**Please contact: EVENT SECRETARY Don Saunders Club website** [**www.ccbreckland.info**](http://www.ccbreckland.info)

**Gravedigger’s Cottage, Church Street, Carbrooke. Norfolk. IP25 6SW.**

**Tel 01953 884297 or 07792 618515 e-mail** **don@iceni.info**

### EAST DISTRICT CYCLING ASSOCIATION OPEN 100 MILE TIME TRIAL

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on

Sunday 17th July 2016 - Course B100/4 (revised July 2015) - Start Time 06:05am

**TIMEKEEPER START** Val Hester CC BRECKLAND **FINISH** Heather Saunders and Heidi Davis CC BRECKLAND

**PUSHER OFF** Malcolm Potter CC BRECKLAND **RESULTS BOARD** Don Saunders CC BRECKLAND

**MARSHALLS** CC BRECKLAND and EDCA **REFRESHMENTS** Maggie Hamon and Katie Fairhead CC BRECKLAND

**COURSE DETAILS: B100/4 – REVISED JULY 2015**

**DIRECTIONS TO START** from HQ turn RIGHT - 1st LEFT - 1st exit at roundabout - then next RIGHT - 2nd exit at roundabout – then

1st exit at next roundabout towards Spooner Row

**START** at paint mark on road opposite street light No.24 on SPOONER ROW road **(0 miles)**

Proceed to SPOONER ROW roundabout - take 1st exit and join A11 WESTBOUND - proceed via ATTLEBOROUGH roundabout to SNETTERTON interjunction - take slip and proceed to 1st roundabout **(6.88 miles)**

Take 1st exit - proceed to 2nd roundabout - take 1st exit - proceed over bridge to 3rd roundabout - take 1st exit - proceed via 4th roundabout to join A11 EASTBOUND - proceed via ATTLEBOROUGH roundabout to BROWICK interchange (signed MULBARTON) - take sliproad and proceed to 1st roundabout **(18.00 miles)**

Take 3rd exit - proceed over bridge to 2nd roundabout - take 2nd exit to rejoin A11 EASTBOUND - proceed to complete circuit at SPOONER ROW sliproad **(22.41 miles)**

Completion of 2nd CIRCUIT **(44.35 miles)**

Completion of 3rd CIRCUIT **(66.29 miles)**

Completion of 4th CIRCUIT **(88.23 miles)**

On completion of 4th circuit proceed WEST to SNETTERTON interjunction - take sliproad to take 1st exit and roundabouts 1, 2 and 3 - proceed via roundabout 4 to join A11 EASTBOUND - proceed on A11 via ATTLEBOROUGH roundabout to **FINISH** at paint mark by drain at EAST end of sliproad from B1077 joining A11 at ATTLEBOROUGH **(100 miles)**

**EVENT HEADQUARTERS - MORLEY VILLAGE HALL – NR18 9SZ**

**Parking**: space at the Village Hall car park and along the adjacent lane. Please park with consideration.

**Numbers and signing on** **will be at the** **HQ** **and** **NOT** **at the start**. Numbers can be exchanged for a free drink after the event.

**EAST DISTRICT LOCAL REGULATIONS**

**U-TURNS** will not be permitted on the course or roads adjacent to the START and FINISH whilst the event 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. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount, check the road is clear in both directions, then with machine, and walk across the road.

**WARMING UP** - **NO warming-up along the course once the event has started.**

**In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors 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.**

**THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A REAR L.E.D.**

**HEADS UP AND RIDE SAFE!**

**PRIZES**

ONE RIDER: ONE PRIZE EXCEPT TEAM

SCRATCH 1st £30 2nd £25 3rd £20 4th £15 5th £10

HANDICAP 1st £30 2nd £25 3rd £20 4th £15 5th £10 + EDCA Awards for members of affiliated clubs

1st LADY £30

VET on STANDARD 1st £20 2nd £15 3rd £10

1st Male Novice £25

1st Female Novice £25

TEAM OF THREE £10 each