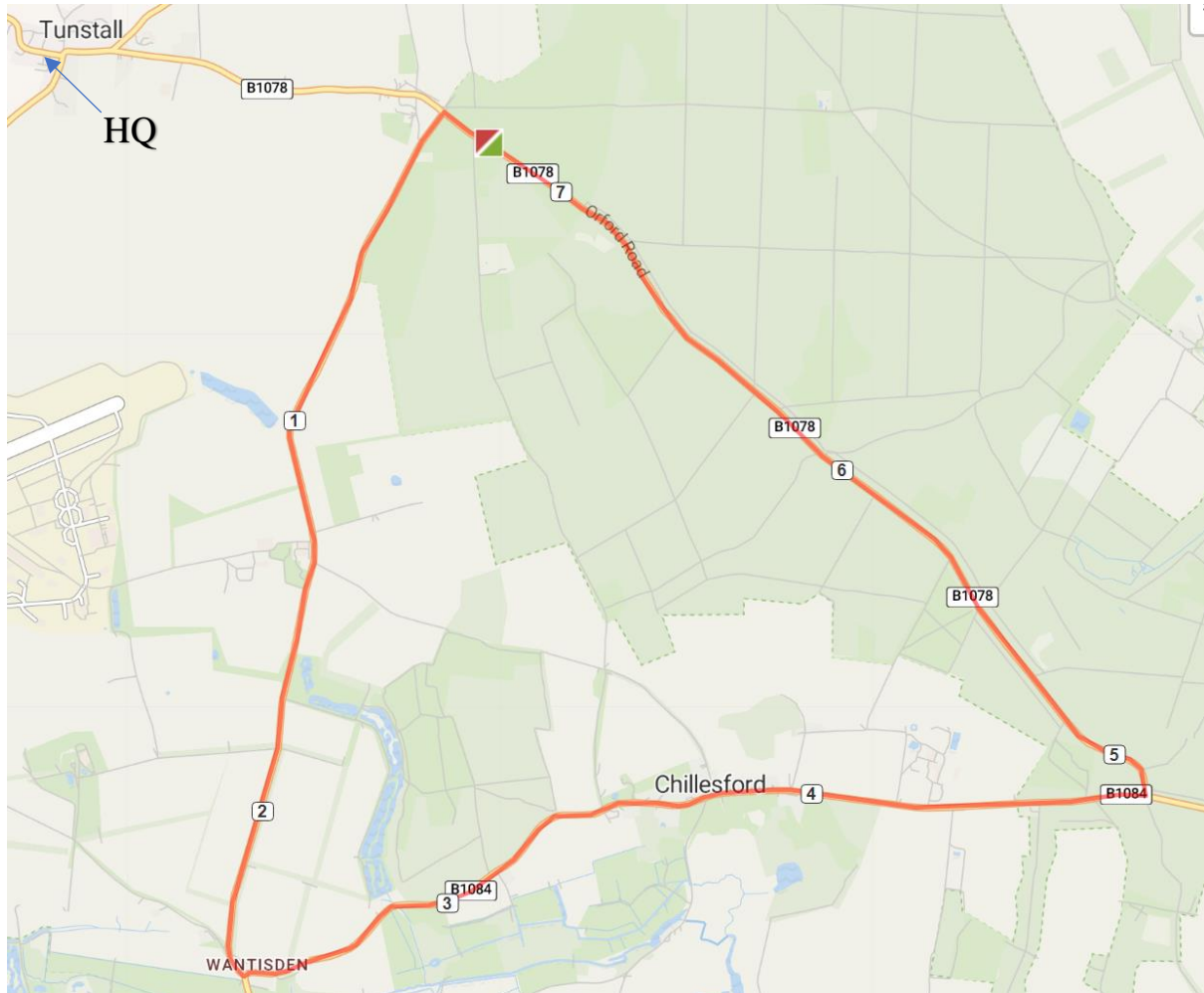
We are using an **ALTERNATIVE** course. Our regular one, the B25/2R has roadworks at the Bentwaters RAB and is presently not suitable for use. The course for this event will consist of 3 laps of a 7.2 mile circuit to give a course of 21.6 miles. Please read and familiarise yourselves with course directions and notes for riders

### EVENT HQ

Tunstall Village Hall, Tunstall, Suffolk. In Tunstall village take the B1078 towards Campsea Ashe and turn immediately left (well before the garage) into a small lane, signed 'Bowls Parking'. Follow this lane round to the right to the village hall. There is limited parking in front of the hall, but plenty of room on the grass area alongside. HQ will be open for signing on from 1pm. It is approximately 1.2 miles from the HQ to the start line.

## COURSE

START on B1078 at Tunstall Common approximately 0.1 miles east of junction with unclassified road to Wantisden. From start proceed along B1078 for approx. 0.1 miles and turn left on to unclassified road to Wantisden. Continue on to Wantisden Corner and turn left onto the B1084 (approx. 2.4 miles). Proceed along B1084 turning left onto the B1078 to Tuntsall (approx. 4.8 miles). Follow B1078 through the forest to return to start. Complete 3 laps to finish opposite the start line.



## AWARDS

One prize per rider

Open 1<sup>st</sup> £20, 2<sup>nd</sup> £12, 3<sup>rd</sup> £8

Female 1<sup>st</sup> £20, 2<sup>nd</sup> £12, 3<sup>rd</sup> £8

Vet on Standard 1<sup>st</sup> £20, 2<sup>nd</sup> £12, 3<sup>rd</sup> £8

## **EAST DISTRICT REGULATIONS**

U Turns will not be permitted on courses or roads adjacent to the start and finish areas whilst the race is in progress.

### **WARMING UP**

No warming up along the course by competitors once the event has started. Turbo trainers: The use of turbo trainers is banned at all events with an AM start time. Note: Any breaking of the above regulations, in the first case, may mean disqualification from the event. Further cases will be reported to the District Committee.

Numbers will be at the HQ and not at the start. All competitors must sign-in and sign-out.

### **CYCLE HELMETS**

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

It is the responsibility of the rider (or parent of guardian if the rider is under 18 years of age) to: (a) select the helmet that offers protection against head injury and does not restrict the rider's vision or hearing and (b) ensure that the helmet is properly fitted, undamaged and in good condition.

### **FRONT AND REAR LIGHTS**

Cycling Time Trials mandates that riders use a front and rear light, either flashing or constant, visible to other road users and active while the machine is in use. You will be refused a start without one

### **COURSE NOTES**

The start is about 1.2 miles from the HQ. Please allow plenty of time to get to the start. From the HQ follow the B1078 east towards Orford to find the start on Tunstall Common.

Heads up, take care on the corners and have an enjoyable sporting afternoon !!

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