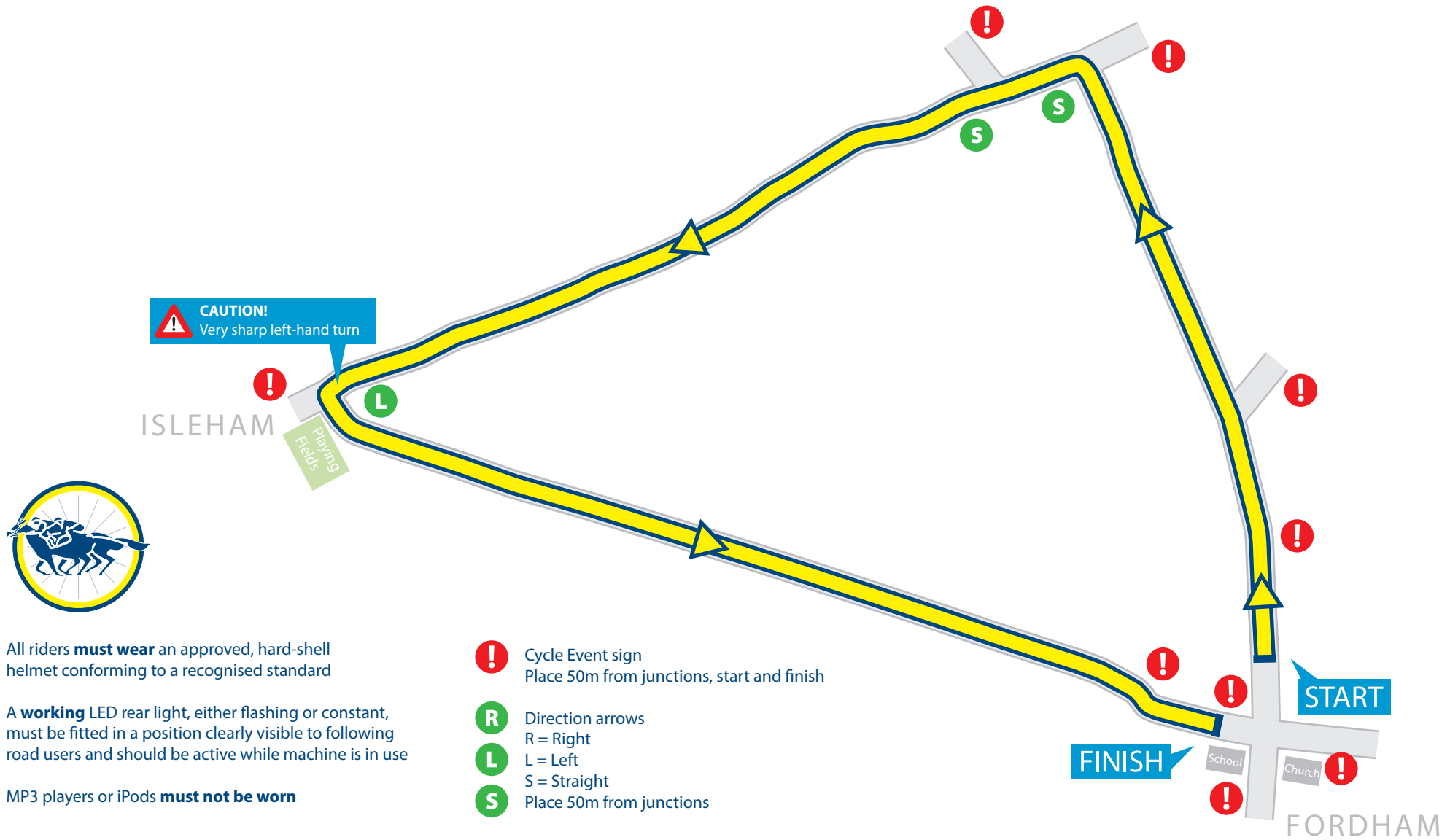


NEWMARKET CYCLING AND TRIATHLON CLUB TIME TRIAL SERIES

FORDHAM - 5 MILES



All riders **must wear** an approved, hard-shell helmet conforming to a recognised standard

A **working** LED rear light, either flashing or constant, must be fitted in a position clearly visible to following road users and should be active while machine is in use

MP3 players or iPods **must not be worn**