

### **GODRIC CYCLING CLUB – Record Attempts**

Approved at SGM 1<sup>st</sup> May 2015

1. All record attempts shall be by a solo, unassisted<sup>1</sup> and unpaced<sup>2</sup> rider, on an out and home basis, the rider to start at Bungay Post Office, 42 Earsham Street, NR35 1AA.
2. New records may be set by Club members, subject to permission being obtained from the Club Committee.
3. Riders are able to set their own route for the record attempt, subject to the following conditions:
  - a. Riders must pass the turn point for an existing record as per specified location.
  - b. Only public highways are to be used for the attempt, properly and in accordance with regulations. No crossing or riding on public footpaths, bridleways, cycle-paths or pedestrian areas.
4. Notification of an attempt on an existing record shall be handed to the General Secretary together with the relevant fee, proposed route and schedule at least 14 days before the event.
5. Each record attempt shall require a Timekeeper and a Turn Marshall, which can be a combined role. Persons must hold Senior Membership (Full or Associate) of Godric CC.
6. Entry fees for record attempts in the following season shall be decided at the last GPC Meeting of the calendar year and ratified at the AGM.
7. One entry fee shall cover a single attempt on one day only. For the purpose of this rule, the calling out of the Timekeeper shall constitute an attempt. Any member failing to start in any three record attempts in one year shall be barred from any further record attempts until January 1st of the following year.
8. The official record time shall be taken to the nearest second above the actual time.
9. A Certified Timepiece shall be used for all record attempts.
10. Separate records shall exist for both male and female riders as follows:
  - a. Veterans – over the age of 40.
  - b. Seniors – over 18
  - c. Junior – 16 to 17 years
  - d. Youth – 12 to 15 years
11. Riders in the U18 categories are able claim for records at an age category above their own.
12. Tricycle records may be established in all the separate categories.
13. A medal shall be awarded to each successful Record Attempt.

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<sup>1</sup> In any attempt on record, when dismounted the rider shall wheel or carry their machine without assistance whilst covering any forward portion of the route.

<sup>2</sup> A rider attempting a record shall ride entirely alone and unassisted. They must not ride in company with, nor take shelter from any other rider nor from any vehicle. They shall not be preceded within sight, accompanied or followed or passed except by the timekeeper/turn-marshall nor must they accept food or drink or any other article, except from persons on foot. A helper in or on a moving vehicle shall not pass the rider more than once in any 10 miles, or give the rider generally audible instructions, information, assistance or encouragement. The rider may only be passed by the timekeeper/turn marshal

**GODRIC CYCLING CLUB – Place to Place Records**

Existing records - out and home from Bungay Post Office (52°27'22.9"N 1°26'04.5"E) to:

Place	Approx Mileage	Turn Point	Location
Beccles	11	Junction of Puddingmore with Saltgate and Northgate.	52°27'33.9"N 1°33'45.7"E
Harleston	14	Intersection of Church Street with the thoroughfare, opposite Hotel.	52°24'06.6"N 1°17'56.4"E
Halesworth [1]	18	Roundabout at intersection of A144 Norwich Rd with Bridge Street and Quay Street	52°20'43.3"N 1°30'09.7"E
Lowestoft [1]	30	A1144 St Peters Street Roundabout Intersection with Katwijk Way	52°28'54.1"N 1°45'05.9"E
Gt Yarmouth [2]	38	Roundabout at the intersection of Pasteur Road with Thamesfield Way	52°36'00.2"N 1°42'54.8"E
Aldeburgh	53	Intersection of A1094 High Street with Crabbe Street	52°09'07.3"N 1°36'04.9"E
Bury St Edmunds	72	Main entrance to Abbey Gardens, Angel Hill intersection with Abbeygate Street	52°14'41.5"N 0°42'58.0"E
Ipswich [1]	74	Roundabout at the junction of A1156 with Berners Street and Civic Drive	52°03'35.2"N 1°08'52.8"E
Cromer [1]	78	Junction of Church St with Bond St, past parish Church	52°55'51.4"N 1°18'05.4"E
Kings Lynn	108	Hardwick Road Roundabout on A47 Constitution Hill	52°44'07.0"N 0°25'11.9"E
London	198	Loop around St Johns Parish Church – Stratford, using Broadway off the A118	51°32'26.6"N 0°00'04.6"E

[1] Turn was previously at the post office – now closed or in a pedestrian area.

[2] Turn was previously at the Two Bears Hotel on Pasteur Road – now demolished.