

*JANE TRAVERS MEMORIAL 10-MILE TIME TRIAL
Monday 6th May 2024, start time: 08:01
VELO CLUB BARACCHI
Course B10/43

Please make sure that you are aware of all the content of this start sheet

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

EVENT SEC.: Richard Allen, 5 Kelly-Pain Court, St. Margaret's Road, Lowestoft, Suffolk, NR32 4TX.

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TIMEKEEPERS: (Start) Mike Johnson (Norwich ABC)
(Finish) Andrew Moore (CC Breckland); recorder Paul Hayward (VCB)

MARSHALS: members and friends of VCB

OFFICIAL OBSERVER: Paul Hayward

HEADQUARTERS: (open from 6.30am) Wortwell Community Centre (IP20 0HS). Numbers will be here. Remember to sign on, and to SIGN BACK IN after you finish your ride.

NB: PARKING - All competitors to park in the HQ car park. **IMPORTANT: the site both inside and out is a dog-free area.** And **DO NOT use the grass area immediately after the open gate entrance**, nor the disabled parking spaces unless you have a legitimate reason. Those arriving early should go all the way round the building to park.

(Riding from HQ to start) Go down ramp at entrance to Wortwell Community Centre playing field and ride west to start (just over half a mile); or go back down Tunbeck Close, turn right, go round Redenhall roundabout on to the A143, and ride east to start.

(Course Details) Very flat single carriageway course, with a generally reasonable surface. Only one roundabout, so minimal chance of delays.

B10/43 (Redenhall – Bungay bypass - Wortwell) START at white paint mark on kerb on A143 near junction with Church Lane, Redenhall. Proceed east to turn at first roundabout (Clays) at junction of A143 & A144. Encircle & proceed west on A143 to FINISH at green paint mark at first driveway 200 metres west of junction of A143 & B1062.

The onus of keeping to the course rests with the rider. COURSE RECORDS

Male: Jason Boutell (Team Velovelocity) 19:10 (2017)

Female: Laura Davies (Orwell Velo) 21:56 (2022)

PRIZES: (One award per rider except for team):

Women

1st *Jane Travers Memorial Trophy and £50.00

2nd £35.00

3rd £30.00

4th £20.00

Open (previously called "Men") 1st £50.00

2nd £35.00

3rd £30.00

4th £20.00

Fastest woman and open rider on a road bike: £15.00 each.

Fastest team of three: £15.00 each

Vets on standard: 1st £30.00 2nd £20.00 3rd £12.00

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.

Sleeveless tri-suits and tops are allowed.

U-Turns will not be permitted on course or roads adjacent to start and finish areas while the race is in progress. 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 the rider(s) should dismount, check the road is clear in both directions, then, with machine walk across the road).

No warming up along the course once the event has started.

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

No competitor shall be permitted to start unless such competitor has affixed to their machine a working white front & rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

It is strongly recommended that riders do not wear black or dark clothing.

Observance of the Law: All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. But without prejudice to the general principles of this regulation, competitors must: (a) not ride in a manner that is unsafe either to themselves or to other road users; (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns; (c) conform to all traffic signs, signals and direction indicators; (d) in making any turn before, during or after the event, ensure that it is safe to do so. N.B. For the purposes of Regulation 20(b): (i) in the case of a single carriageway road, a competitor must ride on the left hand side of the left lane of such carriageway; ...

“KEEP YOUR HEADS UP!”:

The riding competitive position shall be set so that vision is not compromised such that the rider cannot react safely to events that can reasonably be expected to occur during the event (...). Riding with the head facing downwards and occasionally glancing forward is deemed an infringement of this regulation.

(also, by the way: enjoy the event!)