

Summer Time Trial Series at Somerleyton

Sporting

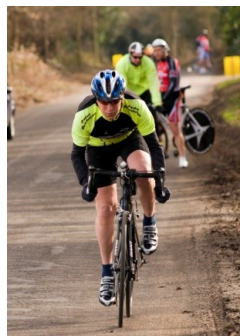
If Carlsberg made a 10 mile TT circuit, it would be Somerleyton! It is Norfolk's most sporting 5 and 10 mile circuit and with its quiet rolling country roads is perfect for beginners learning the ropes or the established club rider looking for a friendly and competitive sporting challenge or tough mid-week training race.

Starting Out

As a newly relaunched club, we have many new riders eager to compete against other novice and club riders. We warmly invite experienced riders to come and show us "how its done" as it's always a buzz for beginners in our sport to see local riders in action and be inspired to set their own ambitions – so please help us develop our new talent !

Regardless of ability, fitness or experience you can be assured of a warm and encouraging welcome. If you register as a novice, you can take up the offer of four weeks coaching and mentoring to help you get started, keep motivated and see the improvement! You could even choose ride your first event as a team time trial with an experienced rider. If you can not witness the fitness and speed improvement within these 4 weeks we will refund your membership! What have you got to loose ?

Annual membership starts at £7.50 and with a modest joining fee provides you with a quality club jersey, discount and insurance schemes. We provide safe off-road coaching and competition every other Saturday, weekend and mid-week social club-runs and training rides!



Uniquely Competitive

The series runs for 14 Thursdays from 6th May. All you have to do is ride at least 4 events as your best 4 results score points for the overall series. Points are scored for the top 5 places in each of 4 classes:

- **Novice 5 Mile TT** for riders in their debut season;
- **Novice 10 Mile TT** for riders in their debut season;
- **Club 10 mile TT**: riders predominately riding only club events;
- **Masters 10 Mile TT**: Regular club, open and race riders .

Bonus points are awarded for Somerleyton Personal Bests and the fastest ride of the season. The winner is the rider with the most points – regardless of their class. See GYCC website for full rules.

£250 Prize fund

For 2010 we are delighted to offer a £250 prize fund for the overall points top 3, top lady and fastest ride of the season. We also have a fantastic. **£50 prize for the fastest breaking of the 1993 course record of 21:45 – it must go soon....**

To enter, register on your first night for just £5. You can ride as many events as you like.

If you do not want to compete in the series you are always welcome to come and just turn up and ride like any other club 10.

Finding us

The start-finish approx 1 mile down Market Lane from its junction with the B1074 in Somerleyton village. It's less than 20-30 minutes pleasant drive from Norwich and an easy bike-ride from Great Yarmouth and Lowestoft.

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Points

Points are awarded every event for the top 5 places (10,8,6,4,2 points respectively) in each class:

- Novice 5 mile (riders in their debut season)
- Novice 10 mile (riders in their debut season)
- Club 10 mile (riders who predominately ride just club events)
- Masters 10 mile (regular open riders)

Only your 4 best places count towards the overall points. Obviously, the more events you ride the better your chances to score more points.

2 bonus points are also awarded for every Somerleyton personal best you record and there are no limits to how many of these bonuses you score - if you improve every event and ride all the events that's $14 \times 2 = 28$ bonus points added to your best 4 placing points scores. If you have never rode at Somerleyton you are guaranteed at least 2 points!

5 bonus points are awarded to the fastest ride of the season.

Prizes

Overall Points from your best 4 event placings:

1st: £100

2nd: £35

3rd: £15

1st Lady: £25

Fastest Ride of the Year: £25

Fastest Breaking of the Course Record: £50

In the event of a tie, the top 5 events are counted (and then 6,7,8 etc) until a winner is identified. This obviously rewards the regular rider.

Registration and Entry fees

Register for the Series on your first event for just £5. You register as either a Novice, Club or Masters rider.

We will keep you posted on the GYCC website, Facebook group or by newsletter on your progress.

Club night entry fees are £1.50 (GYCC club riders) or £2 for non-club members. You must be a member of a recognised club to ride (for our insurance purposes). Daily GYCC membership is available for £1.50 or annual membership starts at just £7.50